

500+
CLASSES

MLSN

main line school night



CLASSES, EVENTS & TRIPS

SPRING/SUMMER

2024

15

48

INSIDE FRONT COVER
LET'S TALK LONGEVITY:
MLSN'S 8TH ANNUAL CELEBRATION

HEALTHY RECIPES FROM ITALY'S
APULIA REGION

PHILADELPHIA'S STRAWBRIDGE &
CLOTHIER: FROM OUR FAMILY TO YOURS

Register Today at MainLineSchoolNight.org

MLSN'S 8TH Annual Celebration

LET'S TALK...

LONGEVITY

The latest on living longer, aging smarter and the promise & pitfalls of predictive "pinpoint medicine"

APRIL 2, 2024 7:30 - 9:00 pm | Inn at Villanova



Zeke Emanuel, MD, PhD

- World leader in health policy, widely cited bioethicist and author
- University of Pennsylvania Provost, professor and oncologist
- Regular contributor to the *New York Times*, *Washington Post*, *Wall Street Journal*, *BBC*, *NPR* and *CNN*



Jason Karlawish, MD

- Co-Director of the Penn Memory Center and University of Pennsylvania Professor of Geriatric Medicine
- Director of the Penn Program on Precision Medicine for the Brain
- Widely published writer, author of *The Problem of Alzheimer's: How Science, Culture and Politics Turned a Rare Disease into a Crisis and What We Can Do About It*



Ravi Parikh, MD, MPP

- Associate Director of the Program in Augmented and Artificial Intelligence at the Penn Center for Cancer Innovation
- Associate Professor of Medicine and Health Policy at the University of Pennsylvania
- Cutting-edge public health researcher and oncologist

IN CONVERSATION WITH Stephanie Stahl

13-time Emmy award-winning health reporter and host of "Health Watch" on CBS Philadelphia



REGISTER TODAY!

Visit mainlineschoolnight.org
OR Scan the QR code

PRESENTING SPONSOR



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



DEAR FRIENDS,

After 8 years at MLSN, I have come to love Main Line School Night and its community. In one word, Main Line School Night is love:

- *Students with a love of learning and each other.*
- *Instructors who love to share their passion and knowledge.*
- *Staff who love bringing joy to the MLSN community by offering a broad curriculum and by creating a welcoming environment that embraces everyone's talents and differences.*

In a world that is filled with much conflict and strife, Main Line School Night provides a sanctuary where we can try new things without risk, expand our view of the world and each other, make new friends and continue to nurture relationships with others who share the love of learning.

This semester, try something new — cook with an air fryer, do social dancing, paint, photograph, learn Arabic, discover Renaissance art, meditate, play the harmonica, discuss topics in the news, learn self-defense, explore archeology, kayak by the moon, master your iPhone, read books with a purpose, study Shakespeare, visit the Metropolitan Museum, play Quizzo, and have fun.

Wishing you love, peace and good health in 2024,

Wendy Greenfield, *Executive Director*

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

WAYS TO *Give*



DONATE

Tuition only covers 80 percent of our expenses. We do not receive any public funding and rely upon the generosity of private contributions to enable us to bring you the depth and breadth of programming generations of lifelong learners have enjoyed. There are a number of different ways you can make a tax-deductible contribution to MLSN:

- DONATE ANY AMOUNT
- DONATE APPRECIATED SECURITIES
- EMPLOYER MATCHING GIFTS
- DONOR-ADVISED FUNDS
- PLANNED GIVING
- CHARITABLE BEQUESTS



JOIN

Become an MLSN member and enjoy discounted fees and exclusive opportunities! MLSN is a non-profit organization and your membership dues are tax-deductible as allowed by law. Visit our members page to sign up.



TO REGISTER, JOIN OR SUPPORT MLSN:
MainLineSchoolNight.org

FOR MORE INFORMATION:
hbendit@MainLineSchoolNight.org

SPECIAL EVENTS

90 MINUTES THAT MATTER

» The Future of the Wagner Group



NEW The Wagner Group is a Russian private military contractor (PMC) that serves as the eyes, ears and guns of Russia in a number of places like Africa and the Middle East and has supported Russian aggression in Ukraine. One of many such groups, it's helping to extend Russian influence in Africa and is destabilizing the continent. Its future, after the death of its founder and CEO, is uncertain, but it's not likely to go away.

Charles Ray, US Ambassador (Ret.)

Fri, 12:30 PM to 2:00 PM, 2/23

SL51501 ONLINE 1 session, \$39
member \$30

» Climate Change and Public Health



NEW Climate change is causing profound environmental impacts, including warmer temperature, changes in precipitation and sea-level rise. It is also causing profound impacts on public health, including heat-related disorders, respiratory problems, vectorborne diseases, waterborne diseases, malnutrition, violence and mental health problems. Review these health problems and learn what we, as a society and as individuals, can do to prevent them.

Barry S. Levy, MD, MPH, Author

Fri, 12:30 PM to 2:00 PM, 3/8

SL51510 ONLINE 1 session, \$39
member \$30



» Gaza, Palestinians and Israel



NEW Storytellers, including historians, know how much of their work is accomplished by deciding how and when to begin the story. Explore how different fighting in Gaza looks depending

on whether one begins the account in 1948, in 1973, in 2006 or on October 7, 2023. Topics include the transformation of displaced persons into refugees, the failure of attempts to separate Gaza and the West Bank from Israel, explanations for the shock and terror of the Hamas/Islamic Jihad attack and prospects for a different kind of future.

Ian S. Lustick, Bess W. Heyman Professor (Emeritus), University of Pennsylvania

Fri, 12:30 PM to 2:00 PM, 3/15

SL51808 Creutzburg 1 session, \$39
member \$30

» Preparing for the 2024 Election



NEW The Committee of Seventy is Pennsylvania's oldest nonpartisan good government organization. They will join us to share resources to help you prepare for the 2024 election

and help orient voters during what will be a very tumultuous cycle.

Justin Villere, Director, Civic Education, Committee of Seventy

Fri, 12:30 PM to 2:00 PM, 3/22

SL51805 Creutzburg 1 session, \$39
member \$30

» Four Years After the Murder of George Floyd



NEW Anita Friday, the founder of Open Hearts: A Path for Racial Healing, returns to speak with MLSN after four years of national reckoning. Examine steps that have been taken and lessons that have been learned. Tools that may help you understand and advocate for racial justice and empathy will be offered.

Anita Friday, Attorney; Educator

Tue, 7:00 PM to 8:30 PM, 4/9

SL22821 Lower Merion HS 1 session, \$20
member \$20

MEMBER ONLY EVENT



» Detecting Bull S*** in Health Care



NEW The world is awash in bull s*** and health care is no exception. Bull s*** involves language, data graphics and other forms of presentation intended to persuade the viewer with a blatant disregard for the truth and logical coherence. Dr. Bottles discusses how to spot bull s*** and how to think critically about data and models in health care. Statistical traps will be explained so the savvy consumer does not fall into them.

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

Fri, 12:00 PM to 2:00 PM, 4/26
SL51881 Creutzburg. 1 session, \$40

» The Last Ships from Hamburg: The Race to Save Russia's Jews on the Eve of World War I



NEW Hear the colorful story of three businessmen who made mass Jewish immigration from Russia between 1881 and 1914 possible. Jacob Schiff, head of the investment bank Kuhn, Loeb & Company, used his immense wealth to make America the new Jewish “promised land.” Albert Ballin, managing director of the Hamburg-American Line, created a transportation network of trains and steamships. J.P. Morgan, mastermind of the International Mercantile Marine (I.M.M.) trust, tried to monopolize the lucrative steamship business.

Steven Ujifusa, Historian; Author

Fri, 12:00 PM to 2:00 PM, 4/12
SL51811 Creutzburg. 1 session, \$49
member \$40

» Vintage Dermatology

NEW Discuss common dermatology conditions in adults, including rashes (seborrhea, psoriasis, drug reactions), dry skin, hair loss, allergies, infections such as Lyme disease and fungal infections, benign growths and skin cancers. This class is not intended as specific medical advice but for educational purposes only.

Marie O. Uberti-Benz, MD FAAD, Fmr Chief of Dermatology, Penn Presbyterian Medical Center

Fri, 12:00 PM to 2:00 PM, 4/19
SL51801 Creutzburg. 1 session, \$49
member \$40

WE PROVIDE THE HOT TOPIC, YOU BYOB.

» Five Ways To Reduce Stress Today

NEW Join Harrington as she helps you relieve stress. Hear her story about how burnout took over her world. Develop an understanding of stress in your life and identify habits to begin relieving stress today. These habits include communication, environment, mindfulness, acceptance and self-care.

Jessica Harrington, MPH, Stress Management Health Educator

Wed, 5:45 PM to 7:00 PM, 3/6
SL32807 Creutzburg. 1 session, \$39
member \$30



» Rooms with a View

NEW A visual feast for lovers of Italian Renaissance art and culture! Discover three extraordinary lesser-known interior spaces and learn the history of their artists and patrons while viewing these dazzling artistic treasures close-up. This photographic mini-vacation includes: The Medici's Chapel of the Magi in Florence, the Studiolo of Duke Federico da Montefeltro in Urbino, and, in Parma, a masterpiece of illusion, the private study of Abbess Giovanna da Piacenza — a true “Renaissance Woman”.

Carla Gambescia, Author, La Dolce Vita University

Wed, 5:45 PM to 7:00 PM, 3/20
SL32813 Creutzburg. 1 session, \$39
member \$30



» Three Great Artists: Magicians of the 20th Century

NEW This richly illustrated presentation examines the magical and often playful and eye-pleasing creations of three fascinating individuals — Swiss-born Paul Klee, active in the first part of the century; Spanish expatriate Remedios Varo who painted mid-century in Mexico; and American pop artist Keith Haring, whose meteoric career was sadly cut short in 1990 — all informed by the world events and personal experiences that helped to shape their preternatural abilities and unforgettable visions.

Scott Mason, Poet; Author

Thu, 5:45 PM to 7:00 PM, 3/21
SL42805 Creutzburg. 1 session, \$39
member \$30

» Quizzo MLSN Style

Quizzo is back and all about the 1970s! Put your knowledge and memory to the test and join us for a fun evening of Quizzo. Enroll by yourself or invite friends and teammates to join you. Win bragging rights and small prizes. Questions may be about 1970s music, entertainment, sports, local history, national history and so much more. No need to have played previously. Refreshments will be provided.

MLSN Staff

Thu, 5:45 PM to 7:00 PM, 3/28
SL42831 Creutzburg. 1 session, \$20



HOT TOPICS HAPPY HOURS



» Paris: Transformation of a Capital: From the University, to the Royal Palace, to the Department Store

NEW Explore the transformation of Paris from a medieval university center to the royal residence during the Renaissance. During the sixteenth to the eighteenth centuries, the addition of new urban squares, parks, churches, housing and waterworks began Paris' evolution into the modern city, but it was not until Haussmann in the late 19th century that Paris became the city we now know: a cosmopolitan capital and the center of fashion, art and consumerism.

Maria Ann Conelli, Professor, Art History

Wed, 5:45 PM to 7:00 PM, 4/10
SL32801 Creutzburg. 1 session, \$39
member \$30

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

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

Tara Nurin, Author; Journalist; Educator

Wed, 5:45 PM to 7:00 PM, 4/17
SL32505 ONLINE. 1 session, \$39
member \$30



SATURDAY AFTERNOON TEA



» In Praise of Difficult Women: The Gospel According to Coco Chanel

Look at fashion and feminism in the 20th century through the lens of the legendary Coco Chanel. Her style and fame matched the Modernist innovators of her time. She liberated women from the prison of corsets and created a coolly spare new concept of elegance. Learn about her place in the pulse of history, her role as the lover of an SS officer in Hitler's Germany, her portrait in troubling contradictions. Tea and scones included.



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

Sat 3:00 PM to 5:00 PM, 4/20
SL61817 Creutzburg. 1 session, \$49
member \$40



» A Celebration of Animals in Art

NEW Animals have been on the planet much longer than human beings and have always been an integral part of our lives. They appear in some of the earliest art in the world; they take the form of deities and serve as stand-ins for us; they can be friends and allies or wild and dangerous. All of these roles will be explored through images of creatures from around the world represented in a variety of media.

Mariann Smith, MA, Art Historian

Mon, 9:30 AM to 10:30 AM, starts 2/19
AA11011 ONLINE. 4 sessions, \$65
member \$55

» Art & Film Online

Explore the diverse range of artistic expressions available through streaming services and the internet. Discover the contributions of artists, makers, thinkers, visionaries, and others whose words and actions have brought to life all forms of art on film. Engage in stimulating discussions about creativity, craft, cinema, and life-altering experiences. Watch films on your own before class.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 3/6
AA31006 ONLINE. 5 sessions, \$85
member \$75

» Avant Garde "Ashcan" Artists

NEW Artists who depicted gritty street scenes, raucous crowds, and mundane activities in working class New York City neighborhoods in the first two decades of the 19th century were called the 'Ashcan School' artists. The movement was often associated with eight artists (The Eight), five of whom were from Philadelphia including the group's founder, Robert Henri, and its leader, John Sloan. Other members were George Bellows and Edward Hopper. Learn about these painters who captured the color and exuberance of American city life at the dawn of a new century.

Kenneth F. DeMarco, MS, JD

Thu, 1:30 PM to 2:30 PM, starts 4/25
AA41015 Creutzburg 4 sessions, \$79
member \$69

» Calder on the Parkway: New Vision for a Native Son

NEW Projected to open in late 2024, Calder Gardens on the Parkway "will show the sculptor's art like you've never seen it before." The museum will highlight the art and ideas of Alexander Calder whose works pushed actual movement, time and space into never-ending shape-shifting experiences that had far reaching impact on art and design. This participatory, multimedia session features Calder's work in focus, to help set the stage for what will be Philadelphia's newest cultural campus.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, 4/15
AA11015 Creutzburg 1 session, \$39
member \$30

» Designing Women: Visionary Females Who Shaped Our World

NEW From the mid-20th century to the present day, women designers have played a crucial role in shaping the world around us. Their work has spanned a wide range of fields, including textile and fabric design, fashion, jewelry, ceramics, interior design, and even cars. Explore the work of some of the most influential female designers of the 20th and 21st centuries, including Dorothy Liebes, Edith Head, Bonnie Cashin, and Eileen Gray. Discuss their unique contributions as well as the challenges they faced as women in a male-dominated field.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 4/10
AA31009 ONLINE..... 3 sessions, \$59
member \$51

» Doorzien Paintings: Seeing Through & Into Works of Art

NEW This exploration of wondrous windows and mysterious doors in works by Vermeer, Manet and others shows how artists opened up new vistas in painting. Doorzien, Dutch for “seeing through,” takes us to scenes of interior windows and doors where we glimpse grit and beauty beyond their boundaries, including trains that speak of modernity, and the stage-like wonder of Central Park. Historic to contemporary paintings come to life in this conversational class enriched by short videos.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 4/29
AA11013 ONLINE..... 4 sessions, \$69
member \$59

» Enchanted Bali: Insights into Indonesian Arts & Culture

NEW Embark on a captivating digital journey to Bali where vibrant arts are infused with profound spirituality. Explore Balinese architecture, painting and sculpture where intricate carvings, symbolic elements and harmonious designs blend seamlessly with modern expressions. Glimpse into parks and other places of interest and learn about customs, beliefs and traditions. If you’re considering a trip to Indonesia or want to experience the area from afar, this class will enrich your experience.

Tatiana Young, PhD, Department of Anthropology, Temple University

Wed, 9:45 AM to 10:45 AM, starts 3/6
AA31012 ONLINE..... 3 sessions, \$59
member \$51

» Global Renaissance: Dissolving Boundaries Across the World

NEW The Renaissance was an era of extraordinary human creativity and achievement. It was also a period which led to flourishing cultural exchange between distant regions. Explore how artists and artworks reflected these cross-cultural connections, demonstrating the newly-established networks that helped connect regions as previously distinct from each other as Italy, Northern Europe, the Ottoman Empire and the new world.

Aliza M. Benjamin PhD

Tue, 10:00 AM to 11:15 AM, starts 3/26
AA21016 ONLINE..... 4 sessions, \$69
member \$59

» Korea Past to Present: History into Art

NEW From cars and cuisine to music and technology, Korea’s vibrant contemporary culture is taking the world by storm. To fully understand Korea today, look beyond the recent past to the eras which shaped it. From the megalithic monuments of the prehistoric era to the Buddhist inspired masterpieces of the Goryeo period, the Confucian-influenced works of the Joseon Dynasty to the dynamic contemporary art scene today — see how a centuries-long focus on simplicity and expressions of harmony with nature created a unique artistic legacy.

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

Thu, 10:30 AM to 11:30 AM, starts 3/7
AA41014 ONLINE..... 3 sessions, \$55
member \$47



» Land Art: 1960s to Now

NEW The lure of earthy materials and land, freed from the confines of museums and galleries, fueled pioneer Land artists to move mountains, plunge into craters, and align themselves with the sun and stars in ways never seen before. The scale and impact of earthworks not only provided artists with a new kind of ‘blank slate,’ but also generated a new breed of eco art travelers. This multimedia conversation introduces you to early Land artists like Smithson and Holt and includes the contemporary work of Turrell, Goldsworthy, Maya Lin, and others .

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 6/3
AA11014 ONLINE..... 2 sessions, \$45
member \$37

» On Tour: Museum Highlights from Madrid to NYC

NEW What do New York City, Kansas City, Madrid and Paris have in common? Incredible cultural offerings and magnificent museums filled with stunning works of art! To enrich your travel experiences, join our virtual tour to happening sites to view and discuss a diverse range of works of art that feature artists both well-known and some not-so-much. Related short videos bring fresh perspectives to an assortment of art movements from classical to contemporary.

Lynn Berkowitz, BFA, MFA

Mon, 2:00 PM to 3:15 PM, starts 3/18
AA11012 ONLINE..... 4 sessions, \$69
member \$59

» Revolutionary Philadelphia Architects: Louis Kahn & Others

NEW In this engaging and informative presentation, a noted architectural historian will discuss some of the astonishing twentieth-century modernist buildings that shaped the city’s skyline and architectural legacy. From the radical design of the PSFS skyscraper to the remarkable work of Romaldo Giurgola, Louis Kahn, and Robert Venturi, see how these “Philadelphia School” architects revolutionized the practice of architecture in the mid-twentieth century. Hear firsthand stories from Dr. Maynard, who knew several of the architects personally.

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

Wed, 10:00 AM to 11:30 AM, starts 5/8
AA31031 ONLINE..... 2 sessions, \$45
member \$37



» Treasures of Latin American Art & Culture

NEW Explore the rich cultural heritage of Latin America through its art, sculpture music, dance and language. Discover how these creative expressions reflect the region’s complex history, diverse cultures, and vibrant social and political life. Consider works by Kahlo, Basquiat, Lam, Orozco, Rivera, Posada and others. See how these artists have used their work to explore themes of identity, conflict, acceptance and consider the role art has played in building community and in promoting social and political change.

Ariadna Fink, MA, Hispanic Literature, Villanova University

Thu, 3:30 PM to 4:30 PM, starts 4/4
AA41013 ONLINE..... 3 sessions, \$55
member \$47

» Walking Japan In The Footsteps of Matsuo Basho

NEW Explore Japan’s stunning scenery and culture on a journey inspired by Matsuo Basho, one of Japan’s greatest poets. View classic sites like Matsushima, Hiraizumi, and Yamadera Temple, and learn about Japanese culture through your instructor’s award-winning walks. If you are considering a hiking vacation or want to experience a quintessential aspect of Japan from afar, this class will enrich your experience.

John McBride, AM (Order of Australia)

Tue, 3:00 PM to 4:30 PM, 2/20
AA21027 ONLINE..... 1 session, \$39
member \$30

COMPUTERS & TECHNOLOGY

Students should have appropriate devices and software for technology classes.

EVERYDAY TECHNOLOGY

» Getting Organized with Gmail

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

Joel Price, Computer Consultant

Tue, 10:15 AM to 12:15 PM, 3/5
CO21026 ONLINE 1 session, \$51
member \$42

» Cutting the Cable: Is It for You?

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

Joel Price, Computer Consultant

Tue, 10:15 AM to 12:15 PM, 3/12
CO21014 ONLINE 1 session, \$55
member \$47

» Rubik's Cube: All about the Algorithm

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

Sona U Kapadia, STEM Coach and Computer Management Consultant

Sat, 2:00 PM to 4:00 PM, 3/16
CO61026 Creutzburg 1 session, \$39
member \$30

» Master Your iPhone: Beginners

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

Nina Epstein, IT Consultant and Instructor

Tue, 10:15 AM to 12:15 PM, starts 3/26
CO21017 Creutzburg 4 sessions, \$165
member \$149

» Master Your iPhone: For Intermediate Users

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

Nina Epstein, IT Consultant and Instructor

Tue, 10:15 AM to 12:15 PM, starts 4/30
CO21018 Creutzburg 2 sessions, \$89
member \$79



BUSINESS & WEB APPLICATIONS

» Excel

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

David Grauel, Computer Consultant

Thu, 6:15 PM to 8:15 PM, 2/22
CO42024 **Level 1** Creutzburg . . . 3 sessions, \$139
member \$125

Thu, 6:15 PM to 8:15 PM, 3/14
CO42026 **Level 2** Creutzburg . . . 3 sessions, \$139
member \$125

» PowerPoint for Beginners

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

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

Tue, 6:15 PM to 7:45 PM, 2/27
CO22432 Lower Merion HS. 1 session, \$36
member \$29

» Microsoft Word for PC Users

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

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

Tue, 6:15 PM to 7:45 PM, 3/5
CO22442 Lower Merion HS. 1 session, \$36
member \$29

» Introduction to WordPress

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

David Grauel, Computer Consultant

Thu, 6:15 PM to 8:15 PM, starts 4/4
CO42042 Creutzburg 3 sessions, \$139
member \$125



PHOTOS & SOCIAL MEDIA

» Introduction to Google Photos

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

Sona U Kapadia, STEM Coach and Computer Management Consultant

Fri, 9:00 AM to 10:00 AM, 3/8
CO51024 ONLINE 1 session, \$32
member \$27

» Organize Your Digital Photos

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

Nancy White, Computer Consultant

Tue, 1:15 PM to 3:15 PM, starts 3/12
CO21061 Creutzburg 3 sessions, \$125
member \$110

» Photo Management & Preservation

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

Nancy White, Computer Consultant

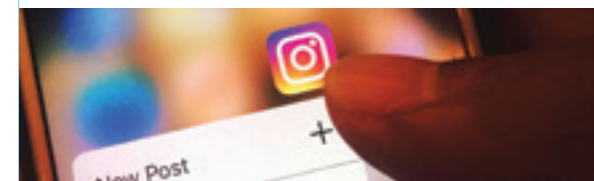
Tue, 6:15 PM to 8:15 PM, starts 3/12
CO22070 Lower Merion HS. 3 sessions, \$125
member \$110

» Photo Scanning Hands-On Workshop

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

Nancy White, Computer Consultant

Tue, 6:00 PM to 8:00 PM, 4/2
CO22074 Lower Merion HS. 1 session, \$45
member \$37



» Beginner's Guide to Instagram

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

Stephanie Cirillo, Social Media Strategist

Tue, 7:00 PM to 8:00 PM, 3/19
CO22050 Lower Merion HS. 1 session, \$39
member \$30



COOKING, FOOD & WINE

BASICS & BEYOND

» Stressless Sheet Pan Suppers

Prepare delicious meals with easy cleanup using this new twist on one-pot cooking. In this demonstration class, see how simple it is to make two perfectly seasoned sheet pan dinners. Menu includes: Baked Chicken with Potatoes, Scallions and Capers and Garlic Honey Roasted Salmon with Assorted Vegetables. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 2/19
CW11050 Creutzburg 1 session, \$55
member \$47

» Crowd-Pleasing Brunch Recipes

NEW Elevate your next brunch gathering with dishes that look as great as they taste. From fluffy muffins and indulgent French toast to savory frittatas, these recipes are perfect for entertaining with ease and confidence, so you can relax, socialize, and enjoy the company of your friends and family. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 2/26
CW11051 Creutzburg 1 session, \$55
member \$47

» Winning Dinner From Ann's Kitchen

NEW Create an unforgettable dinner experience with some of Ann's favorite recipes. Under her expert guidance, you'll master the art of cooking an herb-roasted spatchcock chicken. Get valuable tips for do-ahead preparation, ensuring you can enjoy the company of your guests. Complete your culinary masterpiece with a tantalizing vegetable orzo and a delectable dessert that will leave a lasting impression. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 3/4
CW11052 Creutzburg 1 session, \$55
member \$47

» Fresh & Easy Springtime Meals

Enjoy a delightful culinary journey which features the vibrant flavors of spring with a menu of light, refreshing, and easy-to-prepare dishes. Indulge in the delicate sweetness of asparagus and pea soup, savor the succulent flavors of seared scallops with a carrot puree sauce, and end your meal with a ricotta cheesecake in a jar.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 3/11
CW11053 Creutzburg 1 session, \$55
member \$47

» 30-Minute Menus to Simplify Your Weeknights

Mealtimes shouldn't be a source of stress. With Ann's easy-to-follow recipes and time-saving techniques, you'll learn to prepare delicious dinners that fit seamlessly into your weeknight routine. Whether you're cooking for an eat-at-home supper or taking a casserole to friends or family, this class will give you helpful tips for success. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 3/18
CW11054 Creutzburg 1 session, \$55
member \$47

» Spring Recipes for the Air Fryer

NEW This countertop "miracle kitchen gadget" transforms food into crispy perfection without using oil. It works on the same principle as a convection oven by circulating electric heat, consequently providing a healthy alternative to deep frying. In this demonstration class, learn to prepare new springtime recipes in your air fryer. Taste the results.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 3/22
CW51012 Creutzburg 1 session, \$55
member \$47

» Master Basic Cooking Techniques

NEW Enjoy Ann's demonstration of essential cooking techniques from deglazing to crafting rich reduction sauces to mastering baking basics. Watch the step-by-step preparation of a complete meal featuring perfectly sauteed chicken breasts paired with a flavorful sauce, a side dish and a sweet ending with a delicious dessert. Whether you're a novice cook or an experienced home chef, this class is designed to give you the confidence to tackle any recipe. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 4/15
CW11056 Creutzburg 1 session, \$55
member \$47

» Summer Soups & Salads

NEW Expand your culinary repertoire with dishes requiring little heat and less effort. Ann will prepare a healthy and delicious light meal for brunch, lunch or dinner. The menu includes a chilled soup and super salads perfect for warm weather dining. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 4/29
CW11058 Creutzburg 1 session, \$55
member \$47

BAKING

» Chocolate Ganache Salted Caramel Tart

Chocolate ganache sounds intimidating but is really easy to make. Learn all about this decadent, rich, creamy and delicious confection. In class we will make our own ganache and combine it with homemade caramel to create a luxurious and super rich Chocolate Ganache Salted Caramel Tart!

Scott Noye, Owner, Chef Dad's Table

Tue, 6:30 PM to 8:00 PM, 3/5
CW22034 Lower Merion HS 1 session, \$55
member \$47

» Breakfast and Brunch Breads and Pastries

NEW Treat yourself, your family, and guests to irresistible baked goods for breakfast and brunch. Made with spring's freshest produce and some unique ingredients, we will make muffins, breads, and pastries. These delicious recipes will be your new "go to" for morning or anytime baking. Taste the results.

Scott Noye, Owner, Chef Dad's Table

Tue, 6:30 PM to 8:00 PM, 3/12
CW22035 Lower Merion HS 1 session, \$55
member \$47

» Souffles: Sweet and Savory

NEW Take the mystery out of making souffles. Often thought of as difficult and hard to make souffles are very easy to make and can be an impressive dessert or dinner. We'll cover the making of the classic cheese souffle as well as the wonderful citrus-scented Grand Marnier souffle. Taste the results.

Michael Castillo, Owner, Michael Castillo's Kitchen

Sat, 10:00 AM to 12:00 PM, 3/16
CW61011 Creutzburg 1 session, \$55
member \$47



» Make a Perfect All-Butter Pie Crust

NEW Have you ever wanted to make that perfect all butter crust for your pies? Join Michael as he walks you through the steps to making the perfect pie crust with all the flaky layers you have longed for. We'll cover making the dough, rolling out the crust, baking a filled pie as well as blind baking. Pie samples will be served.

Michael Castillo, Owner, Michael Castillo's Kitchen

Sat, 10:00 AM to 12:00 PM, 4/20
CW61012 Creutzburg 1 session, \$55
member \$47

» Fun with Phyllo

Don't fear phyllo! Learn easy techniques for creating a tasty main course and a fabulous dessert using this versatile dough. Ann will share her secrets for storing and handling these thin pastry sheets and show you how they can be used in an array of ways. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 4/8
CW11055 Creutzburg 1 session, \$55
member \$47

» Beat the Heat with Easy No-Bake Desserts

Make your meal endings memorable without turning on the oven. These refreshing treats are packed with summer flavors and include cherries jubilee, chocolate cream-filled cake with Grand Marnier, and more. Taste the results. Effortless to assemble, they'll have you craving dessert every night.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 5/20
CW11059 Creutzburg 1 session, \$55
member \$47

» **Homemade Dog Treats**

Treat your canine companion to some made-with-love biscuits that are good for Fido, easy and fun to make, and inexpensive, too. Judy will prepare several kinds with your hands-on help. Treats also make great gifts for dog lovers. New recipes for returning students. Take some treats home.

Judy Buxton, Creative Cook

Tue, 1:00 PM to 3:00 PM, 4/9

CW21006 Creutzburg 1 session, \$55
member \$47

INTERNATIONAL CUISINE» **Pasta Dishes: Easy Meals for Busy Days**

NEW Are you tired and don't know what to cook for dinner? Learn three quick and easy but delicious pasta meals to serve your family on hectic days, including pasta with pesto sauce and burrata, pasta carbonara, and pasta gratin. Taste the results.

Dianna Sinanian, Caterer

Tue, 10:00 AM to 12:00 PM, 2/20

CW21020 Creutzburg 1 session, \$55
member \$47

» **Armenian Pizza: Flavorful Twist on a Classic Favorite**

NEW Put a different spin on pizza night and learn to make Lahmajun, a traditional Armenian flatbread with minced meat, vegetables and herbs. This chewy-crisp flatbread with its aromatic topping will be the hit of your next pizza party. Armenian dishes are rich in flavor, so if you're new to the cuisine, discover one of the country's specialties. Taste the results.

Dianna Sinanian, Caterer

Tue, 10:00 AM to 12:00 PM, 2/27

CW21021 Creutzburg 1 session, \$55
member \$47

» **Filled Pastas: Ravioli & Tortellini**

NEW Ravioli and tortellini are two filled pastas that are easy to make and even better to eat! We will make pasta, roll it into sheets and form the ravioli and tortellini to enjoy. Recipes include Tortellini en Brodo and Ravioli in the classic Sage and Browned Butter. Taste the results.

Michael Castillo, Owner, Michael Castillo's Kitchen

Tue, 6:30 PM to 8:30 PM, 2/27

CW22010 Lower Merion HS 1 session, \$55
member \$47

» **Art of the Apéro: France's Beloved Pre-Dinner Meal**

NEW Embark on a culinary journey to France and learn how to create an Apéro table, a cherished tradition of offering guests pre-dinner refreshments. Class features a selection of warm aperitifs including quiche Lorraine, tarte soleil, and puff pastry with goat's cheese and honey. Taste the results.

Dianna Sinanian, Caterer

Tue, 10:00 AM to 12:00 PM, 3/5

CW21022 Creutzburg 1 session, \$55
member \$47

» **A Culinary Journey to Grenoble, France**

NEW French regional cuisine is an art unto itself. So come and see how to cook specialties from the heart of France's mountainous middle, including gratin dauphinois, a creamy potato dish, and salade grenobloise, which celebrates ingredients native to this alpine area. Learn new cooking techniques to take your meal preparation to the next level. Taste the results.

Dianna Sinanian, Caterer

Tue, 10:00 AM to 12:00 PM, 3/12

CW21023 Creutzburg 1 session, \$55
member \$47

» **Mézès: Small Dishes with Big Flavors**

NEW Learn to make a selection of small dishes which traditionally are served as appetizers in Caucasian and Middle Eastern cuisines, including hummus, tabbouleh and jajekh. Taste the results.

Dianna Sinanian, Caterer

Tue, 10:00 AM to 12:00 PM, 3/19

CW21024 Creutzburg 1 session, \$55
member \$47

» **Gyoza! (Japanese Dumplings)**

In the demonstration class, learn how to make delicious Japanese dumplings using a mix of assorted organic vegetables, shrimp, chicken, sesame seeds and fresh ginger wrapped in a thin gyoza wrapper, steamed and pan fried in sunflower oil then served with homemade gyoza sauce. Enjoy tasting them paired with a nutrient-rich hot miso soup.

Fay Toyozato, Chef, Japanese Cooking Instructor

Sat, 1:30 PM to 4:00 PM, 3/16

CW61056 Creutzburg 1 session, \$65
member \$57

» **Tofu Triumphs: Agedashi Tofu & Yakisoba**

NEW Tofu is packed with protein and adds tasty textures and oomph to your menus! In this hands-on class learn how to prepare and flavor tofu dishes for both vegetarians and cooks wanting to expand family meals with Japanese-style recipes. On the menu: agedashi tofu with special sauce and assorted vegetable yakisoba. Taste the results.

Fay Toyozato, Chef, Japanese Cooking Instructor

Wed 1:30 PM to 4:00 PM, 3/20

CW31046 Creutzburg 1 session, \$65
member \$57

» **Tastes of Mexico**

NEW Enjoy the fresh and vibrant flavors of Mexico this spring. We will make roasted salmon with a smoky spice rub, and fresh tomatillo salsa as a condiment-complement. A bright and crunchy lentil salad with cilantro, red onion and honey-lime-cumin vinaigrette will round it all out. Tajin dusted melon for a sweet yet light ending. BYOA (bring your own aprons) y nos vemos en Abril! Taste the results.

Allison Farcus, Founder, Saute and Soiree LLC

Tue, 6:00 PM to 8:00 PM, 4/2

CW22019 Lower Merion HS 1 session, \$59
member \$50

» **Fresh Pasta Sauces**

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

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

Wed, 6:00 PM to 7:30 PM, 4/3

CW32019 Creutzburg 1 session, \$55
member \$47

» **Healthy Recipes from Italy's Apulia Region**

NEW Delicious Italian food doesn't have to be loaded with calories and saturated fat. Learn to make plant-based and heart-healthy dishes inspired by Chef Char's recent trip to the land of her maternal grandparents and which reflect the meals she enjoyed in her childhood home, including pannegotta, a simple pasta sauce with orichette, and a basic greens dish. Taste the results.

Char Nolan, Certified Plant-based Chef

Tue, 6:00 PM to 8:00 PM, 4/9

CW22026 Lower Merion HS 1 session, \$59
member \$50

» **Mediterranean Menus**

Full of health benefits, Mediterranean dishes are fabulously flavorful as well. Using a selection of specialties from countries bordering the sea, Ann will demonstrate techniques for cooking some of her favorites including pasta primavera, chilled avgolemono soup, and a fabulous fruit tart. Taste the results.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, 4/22

CW11057 Creutzburg 1 session, \$55
member \$47

» **Brunch from the Indian Kitchen**

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

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

Fri, 10:00 AM to 12:00 PM, 4/26

CW51006 Creutzburg 1 session, \$55
member \$47

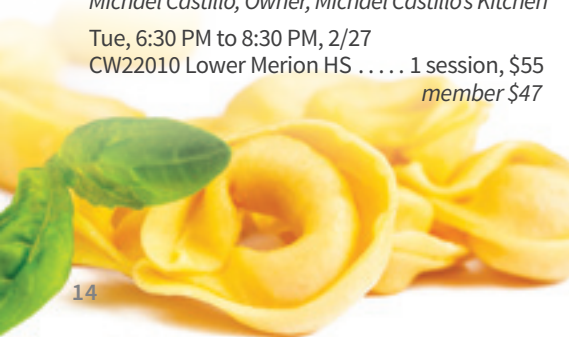
» **Cooking from an Arabic Kitchen**

NEW Rita will be taking you on a short journey into the middle Eastern home, you will be experiencing one of the most traditional comfort foods made in Palestine, Jordan, Syria and Lebanon, a dish that has been passed through generations called "Koosa w' warak". Get ready to core, stuff and wrap as you enjoy the aromas and taste of the middle Eastern kitchen.

Rita Qubain, Traditional Arabic Cook

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

CW32050 Creutzburg 1 session, \$69
member \$59





HEALTHY COOKING

» Greens from the Sea

NEW Learn all about healthy sea vegetables, like spirulina, chlorella, nori, kelp, dulse, wakame, and kombu. These highly nutritious sea greens are loaded with vitamins and minerals and are a new food trend. Learn delicious ways to incorporate them into your diet. Taste the results.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri, 10:00 AM to 12:00 PM, 3/8

CW51011 Creutzburg 1 session, \$55
member \$47

» Get Started in “Clean Eating”

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

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

Tue, 7:00 PM to 8:30 PM, starts 3/19

CW22038 Lower Merion HS 2 sessions, \$69
member \$60

» Healthy Spring Greens

NEW Emerge from winter to explore spring greens that boost your brain health and improve your gut microbiome. Greens are among the most nutritionally dense foods, but most people don't know how to cook them. Learn how to incorporate this seasonal ingredient into satisfying dishes that taste as good as they are good for you. Taste the results.

Frances Alloway, MA, RDN, LDN, Nutritionist

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

CW51013 Creutzburg 1 session, \$55
member \$47

» Guide to Plant-Based Cooking

Live longer and help the environment by moving to a plant-based diet. Learn the basics of plant-based cooking with substitutions for dairy, eggs, and other animal products that produce delicious results. New recipes for returning students. Taste the results.

Char Nolan, Certified Plant-based Chef

Tue, 6:00 PM to 8:00 PM, 4/16

CW22027 Lower Merion HS 1 session, \$59
member \$50

» Fermented Foods & Probiotics: Keys to Healthy Living

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

Frances Alloway, MA, RDN, LDN, Nutritionist

Sat 1:30 PM to 3:30 PM, 4/20

CW61014 Creutzburg 1 session, \$55
member \$47

» Ending the Taboo About Tofu

Tofu is a fiber-packed protein low in calories and provides a wide variety of vitamins and minerals — but how do you cook it so it tastes good? Discover delicious ways to use this healthy plant-based alternative to meat. Chef Char will demonstrate a variety of preparation techniques including baking, roasting and marinating incorporating your favorite seasonings. Taste the results.

Char Nolan, Certified Plant-based Chef

Tue, 6:00 PM to 8:00 PM, 5/7

CW22028 Creutzburg 1 session, \$55
member \$47

» Tea Talk & Tasting

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

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

Wed, 11:00 AM to 12:30 PM, 5/8

CW31011 Creutzburg 1 session, \$45
member \$37

» Plant-Based Desserts

Enjoy a tasty and healthy alternative to high-calorie desserts. Chef Char's recipes are naturally lower in unhealthy saturated fats and sugars, nutrient-dense, and easy to prepare with ingredients you may already have on hand. In this hands-on class, you'll practice making chocolate mousse pudding, black bean brownies, and an apple galette. Learn fun garnishing techniques to add eye appeal to any dessert.

Char Nolan, Certified Plant-based Chef

Tue, 6:00 PM to 8:00 PM, 5/14

CW22029 Creutzburg 1 session, \$55
member \$47

» Fight Prediabetes with Diet

NEW Have you been diagnosed with prediabetes? Learn to adjust your diet to keep blood sugar in check and maintain a healthy weight and still enjoy your food. Understand carbohydrates while tasting some great recipes.

Frances Alloway, MA, RDN, LDN, Nutritionist

Fri 10:00 AM to 12:00 PM, 5/17

CW51015 Creutzburg 1 session, \$55
member \$47

» Grilled Vegetables & Veggie Burgers

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

Char Nolan, Certified Plant-based Chef

Tue, 6:00 PM to 8:00 PM, 5/21

CW22030 Creutzburg 1 session, \$55
member \$47

WINE & SPIRIT TASTING

» Summer Rum Cocktails

NEW Join us for an immersive and educational mixology demonstration dedicated to the world of rum! Hosted by the owner and head distiller of Otto Distilling, you'll learn about the rich history of rum and the story behind South Philadelphia's first distillery. Sample the cocktails crafted during class and take home recipe cards for DIY mixology.

Tim Haas, Owner, Otto Distilling

Wed, 6:30 PM to 8:00 PM, 5/15

CW32004 Creutzburg 1 session, \$65
member \$57



» Wine & Cheese: The Perfect Combo

Taste a selection of wines partnered with enticing cheeses including Camembert, aged Gouda, Gorgonzola, goat cheese and others. Discuss how to make the best selections based on understanding why soft cheeses pair well with sparkling or white wine and sharp or aged cheeses are best served with full-bodied wines. Leave with the confidence to make the choices to pair them like a pro.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 2/21

CW32075 Creutzburg 1 session, \$69
member \$60

» Spanish Wines

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

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 2/28

CW32076 Creutzburg 1 session, \$59
member \$50

» South American Wines

We will be tasting outstanding wines from Chile, Argentina, Brazil and others, tracing their origins back to European vineyards. Unique character and terroir coupled with increased quality and reasonable prices have created a thriving market for these wines in recent years. In some instances these wines have been found to show much better than their European forebears.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 3/20

CW32077 Creutzburg 1 session, \$59
member \$50

» Wines of the Rhône Valley

The Rhône Valley has been a center of wine culture since ancient times. Experience the unique qualities and soft texture of these wines featuring blends from the south and single varietals from the north when you sample heat-loving grape varieties like Syrah, Grenache, Viognier and many more. See why these are great wines.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 3/27

CW32078 Creutzburg 1 session, \$59
member \$50

» **Wines of Alsace and Germany**

Although Alsace and Germany are close neighbors, they produce some different wines. Given their similar climates, learn how they grow the same types of grapes but with each country having its own style. We'll also compare the Rieslings and other varietals, such as Gewürztraminer, Pinot Gris and Pinot Noir. Come and expand your wine repertoire in fantastic ways.

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 4/24
CW32079 Creutzburg 1 session, \$59
member \$50



» **Italian Wines**

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

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 5/29
CW32080 Creutzburg 1 session, \$59
member \$50

» **Rosé for Summer Sipping**

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

Vicki Miller, President, Vinocity

Wed, 6:30 PM to 8:00 PM, 6/26
CW32081 Creutzburg 1 session, \$59
member \$50

» **Bordeaux on a Budget**

NEW Vintners from the Bordeaux region have been leaders in technological innovation, clonal selection, soil research, curbing pesticide and fungicide use as well as lowering the carbon footprint and water usage — but in general their prices have remained out of reach for many people. However, as the result of climate change, non-native grapes from warmer climates have been introduced and we are seeing a shift toward less expensive wines. Spend the evening tasting a variety of these value-priced quality wines.

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

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 3/6
CW32001 Creutzburg 1 session, \$59
member \$50

» **Wines of Washington and Oregon**

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

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

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 4/17
CW32002 Creutzburg 1 session, \$59
member \$50

» **Wines for Spring and Summer**

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

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

Richard Unti, Wine Connoisseur

Wed, 6:30 PM to 8:00 PM, 5/22
CW32003 Creutzburg 1 session, \$59
member \$50



DANCING

» **Belly Dancing**

Explore the beautiful world of belly dancing. The one-session class gives you a taste of the foundational movements and benefits of this art form. Then join us for the full class! Stretch, curve and sway from head to toe, learning techniques and various combinations. Belly dancing fosters confidence, poise, fluidity, grace, strength, and flexibility. No experience necessary. Scarves will be available or bring your own.

Amalia, Belly Dance Performer & Instructor

Tue, 6:15 PM to 7:45 PM, 2/27
NEW DA22032 **Introduction**
Lower Merion HS 1 session, \$38
member \$30

Tue, 6:15 PM to 7:15 PM, starts 3/12
DA22034 **All levels**
Lower Merion HS 5 sessions, \$94
member \$84

» **Celtic Meets Country Dance**

Learn the basics of Irish step dance, Ceili and Country Line adapted to Irish music. Have fun and get great aerobic exercise at the same time. Intermediate class will cover more intricate steps and patterns. No partner required. Prerequisite for intermediate: beginner Celtic class.

Maggie Wreski, Irish and Country Line Dance Instructor

Thu, 6:00 PM to 7:00 PM, starts 2/22
DA42035 **Intermediate**
Creutzburg 8 sessions, \$129
member \$115

Thu, 7:15 PM to 8:15 PM, starts 2/22
DA42036 **Beginner**
Creutzburg 8 sessions, \$129
member \$115

» **Musical Theater Dance**

Dance to songs from your favorite Broadway musicals. Theater Dance combines stretch, strengthening, cardio and coordination for a fun-filled class that's sure to please your dancing feet (and maybe leave you singing along too). Get your jazz hands ready! No experience necessary, all levels welcome.

Barby Roche, Wayne Ballet

Wed, 10:00 AM to 11:30 AM, starts 2/21
DA31034 Wayne Ballet 6 sessions, \$150

» **Social Dance**

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

Donna Boyle, Professional Dancer and Teacher

Thu, 6:20 PM to 7:20 PM, starts 4/18
DA42006 **Beginner** Creutzburg . 6 sessions, \$178
member \$165

Thu, 7:30 PM to 8:30 PM
DA42007 **Advanced Beginner**
Creutzburg 6 sessions, \$178
member \$165

» **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 2/27
DA22033 Lower Merion HS. . . . 6 sessions, \$120
member \$105

Tue, 6:30 PM to 7:30 PM, starts 5/7
DA22035 Creutzburg 6 sessions, \$120
member \$105

» **Tap Dancing**

Loosen up, tap your feet, swing your arms, while enjoying healthy aerobic exercise and simple routines. Learn the technique of tap dancing, along with terminology.

Sarah Vogan, Professional Dancer, Wayne Ballet

Fri, 9:45 AM to 10:45 AM, starts 2/23
DA51037 **Beginner**
Wayne Ballet 10 sessions, \$175

Gail Oldfield, Professional Dancer, Wayne Ballet
Fri, 11:00 AM to 12:00 PM, starts 2/23
DA51038 **Experienced**
Wayne Ballet 10 sessions, \$175

Debbie Smith, MLSN Dance Instructor for 40 years
Tue, 6:00 PM to 7:00 PM, starts 2/27
DA22030 **Experienced**
Lower Merion HS. 8 sessions, \$155
member \$139

Tue, 7:10 PM to 8:10 PM, starts 2/27
DA22031 **Beginner**
Lower Merion HS. 8 sessions, \$155
member \$139

FITNESS & HEALTH

EXERCISE

» Fitness Over 50

These safe and gentle body sculpting movements will help strengthen and tone your muscles while also enhancing your flexibility and range of motion. Designed for active older adults, those who may be recovering from an injury or people just getting started with an exercise program, you'll enjoy this low intensity workout focusing on total body conditioning.

Sandi Kirschner, MEd, Certified Group Fitness Instructor

Tue, 11:30 AM to 12:00 PM, starts 2/20
FH21010 ONLINE. 10 sessions, \$119
member \$99

» Awesome Abs and Thighs

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

Julie Seville, Julie Seville's Lifetime Fitness

Mon, 9:15 AM to 10:15 AM, starts 2/19
FH11032 ONLINE. 12 sessions, \$165
member \$149

Mon, 9:15 AM to 10:15 AM, starts 5/13
FH11035 ONLINE. 6 sessions, \$89
member \$75

Mon, 9:15 AM to 10:15 AM, starts 7/1
FH11038 ONLINE. 9 sessions, \$125
member \$113

» Power, Tone and Tighthen

Blast away those soft spots! Sculpt a leaner, stronger body with resistance exercises using hand-held weights, Dynabands and your own body weight. This total body conditioning class is fun, easy-to-follow and effective. Students may purchase Dynaband (\$5 plus shipping) from instructor or purchase your own band (at least 4 ft. long).

Julie Seville, Julie Seville's Lifetime Fitness

Wed, 9:15 AM to 10:15 AM, starts 2/21
FH31033 ONLINE. 12 sessions, \$165
member \$149

Wed, 9:15 AM to 10:15 AM, starts 5/15
FH31036 ONLINE. 6 sessions, \$89
member \$75

Wed, 9:15 AM to 10:15 AM, starts 7/3
FH31039 ONLINE. 9 sessions, \$125
member \$113

» 45-Minute Express Workout

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

Julie Seville, Julie Seville's Lifetime Fitness

Fri, 9:00 AM to 9:45 AM, starts 2/23
FH51034 ONLINE. 12 sessions, \$165
member \$149

Fri, 9:00 AM to 9:45 AM, starts 5/24
FH51037 ONLINE. 6 sessions, \$89
member \$75

Fri, 9:00 AM to 9:45 AM, starts 7/12
FH51040 ONLINE. 8 sessions, \$111
member \$101



» ESSETRICS®: Workout to Improve Mobility

NEW This gentle, slow Essentrics® workout will help improve your posture as well as increase mobility in your spine and throughout your entire body. Unlock your body, boost your energy and set you on the path to healthy aging. Feel and look younger by increasing your range of motion. Good posture is not only important for preserving a youthful appearance, but also for our overall health.

Charo Evangelista, ESSETRICS® Level 1 Instructor

Fri, 9:30 AM to 10:30 AM, 3/15
FH51052 Creutzburg. 1 session, \$29

Fri, 9:30 AM to 10:30 AM, 6/7
FH51026 Creutzburg. 1 session, \$29

Fri, 9:30 AM to 10:30 AM, 7/19
FH51034 Creutzburg. 1 session, \$29

» ESSETRICS® Aging Backwards

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

Charo Evangelista, ESSETRICS® Level 1 Instructor

Mon, 9:00 AM to 10:00 AM, starts 2/19
FH11030 Creutzburg & Online (Hybrid)

. 12 sessions, \$289
member \$279

Wed, 10:00 AM to 11:00 AM, starts 2/21
FH31027 ONLINE. 12 sessions, \$289
member \$279

Fri, 10:00 AM to 11:00 AM, 5/10
FH51031 **Introduction**
Creutzburg & Online (Hybrid) . . . 1 session, \$29

Wed, 10:00 AM to 11:00 AM, starts 5/29
FH31028 ONLINE. 11 sessions, \$265
member \$255

Mon, 9:00 AM to 10:00 AM, starts 6/3
FH11029 Creutzburg & Online (Hybrid)
. 12 sessions, \$289
member \$279

» Zumba and Zumba Toning

Class combines the easy to follow Latin dance fitness of and strength training of Toning. Enjoy this fun and exhilarating forty-five minute workout with an added resistance challenge using toning sticks (macarena like hand weights) or dumbbells that will help tone, sculpt and define muscles. Bring a pair of hand weights (1 to 3 lbs) or purchase Toning Sticks from the instructor. A fifteen minute stretch follows the work out. All levels welcome.

Geni Roskos, Certified Zumba Instructor

Thu, 11:45 AM to 12:45 PM, starts 3/7
FH41046 Creutzburg. 6 sessions, \$89
member \$75

MIND & BODY

» Healing Your Gut

Healthy digestion is a fundamental foundation for good health and if the process is compromised, it often affects not just your gut, but also your immune, hormonal and nervous systems. Learn about the Functional 5 R protocol to resolve your digestion issues. Take away top functional nutrition principles, recipes and recommendations.

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

Thu, 2:30 PM to 4:00 PM, 2/29
FH41016 Creutzburg. 1 session, \$45
member \$37

» Recipes for Strong Bones

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

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

Mon, 10:00 AM to 11:30 AM, 3/25
FH11009 Creutzburg. 1 session, \$45
member \$37



» How to Kick the Sugar Habit

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

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

Tue, 7:00 PM to 8:30 PM, starts 4/9
FH22006 Lower Merion HS. . . . 2 sessions, \$51
member \$42

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

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

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

Mon, 10:30 AM to 12:00 PM, 5/6
FH11050 Creutzburg. 1 session, \$45
member \$37

» **Sustainable Wellness Habits for a Healthier You**

NEW Feeling overwhelmed by conflicting nutrition advice and endless diet fads? Tired of feeling drained and stressed? Designed to empower you with science-backed strategies to build sustainable healthy habits that fit seamlessly into your lifestyle. No more obsession, guilt, or sacrifice — just practical, actionable steps towards achieving your wellness goals.

Michele Blickley, MSW, MA, Holistic Health Coach, MGB Health Coaching

Mon, 7:00 PM to 8:00 PM, starts 3/4
FH12087 ONLINE. 3 sessions, \$55
member \$47

» **How to Keep Your Bones Healthy**

Keeping your bones strong is essential to maintaining good health and ease of movement at every stage of life from infancy through adulthood. Learn about risk factors, what a DEXA scan tells you, how to prevent bone loss as well as how to reduce the effects of osteopenia and osteoporosis with nutrition and the BoneWise exercise program. Try some balance and posture exercises to incorporate into your everyday activities to help boost your bone health.

Alison Hallam, MSc, Physical Therapist

Wed, 1:30 PM to 3:00 PM, 3/6
FH31018 Creutzburg 1 session, \$45
member \$37

» **CPR Certification**

In this hands-on class, learn basic emergency response procedures for adults, children and infants including CPR, response to conscious and unconscious choking and Automatic External Defibrillator usage. You will receive a digital CPR certification card. Handouts included.

Staff, Tri-State Training

Sat, 10:00 AM to 12:00 PM, 3/16
FH61015 Creutzburg 1 session, \$65
Tue, 6:30 PM to 8:30 PM, 4/16
FH22016 Lower Merion HS. 1 session, \$65



» **Introduction to Reiki and Energy Healing**

NEW Embark on a journey of holistic healing with Reiki, a Japanese technique that helps you become more balanced physically, emotionally, mentally and spiritually. It is administered by laying on hands to channel universal (Rei) life force (ki) into your body to activate natural energy healing. Learn about energy healing, discuss the restorative benefits of Reiki and practice these techniques on yourself. Try some relaxing meditations and find out what it feels like to experience the healing energy which flows through all of us.

Jennifer Dean Nagle, Reiki Master Practitioner

Sat, 10:00 AM to 12:00 PM, 3/16
FH61053 Creutzburg 1 session, \$49
member \$40

» **Acupuncture for Emotional & Mental Wellness**

Acupuncture is amazing at helping with physical pain. Did you know it can also support emotional and mental wellness? Learn about 5 Element Acupuncture and how it can help you feel better. We will cover some exercises, including acupressure points, that you can use in your daily life.

Lance Isakov, Licensed Acupuncturist; Founder, Village Wellness

Sat, 2:00 PM to 4:00 PM, 3/16
FH61042 Creutzburg 1 session, \$49
member \$40

» **Self-Defense for Women & Teens**

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

Jennifer Colucciello, State Certified EMT Instructor

Tue, 7:30 PM to 9:30 PM, starts 3/19
FH22008 Lower Merion HS. 2 sessions, \$69
member \$59

» **Self-Defense for Seniors**

Learn powerful skills for your body, mind and spirit. Develop street smarts, personal safety strategies and confidence based on practical self-defense techniques. Explore the concepts of situational awareness to help you stay out of bad situations and practice the physical techniques to use. The second session will take place on 5/21 or 5/28 based on gender identification.

Jennifer Colucciello, State Certified EMT Instructor

Tue, 1:00 PM to 3:00 PM, starts 5/14
FH21007 Creutzburg 2 sessions, \$69
member \$59



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

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

Jennifer Colucciello, State Certified EMT Instructor

Tue, 6:30 PM to 8:30 PM, 4/2
FH22007 Lower Merion HS. 1 session, \$49
member \$40

» **Basic First Aid Certification**

Get hands-on training including practical skills testing and a two-year basic first aid certification card. Class covers medical emergencies including cardiac, respiratory, diabetic and allergic reactions; injury emergencies such as fractures, dislocations and bleeding; environmental emergencies related to cold, heat, bites and stings; dealing with specialty population patients including pediatric, geriatric, learning disabled, chronically ill; and specialty equipment.

Jennifer Colucciello, State Certified EMT Instructor

Sat, 9:00 AM to 1:00 PM, 4/20
FH61032 Creutzburg 1 session, \$65
member \$55

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

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

Emily Smith, LMT Myofascial Release Therapist

Mon, 7:00 PM to 8:00 PM, starts 3/25
FH11086 ONLINE. 3 sessions, \$64
member \$52

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

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

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

Wed, 7:00 PM to 8:15 PM, starts 4/3
FH32045 Creutzburg 4 sessions, \$75
member \$62



» **Improve Your Posture: Live Longer and Stronger**

Posture is an integral part of your health and it plays a significant role in moving with ease and efficiency. Begin to reverse the aging process by realigning your body with gentle exercises that will help you lengthen and strengthen. Range of motion, balance, stability and accessible strengthening exercises will leave you invigorated and upright. Bring a yoga mat and a blanket. All levels welcome and modifications are provided.

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

Thu, 1:00 PM to 2:30 PM, 4/11
FH41040 Creutzburg 1 session, \$45
member \$37

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

Learn how to alter the way you stand, sit and move based on the Gokhale Method® — a postural awareness technique which helps realign and restore the spine to its natural shape. Focus on how to sit at your computer, kitchen table and in your car using practical approaches you can use every day to relieve back, neck and musculoskeletal pain and avoid injury.

Roberta Cooks, MD, Gokhale Method® Teacher

Sat, 9:30 AM to 11:00 AM, 4/20
FH61041 Creutzburg 1 session, \$45
member \$37

» **Stretch This, Not That!**

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

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

Mon, 10:30 AM to 12:00 PM, 5/6
FH11003 Creutzburg 1 session, \$45
member \$37

» **Medical Cannabis 101**

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

Franmar Kopko, Registered Pharmacist; Medical Cannabis Counselor

Tue, 6:00 PM to 8:00 PM, starts 5/7
FH22033 Creutzburg & Online (Hybrid)
. 2 sessions, \$59
member \$49

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

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

Naomi Pliskow, MD, MA

Wed, 6:30 PM to 8:00 PM, 5/29
FH32044 Creutzburg 1 session, \$45
member \$37



» **Qigong Outdoors: Five Animal Frolics**

NEW This ancient Chinese qigong form simulates the movements of five animals: tiger, deer, bear, monkey and crane. Each animal is associated with a specific element and organ and the movements are designed to improve the health of your heart, lungs, kidneys, liver, tendons, muscles and brain. Have fun moving like five animals as you connect with the vibrant gifts of the natural world around us.

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

Mon, 11:00 AM to 12:00 PM, starts 5/6
FH11002 Harford Park. 3 sessions, \$59
member \$49

» **Revitalizing Qigong**

NEW Embark on a journey of inner harmony and well-being with “Heart Mind as One,” a gentle yet transformative movement practice rooted in the Sheng Zhen tradition. Through a series of calming movements, revitalize your body’s essential organs, enhance your balance, and sharpen your concentration and focus. Experience the profound power of compassion, wisdom and unconditional love as you open your heart to a deeper sense of connection. This standing class is suitable for all levels of experience.

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

Tue, 11:30 AM to 12:30 PM, starts 3/5
FH21001 Creutzburg 9 sessions, \$139
member \$125

» **Reduce Pain & Inflammation with Castor Oil Packs**

Do you or a loved one suffer from arthritis, gout, inflammation, joint pain, digestive problems, breast or ovarian cysts? Castor oil packs are a simple and inexpensive technique that help promote the healing of various parts of the body, reduces inflammation, improves circulation, and even reduces digestive problems. Learn how to prepare a compress and when to use it. You can do it on yourself or to help your loved ones. Handouts included.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 10:30 AM to 12:00 PM, 3/1
FH51060 Creutzburg 1 session, \$49
member \$39

» **Mantras for Uncertain Times**

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

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Fri, 10:30 AM to 11:45 AM, 4/19
FH51032 Creutzburg 1 session, \$45



» **A Journey into Emotional Healing Meditation**

Our emotions can inspire us or cause anxiety, fear or other limiting perceptions in response to life challenges. Through guided meditations, each week learn how to release these negative emotions, dissolve discontents, and awaken your inner healing energies. This journey will lead you on a path of emotional freedom and a deeper connection to your inner self.

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Mon, 10:15 AM to 11:15 AM, starts 3/4
FH11001 Creutzburg 6 sessions, \$129
member \$119

TAI CHI & YOGA

» **Yoga for Beginners and Beyond**

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

Hari Zandler, Master Yoga Instructor and Practitioner

Tue, 7:00 PM to 8:00 PM, starts 2/27
FH22044 Lower Merion HS. . . . 8 sessions, \$110
member \$99

» **Serenity Yoga with Charo**

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

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Tue, 10:15 AM to 11:15 AM, starts 2/20
FH21021 Creutzburg 12 sessions, \$175
member \$159

Tue, 10:15 AM to 11:15 AM, starts 5/28
FH21023 Creutzburg 12 sessions, \$175
member \$159

» **Yoga Flow with Charo**

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

Charo Evangelista, Certified Hatha Yoga Instructor, Reiki Master

Tue, 8:45 AM to 10:00 AM, starts 2/20
FH21020 Creutzburg 12 sessions, \$175
member \$159

Tue, 8:45 AM to 10:00 AM, starts 5/28
FH21022 Creutzburg 12 sessions, \$175
member \$159

» **Tai Chi**

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

Andrew Heckert, Germantown Tai Chi Study Group

Thu, 9:15 AM to 10:15 AM, starts 2/22
FH41013 **Beginner**
Creutzburg 12 sessions, \$189
member \$175

Thu, 10:30 AM to 11:30 AM, starts 2/22
FH41014 **Advanced**
Creutzburg 12 sessions, \$189
member \$175

Beth Perry, Tai Chi Instructor

Tue, 6:45 PM to 7:45 PM, starts 2/27
FH22011 **Beginner**
Lower Merion HS. 8 sessions, \$129
member \$115

Tue, 7:50 PM to 8:50 PM, starts 2/27
FH22012 **All Levels**
Lower Merion HS 8 sessions, \$129
member \$115



HOBBIES & CREATIVE ARTS

JEWELRY

» Silver Cabochon Ring

NEW Make a silver cabochon ring as you learn the basics of working with sterling silver using traditional jewelry tools and techniques. You will measure a cut, solder, form, set, and finish your ring using premade bezel cups and an assortment of ring stock patterns. Choose various semi-precious stones to use, such as aventurine, onyx, carnelian, malachite, mother-of-pearl, and more! Material fee (\$20) payable to instructor. All levels welcome.

Hali MacLaren, HKM Jewelry Owner, Maker and Instructor

Tue, 6:00 PM to 9:00 PM, 2/27
HC22042 Lower Merion HS 1 session, \$56
member \$46



» Jewelry & Metalsmithing: Beginner

NEW Discover the joy of making jewelry! Learn all about jewelry tool and material basics, and how to solder, form, and finish copper, brass, and sterling silver. Create a hammered silver ring and a pendant using overlay technique with a hand-sawn design. Material fee (\$25) payable to instructor.

Hali MacLaren, HKM Jewelry Owner, Maker and Instructor

Tue, 7:00 PM to 9:00 PM, starts 3/5
HC22022 Lower Merion HS . . . 5 sessions, \$115
member \$99

» Silver Stacking Rings

NEW Create two stacking rings in silver as you learn basics of working with sterling silver using traditional jewelry tools and techniques. You will measure a cut, solder, form, set, and finish your rings using pre-patterned wire in an assortment of ring stock patterns. Material fee (\$20) payable to instructor. All levels welcome.

Hali MacLaren, HKM Jewelry Owner, Maker and Instructor

Tue, 6:00 PM to 9:00 PM, 4/9
HC22023 Lower Merion HS 1 session, \$56
member \$46

» Jewelry Making: Basics

Create jewelry designed from silver and other metals with inset stone. Learn the basic skills of sawing, filing, soldering, forging, and setting stones, beads and pearls. Develop different pieces during class. For beginners and students with some previous experience. Material fee (\$30) payable to instructor.

Pat Halsey, Member, PA Guild of Craftsmen

Thu, 6:30 PM to 8:30 PM, starts 2/22
HC42018 Creutzburg 8 sessions, \$129
member \$115

» Jewelry Repair & Refurbishing

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

Pat Halsey, Member, PA Guild of Craftsmen

Wed, 6:30 PM to 9:00 PM, starts 4/24
HC32029 Creutzburg 2 sessions, \$69
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, 5/18 & 5/19
HC61014 Tuscarora Lapidary Society
. 2 sessions, \$189
Sun, Sat, 9:00 AM to 5:00 PM, 6/8 & 6/9
HC61015 Tuscarora Lapidary Society
. 2 sessions, \$189

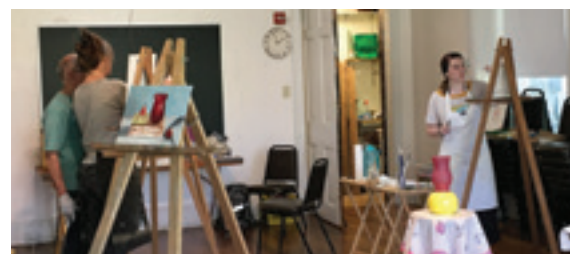
DRAWING, PAINTING & CALLIGRAPHY

» Botanical Art: Watercolor Painting

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

Marylyn Waltzer, NY Botanical Gardens, Certified Botanical Illustrator

Tue, 1:00 PM to 3:30 PM, starts 2/27
HC21048 Creutzburg 8 sessions, \$225
member \$215



» Oil Painting

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

Michelle Oosterbaan, Professional Artist

Mon, 1:00 PM to 3:30 PM, starts 2/19
HC11026 Creutzburg 8 sessions, \$200
member \$174

» Drawing for Beginners

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

Michelle Oosterbaan, Professional Artist

Tue, 7:00 PM to 9:00 PM, starts 2/27
HC22041 Lower Merion HS . . . 8 sessions, \$159
member \$145

» Plein Air Painting

NEW Paint the beautiful landscape at Creutzburg! Class will focus on acrylic, which is a perfect, fast-drying medium for open air painting, though you are welcome to bring another medium. Explore acrylic's vibrant color and versatile application and layering methods. Learn techniques for choosing a composition, mixing color, and working efficiently outdoors as you complete a series of rapid sketches and at least one sustained painting. Supply list on receipt. All levels welcome.

Michelle Oosterbaan, Professional Artist

Thu, 12:30 PM to 3:00 PM, starts 5/2
HC41009 Creutzburg 6 sessions, \$175
member \$159

» Drawing What You Love

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

Jason Rodriguez, Professional Artist

Mon, 6:30 PM to 8:30 PM, starts 2/26
HC12054 ONLINE 5 sessions, \$110
member \$95

» Creating with Pen and Watercolor

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

Jason Rodriguez, Professional Artist

Tue, 6:30 PM to 8:30 PM, starts 4/9
HC22036 ONLINE 5 sessions, \$110
member \$95

» **Drawing with Color Pencils**

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

Jason Rodriguez, Professional Artist

Tue, 6:30 PM to 8:30 PM, starts 5/21
HC22002 Creutzburg 5 sessions, \$110
member \$95

» **Art and Mindfulness**

Unleash your inner artist and find a sense of peace. This mixed media art workshop gives you the chance to explore different art processes while focusing on your state of mind. Join us on a journey of well-being, invite some zen into your weekly routine and allow art to soothe your soul. For new and continuing students. Materials included.

Nicola Loughlin, Professional Artist & Arts Educator

Fri, 10:00 AM to 12:00 PM, starts 3/8
HC51016 Creutzburg 4 sessions, \$130
member \$116

» **Acrylic Painting**

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

Nury Vicens, Professional Artist

Mon, 10:30 AM to 1:00 PM, starts 3/11
HC11056 Creutzburg 8 sessions, \$220
member \$205

» **Introduction to Color Theory**

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

Bradford Carmichael, Artist, Freelance Designer

Tue, 7:00 PM to 9:00 PM, starts 3/12
HC22004 Lower Merion HS 4 sessions, \$89
member \$79

» **Calligraphy: Modern Script**

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

Kristina Maletta, Professional Calligraphy Artist

Thu, 10:30 AM to 12:00 PM, starts 2/22
HC41001 Creutzburg 8 sessions, \$179
member \$165

» **Zentangle™ with Gray Tiles**

NEW Explore Zentangle™ by creating beautiful images, drawing structured, repetitive patterns. We'll use gray tiles, which offer the opportunity to work in black and white and shades in-between, adding depth and dimension to your tangle art. Open to beginners and returning students. Material fee (\$13) payable to instructor.

Christine Reyes, Certified Zentangle™ Teacher

Sat, 9:30 AM to 11:30 AM, 3/16
HC61011 Creutzburg 1 session, \$49
member \$40

**PHOTOGRAPHY**» **Introduction to DSLR and Mirrorless Photography**

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

Owen Biddle, Professional Photographer

Mon, 1:00 PM to 3:00 PM, starts 2/26
HC11061 Creutzburg 4 sessions, \$89
member \$79

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

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

Owen Biddle, Professional Photographer

Mon, 1:00 PM to 3:00 PM, starts 4/8
HC11059 Creutzburg 4 sessions, \$89
member \$79

» **Photograph Manayunk**

Manayunk is a favorite with artists with its canal, hills, cathedrals, railway trestles and power lines. Learn how to exploit these elements in creating images in black/white and color, that both capture a unique neighborhood and make an abstract statement about line, shape and texture. Meet in Manayunk on 5/6 (details on receipt); then at Creutzburg on 5/13 to share your work and get feedback.

Owen Biddle, Professional Photographer

Mon, 1:00 PM to 3:00 PM, starts 5/6
HC11060 Manayunk 2 sessions, \$62
member \$52

» **iPhone Photography for Beginners**

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

Joel Price, Technology Consultant

Wed, 10:15 AM to 12:15 PM, 4/10
HC31019 ONLINE 1 session, \$49
member \$40

» **The Art of Smartphone Photography**

Discuss techniques for taking stunning nature photographs and pleasing portraits. Learn about exposure, noise, color, sharpness, accessories, camera features, zooming, archiving, simple lighting strategies and basic compositional ideas. Look at the levels of camera quality, from phone to DSLR, and the advantages and disadvantages of each. Discuss in detail Snapseed, and briefly review a few photo apps, top phone photographers, and photo sharing sites.

Anthony Wood, Professional Photographer

Tue, 6:00 PM to 8:00 PM, starts 2/27
HC22039 Lower Merion HS 3 sessions, \$75
member \$65

» **Photography Using Natural Light for Smartphone or DSLR**

NEW With a smartphone or a digital SLR, learn how to use light to create a portrait, shoot a landscape, building or object, inside or out. We'll look at using windows, room lights, shade, overcast days, time of day, reflectors and tripods. The class includes assignments, a discussion about lenses, in-class critique, and slide presentation. Prerequisite: a basic understanding of your camera.

Anthony Wood, Professional Photographer

Tue, 6:00 PM to 8:00 PM, starts 3/26
HC22031 Lower Merion HS 4 sessions, \$89
member \$79

» **Photography: Advanced Composition**

NEW Composition is a lifetime study. Learn advanced techniques used by visual artists throughout history and into the modern photography era, including the basic visual elements, rule of thirds, Golden Ratio, Golden Mean, Dynamic Symmetry, Fibonacci Sequence, and more. Discuss the seminal ideas introduced by Gestalt psychology, including proximity, similarity, closure, good continuation, common fate, good form. Discover how artists before photography formed principles that modern photographers use to create sophisticated compositions of complex subjects.

Anthony Wood, Professional Photographer

Tue, 6:15 PM to 8:15 PM, starts 5/28
HC22005 Creutzburg 3 sessions, \$75
member \$65

» **Indigo Dyeing**

NEW Indigo deep blue hues adorn textiles and garments across various cultures. In this hands-on class, learn a Japanese resist-dyeing method. The transformative nature of this art form and its unpredictability allows great freedom to tap into your imagination and create unique designs. Materials included. All levels welcome.

Tatiana Young, Fiber Artist

Tue, 1:00 PM to 4:00 PM, 4/30
HC21010 Creutzburg 1 session, \$67
member \$55



NEEDLECRAFTING & FABRIC

» **Crochet**

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

Sue Hilger, Knitting and Crochet Designer

Tue, 11:00 AM to 12:30 PM, starts 2/20
 HC21047 **Basics** Creutzburg . . . 4 sessions, \$68
member \$58

Tue, 11:00 AM to 12:30 PM, starts 3/19
 HC21049 **Guided Open Studio** Creutzburg
 8 sessions, \$138
member \$125

Tatiana Young, Crochet Designer

NEW Tue, 7:15-8:45 PM, starts 2/27
 HC22048 **Basics** Lower Merion HS . 4 sessions \$68
member \$58

» **Knitting for Beginners**

Never knit or want to start again from the beginning? Sue will teach the basics you need to get started. Enjoy the benefits of individual instruction in a relaxing setting. Supply list on receipt.

Sue Hilger, Knitting and Crochet Designer

Tue, 9:30 AM to 11:00 AM, starts 2/27
 HC21051 Creutzburg 8 sessions, \$138
member \$125

» **Knitting**

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

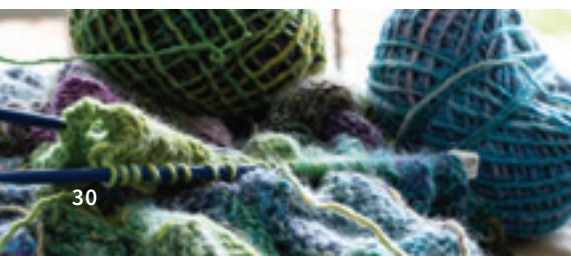
Sue Hilger, Knitting and Crochet Designer

Wed, 9:45 AM to 11:15 AM, starts 2/21
 HC31034 Creutzburg 10 sessions, \$162
member \$147

Wed, 11:15 AM to 12:45 PM, starts 2/21
 HC31033 Creutzburg 10 sessions, \$162
member \$147

Elizabeth Wright, Knitting Coach

Tue, 7:00 PM to 8:30 PM, starts 2/27
 HC22046 Lower Merion HS . . 7 sessions, \$120
member \$105



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

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

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

Thu, 6:15 PM to 8:15 PM, 3/7
 HC42021 Creutzburg 1 session, \$41
member \$35



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

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

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

Thu, 6:30 PM to 8:30 PM, 4/4
 HC42020 Creutzburg 1 session, \$41
member \$35

» **Quilting A to Z: The All Roads Quilt**

NEW Use this versatile *All Roads* quilt pattern to make a blanket, throw, table topper or wall hanging. Learn proven techniques for precise work, discover useful tricks, and gain general quilting terminology and knowledge. Discuss use of tools, cutting basic shapes, sewing units into blocks, pressing units and blocks, sandwich fabrics, basting and binding. Get advice about design, colors, fabrics and more. Previous quilting experience required. Material list sent with confirmation. Supply list on receipt.

Tania Perelberg, Quilter & Experienced Instructor

Tue, 6:30 PM to 9:00 PM, starts 2/27
 HC22043 Lower Merion HS . . 5 sessions, \$130
member \$115



OTHER CREATIVE ARTS AND HOBBIES

» **Basket Weaving for Beginners**

NEW Learn to make a simple 6-inch round basket with reed for Easter or as a functional decoration. No basket weaving or handwork experience required. Materials included.

Eva Mergen, Craftsperson of Historic Trades and Crafts

Wed, 6:30 PM to 9:00 PM, starts 3/13
 HC32001 Creutzburg 2 sessions, \$78
member \$68

» **Tempered Glass & Collage Mosaic Art**

Learn how to create glittering art by mixing collage with mosaic techniques using tempered glass, also known as safety or crash glass. Tempered glass is used to create beautiful art as well as architectural installations. Optional opportunity to bring a variety of small paper images, photos, poetry or text to include under glass in your mosaic. This is the perfect medium to permanently incorporate personal treasures in an art piece. Material fee (\$50) payable to instructor. All levels welcome.

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

Fri, 9:30 AM to 1:30 PM, starts 3/1
 HC51015 Creutzburg 2 sessions, \$83
member \$73

» **Mosaic Art for All!**

NEW Create a mosaic artwork for interior display. Learn about different mosaic cuts, materials, substrate, tiles, adhesive, and grouting. Design and grout your own creation, using tiles, stained glass, gems, tools and more. Material fee (\$60) payable to instructor. No experience necessary.

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

Tue, 12:45 PM to 3:45 PM, starts 3/26
 HC21057 Creutzburg 2 sessions, \$75
member \$65



» **Genealogy: Archives**

Whether you are just starting or continuing research about your heritage, archives are essential. Get an overview of the types of records held by the various levels of archives and how to access them.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Tue, 6:15 PM to 8:15 PM, 3/12
 HC22045 Lower Merion HS 1 session, \$55
member \$47

» **Elegant Succulent Display**

NEW Create a beautiful tabletop display of succulents in a glass orb in this fun hands-on class. Learn best practices for choosing, propagating and caring for succulents, then build your own artful arrangement to enjoy in your home. Materials included.

Alison Jaeger, Garden Designer, Fresh Look Design

Sat, 9:30 AM to 11:30 AM, 3/16
 HC61002 Creutzburg 1 session, \$72
member \$64

» **Spring Egg Decorating with Shells**

NEW Egg decorating has been a holiday tradition for centuries from simple dyed eggs to elaborately designed Faberge eggs. You will decorate eggs with seashells! Learn how to select shells to simulate icing, floral, and geometric designs. With guidance, apply shells to pre-painted wooden “eggs” resembling colorfully dyed and chocolate Easter eggs. Materials included. No experience necessary.

Donna Klees, Shell Artist and Instructor

Sat, 9:15 AM to 12:15 PM, 3/16
 HC61008 Creutzburg 1 session, \$69
member \$59

» **Floral Design: Springtime Centerpiece**

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

Amy Hunt, Floral Designer, Grapewood Florals LLC

Fri, 10:00 AM to 12:00 PM, 4/5
 HC51056 Creutzburg 1 session, \$95
member \$85



» **Juggling for Fun and Relaxation**

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

David Low, Professional Juggler (Ret.)
Tue, 1:30 PM to 3:00 PM, starts 4/9
HC21001 Creutzburg 2 sessions, \$49
member \$40

» **Etched! Everything but the Wine**

NEW Learn an easy technique for etching glass. Using your initials, your 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, 6:45 PM to 8:45 PM, 4/16
HC22003 Lower Merion HS 1 session, \$59
member \$50

» **Fused Glass Sun Catchers**

Fused glass is a fun, easy, and creative art form. Create a light-catching object to hang in a window or garden. After fusing together an array of reflective and translucent pieces of glass, use basic wire working techniques to put the pieces together with beads. No experience required. You will be amazed at what you create! Materials included.

Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art
Wed, 6:30 PM to 9:00 PM, starts 5/1
HC32002 Creutzburg 2 sessions, \$75
member \$65



» **Macrame for Beginners**

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

Lindsey Sansoni, Owner Why Not Macrame
Tue, 6:15 PM to 8:15 PM, 5/14
HC22012 Creutzburg 1 session, \$59
member \$51

» **The Buzz about Beekeeping**

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

Bruce Gill, Beekeeper
Sat, 10:00 AM to 12:00 PM, 4/20
HC61013 Creutzburg 1 session, \$55

» **Birding with MLSN & Radnor Conservancy**

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

Phil Witmer, Past President, Delaware Valley Ornithological Club; Birder and Conservationist
Thu, 8:00 AM to 10:00 AM, 4/4
HC41007 John James Audubon Center
. 1 session, \$34
member \$26



» **Know & Enjoy Your Birds**

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

Phil Witmer, Past President, Delaware Valley Ornithological Club; Birder and Conservationist
Fri, 10:00 AM to 12:00 PM, starts 4/19
HC51079 Creutzburg 5 sessions, \$89
member \$79



HOME & GARDEN

» **Composting 101**

Composting is “nature’s way of recycling” with lots of benefits for you, your garden and the environment. Forget bagging and throwing away yard leaves, grass trimmings and garden or food waste; discover how they can become excellent conditioners for your soil. Learn the basics of getting a home compost system started, pest management, and what to do with your finished compost. The February class will include how to winterize your pile.

Staff, Mother Compost
Wed, 7:00 PM to 8:30 PM, 2/21
HG32001 ONLINE 1 session, \$43
member \$34

Tue, 6:30 PM to 8:30 PM, 4/9
HG22001 Lower Merion HS 1 session, \$45
member \$37

» **English Cottage Gardens**

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

Andrea Hallmark, MLA, BSA, Landscape Architect
Thu, 1:00 PM to 3:00 PM, 4/18
HG41070 Creutzburg 1 session, \$41
member \$32

» **Gardens that Attract Birds, Bees & Butterflies**

Create a beautiful bird, bee and butterfly friendly garden sanctuary by learning about which plants and shrubs are most likely to entice them. Flowers provide nectar and seeds, trees and shrubs provide nuts, berries, nesting sites, and shelter. These flowers, shrubs, and trees have the added benefit of providing interesting textures and bright colors to your landscape. You’ll see how easy it is to have a yard that welcomes wildlife.

Andrea Hallmark, MLA, BSA, Landscape Architect
Thu, 1:00 PM to 3:00 PM, 5/2
HG41072 Creutzburg 1 session, \$41
member \$32

» **Perennials for Sun & Shade**

Learn the optimal location and light for your perennials to thrive. We’ll discuss hardy and unusual perennials that feature various heights, colors, textures. Get new ideas to create a succession of blooms for 6 months.

Andrea Hallmark, MLA, BSA, Landscape Architect
Thu, 1:00 PM to 3:00 PM, 5/16
HG41073 Creutzburg 1 session, \$41
member \$32





» Orchid Care Essentials

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

John Parker, Orchid Care Specialist

Tue, 1:00 PM to 3:00 PM, 3/12
HG21001 Creutzburg 1 session, \$52
member \$44

» Staging Your Home to Sell or for Better Living

Called a marketing strategy “with a dash of psychology,” staging brings out your home’s assets, minimizes flaws, highlights its best features and may result in a 25 percent increase in its listing price. Consider changes that can make your home more appealing whether you’re getting ready to sell or trying to add new life to your home. Discuss rearranging furniture, repainting, evaluating repair issues and more. This class pairs well with *Downsizing: What to Sell, Save and Do with the Rest*.

Melissa Schweiter Oeth, Professional Stager; Real Estate Agent

Thu, 6:30 PM to 8:30 PM, 2/29
HG42080 Creutzburg 1 session, \$45
member \$37

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

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

Leslie Robison, Professional Life and ADD Coach & Organizer

Tue, 10:00 AM to 12:00 PM, 3/12
HG21071 Creutzburg 1 session, \$45
member \$37

» First Aid for Cats & Dogs

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

Deborah Aronson, VMD cVMA

Tue, 7:00 PM to 8:30 PM, 4/9
HG22076 Lower Merion HS 1 session, \$45
member \$37

» Speed Cleaning

Stop wasting time cleaning the house. Join us to learn how to get it done faster, better and with less effort. No matter how many years you’ve been cleaning, you’ll be pleased with what you’ll learn!

Leslie Robison, Professional Life and ADD Coach & Organizer

Sat, 3:00 PM to 5:00 PM, 3/16
HG61083 Creutzburg 1 session, \$47
member \$37

» Paper Clutter Control

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

Leslie Robison, Professional Life and ADD Coach & Organizer

Tue, 6:30 PM to 8:30 PM, 3/19
HG22084 Lower Merion HS 1 session, \$47
member \$37



LANGUAGE & CULTURE

» Teach English

NEW Class is for humanitarians who are interested in learning how to help others in their English learning skills. We will focus on specific tools that help make the most out of one’s desire to assist another person. Students will learn the why and the how in improving their ability to be a teacher or tutor. Class requires active participation.

Beth Ulcay, MA, MS Drexel University Adjunct Professor, ELD Specialist

Thu, 6:15 PM to 7:45 PM, starts 4/4
LF42001 Creutzburg 4 sessions, \$101
member \$95

» ESL: Conversation

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

Harrington Crissey, ESL Instructor

Tue, 7:00 PM to 8:15 PM, starts 2/27
LF22010 Lower Merion HS 8 sessions, \$135
member \$120

» ESL: Grammar & Composition

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

Harrington Crissey, ESL Instructor

Tue, 8:15 PM to 9:30 PM, starts 2/27
LF22011 Lower Merion HS 8 sessions, \$135
member \$120

» Advanced Arabic Language & Culture

Continue learning Arabic: reading, writing, speaking and grammar. Build on your knowledge of it; whether it is from a previous class or it is from life experience. Required textbook – see receipt.

Juliet Najdawi, PhD, Native Speaker; Experienced Arabic Instructor

Wed, 6:15 PM to 7:30 PM, starts 2/21
LF32008 Creutzburg 8 sessions, \$149
member \$135

» Chinese Language & Culture

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

Xuemei Li, Native Speaker, Experienced CSL and Chinese teacher

Tue, 7:15 PM to 8:30 PM, starts 3/5
LF22008 Lower Merion HS 6 sessions, \$115
member \$100

» Korean Language & Culture

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

Ji Ku, Native Speaker; ACTFL Certified, Korean Instructor

Tue, 7:45 PM to 8:45 PM, starts 3/5
LF22009 Lower Merion HS 7 sessions, \$101
member \$95

FRENCH

» French Language & Culture

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

Dianna Sinanian, Native Speaker; French Instructor

Fri, 9:30 AM to 11:00 AM, starts 2/23
LF51057 Creutzburg 12 sessions, \$229
member \$209

» French Language & Culture: Advanced

If you are familiar with the seven major French verb tenses and some of the complex aspects of the grammar, but need practice join us. Several chapters of a novel will be assigned weekly and discussed during the following class. Conversation and paragraph writing are also part of this class. French is exclusively spoken. Required book – see receipt.

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

Thu, 10:30 AM to 12:00 PM, starts 2/22
LF41002 ONLINE 12 sessions, \$229
member \$209

» French I: Beginners

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

Caroline Texier, Native Speaker; French Instructor

Tue, 7:30 PM to 8:45 PM, starts 2/27
LF22001 Lower Merion HS 8 sessions, \$159
member \$145

» French I: Continuing Beginners

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

Muriel Harmon, Native Speaker; French Instructor

Tue, 5:50 PM to 6:50 PM, starts 2/20
LF22022 ONLINE 12 sessions, \$195
member \$179

Caroline Texier, Native Speaker; French Instructor

Tue, 6:00 PM to 7:15 PM, starts 2/27
LF22004 Lower Merion HS 8 sessions, \$159
member \$145

» French II

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

Muriel Harmon, Native Speaker; French Instructor

Tue, 8:10 PM to 9:10 PM, starts 2/20
LF22021 ONLINE 12 sessions, \$195
member \$179

» French II: Continuing Beginners

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

Muriel Harmon, Native Speaker; French Instructor

Wed, 6:10 PM to 7:10 PM, starts 2/21
LF32025 ONLINE 12 sessions, \$195
member \$179



» French II: Beginning Conversation

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

Muriel Harmon, Native Speaker; French Instructor

Tue, 7:00 PM to 8:00 PM, starts 2/20
LF22020 PART ONE ONLINE . 12 sessions, \$195
member \$179

Tue, 4:40 PM to 5:40 PM, starts 2/20
LF22023 PART TWO ONLINE 12 sessions, \$195
member \$179

» French III: Intermediate Conversation

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

Muriel Harmon, Native Speaker; French Instructor

Wed, 7:20 PM to 8:20 PM, starts 2/21
LF32026 PART ONE ONLINE . 12 sessions, \$195
member \$179

Wed, 8:30 PM to 9:30 PM, starts 2/21
LF32027 PART TWO ONLINE 12 sessions, \$195
member \$179

» French IV: Advanced Conversation & Reading

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

Vincent Lartigue, Native Speaker; Cultural Trainer

Tue, 9:30 AM to 11:00 AM, starts 2/20
LF21060 ONLINE 12 sessions, \$229
member \$209

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 5:25 PM to 6:25 PM, starts 2/22
LF42057 ONLINE 10 sessions, \$165
member \$149

» Exploring French Literature

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

Muriel Harmon, Native Speaker; French Instructor

Wed, 5:00 PM to 6:00 PM, starts 2/21
LF32024 ONLINE 12 sessions, \$195
member \$179

» French Club: Un Peu de Tout

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

Nancy Gabel, MA, French

Wed, 9:45 AM to 11:15 AM, starts 4/10
LF31002 Creutzburg. 9 sessions, \$210
member \$189

» French Grammar: Beginners

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

Muriel Harmon, Native Speaker; French Instructor

Thu, 9:30 AM to 10:30 AM, starts 3/7
LF41028 ONLINE 8 sessions, \$120
member \$108

» French: Grammar: Continuing Beginners

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

Muriel Harmon, Native Speaker; French Instructor

Thu, 12:30 PM to 1:30 PM, starts 2/22
LF41029 ONLINE 10 sessions, \$150
member \$138

» French Grammar: Intermediate

Review and learn several tenses, such as conditional tenses, future and past perfect (Futur antérieur et plus-que-parfait) as well as detailed grammar points such as adverbial phrases, direct and indirect object pronouns, through reading texts, written and oral exercises. Class can be taken alone or in conjunction with any other intermediate MLSN French class.

Muriel Harmon, Native Speaker; French Instructor

Thu, 11:00 AM to 12:00 PM, starts 2/22
LF41030 ONLINE 10 sessions, \$150
member \$138

GERMAN

» German: Continuing Beginners

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

Anne Harris, MEd; MA, German, Duke University

Thu, 7:30 PM to 8:45 PM, starts 2/22
LF42014 ONLINE 9 sessions, \$165
member \$150

» German: Advanced Beginners

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

Anne Harris, MEd; MA, German, Duke University

Thu, 6:00 PM to 7:15 PM, starts 2/22
LF42013 ONLINE 9 sessions, \$165
member \$150

» German II

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

Anne Harris, MEd; MA, German, Duke University

Mon, 6:00 PM to 7:15 PM, starts 2/19
LF12010 ONLINE 9 sessions, \$165
member \$150

» German III

Join our Stammtisch if you are looking for an opportunity to hone your well established conversation and grammar skills. Conducted in German, this class offers practice in listening, speaking, reading and writing. We will also discuss German culture and history.

Renate Losoncy, MA, MAT, DonauSchule

Mon, 7:30 PM to 8:45 PM, starts 3/4
LF12001 ONLINE 8 sessions, \$148
member \$135

ITALIAN

» **Italian for Travelers & Language Lovers**

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

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

Fri, 11:15 AM to 12:15 PM, starts 3/1
LF51003 Creutzburg 10 sessions, \$165
member \$149

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

With a respectful nod to the wonderful Stanley Tucci series *Searching for Italy*, explore in depth not only the culinary diversity of many of Italy's 20 regions — each differing so greatly as to be truly unique — but also their cultures, customs, typography, and dialects. All of this, despite Italy's area being only as large as the state of Arizona! You'll realize that Italy is even much more than its exquisite cuisine, art, history, and legendary sunshine!

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

Fri, 12:30 PM to 1:45 PM, starts 3/8
LF51004 Creutzburg 6 sessions, \$110
member \$99

» **Italian: Beginning Conversation**

For those who have never taken an Italian class and would like to learn some basics before a trip to Italy. Parts Two, Four & Five are for more experienced beginners. Learn the everyday vocabulary and phrases needed to deal with real life situations. Some basic grammar and sentence structure will be covered.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 7:35 PM to 8:35 PM, starts 2/21
LF32051 ONLINE 10 sessions, \$165
member \$149

Thu, 11:15 AM to 12:15 PM, starts 2/22
LF41054 **PART TWO** ONLINE . . 10 sessions, \$165
member \$149

Thu, 12:25 PM to 1:25 PM, starts 2/22
LF41053 **PART FOUR** ONLINE 10 sessions, \$165
member \$149

Wed, 5:25 PM to 6:25 PM, starts 2/21
LF32052 **PART FIVE** ONLINE . 10 sessions, \$165
member \$149



» **Italian: Pre-Intermediate Conversation**

Learn everyday vocabulary and phrases needed to deal with real life situations and the past tense. Some basic grammar and sentence structure will be covered. Covers basic grammar, vocabulary, pronunciation, culture and everyday conversation. Required textbook – see receipt.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 6:30 PM to 7:30 PM, starts 2/22
LF42059 ONLINE 10 sessions, \$165
member \$149

» **Italian: Intermediate Conversation**

Review and learn practical vocabulary, past tense, imperfect, future, direct and indirect object pronouns, and prepositions and avoid common pitfalls through oral drills, conversation, reading and written exercises. Required textbook — see receipt.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 6:30 PM to 7:30 PM, starts 2/21
LF32050 **PART ONE** ONLINE . 10 sessions, \$165
member \$149

Thu, 7:35 PM to 8:35 PM, starts 2/22
LF42058 **PART TWO** ONLINE . 10 sessions, \$165
member \$149

» **Italian: Advanced Conversation & Grammar**

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

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 10:05 AM to 11:05 AM, starts 2/22
LF41055 ONLINE 10 sessions, \$165
member \$149

» **Italian: Advanced Conversation Seminar**

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

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 9:00 AM to 10:00 AM, starts 2/22
LF41056 ONLINE 10 sessions, \$165
member \$149



SPANISH

» **Spanish I: Beginners**

Whether you are new to Spanish or would like to review basic grammar and pronunciation, this class will help you develop your listening and speaking skills. Through vocabulary building exercises you'll also learn practical phrases useful in real life situations. Required textbook – see receipt.

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

Mon, 5:00 PM to 6:00 PM, starts 2/19
LF12030 ONLINE 10 sessions, \$165
member \$149

Carla Carejo, Native Speaker

Tue, 5:45 PM to 7:00 PM, starts 2/27
LF22002 Lower Merion HS . . . 8 sessions, \$185
member \$169

Tue, 7:10 PM to 8:25 PM, starts 2/27
LF22003 Lower Merion HS . . . 8 sessions, \$185
member \$169

Cynthia Foxworth, retired HS Language Teacher

Wed, 9:45 AM to 11:00 AM, starts 3/6
LF31070 Creutzburg 12 sessions, \$205
member \$189

» **Spanish I: Continuing Beginners**

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

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

Wed, 5:00 PM to 6:00 PM, starts 2/21
LF32034 ONLINE 10 sessions, \$165
member \$149

Tue, 6:10 PM to 7:10 PM, starts 2/20
LF22033 **PART TWO** ONLINE 10 sessions, \$165
member \$149

Cynthia Foxworth, retired HS Language Teacher

Wed, 11:15 AM to 12:30 PM, starts 3/6
LF31071 Creutzburg 12 sessions, \$205
member \$189

» **Spanish II**

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

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

Mon, 6:10 PM to 7:10 PM, starts 2/19
LF12031 ONLINE 10 sessions, \$165
member \$149

Cynthia Foxworth, retired HS Language Teacher

Wed, 12:45 PM to 2:00 PM, starts 3/6
LF31072 Creutzburg 12 sessions, \$205
member \$189

» **Spanish II: Beginning Conversation**

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

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

Tue, 5:00 PM to 6:00 PM, starts 2/20
LF22032 ONLINE 10 sessions, \$165
member \$149

Cynthia Foxworth, retired HS Language Teacher

Wed, 2:15 PM to 3:30 PM, starts 3/6
LF31073 Creutzburg 12 sessions, \$205
member \$189

» **Spanish Conversation: Intermediate to Advanced**

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

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

Wed, 6:10 PM to 7:10 PM, starts 2/21
LF32035 ONLINE 10 sessions, \$165
member \$149

TRAVEL

DOMESTIC & INTERNATIONAL DESTINATIONS

For details and itinerary, visit mainlineschoolnight.org/international-travel. Contact Sarah Doody with questions and for more information. Call 904.432.3141 or email: travel@mainlineschoolnight.org.



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

CABIN PRICES

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

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

- Trip Price: \$4,799 per person, based on double occupancy
- Includes roundtrip international air from Philadelphia



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

- Trip Prices: \$5,199 per person, based on double occupancy
- Includes Roundtrip International Air from Philadelphia

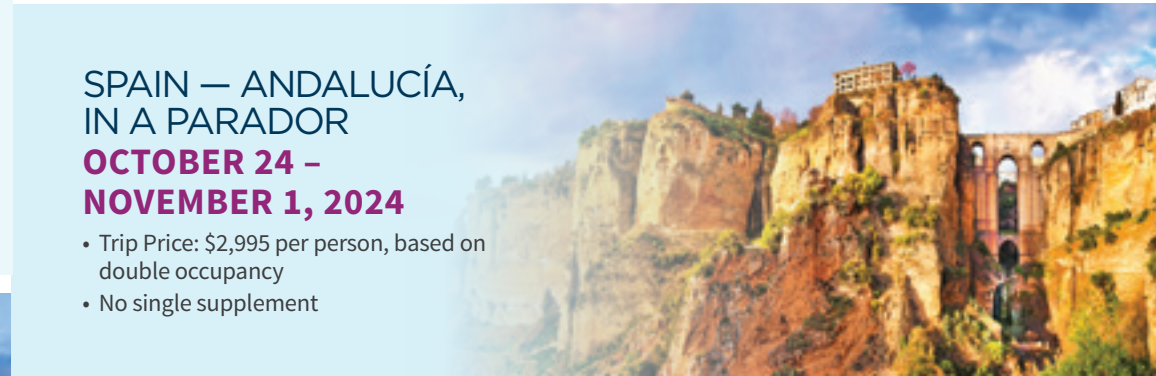


CRUISING THE DANUBE: VIENNA TO THE BLACK SEA SEPTEMBER 26 – OCTOBER 8, 2024

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

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

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



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

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



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

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



LITERATURE, HISTORY, SCIENCE & CURRENT AFFAIRS

CURRENT AFFAIRS

» Topics in the News

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

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

Wed, 9:30 AM to 11:00 AM, starts 2/7
LH31811 Creutzburg and Online (Hybrid)
.....17 sessions, \$229
member \$210

» Pool: A Social History of Segregation

NEW POOL is a 4,700 square-foot, multi-disciplinary museum installation exploring the history and contemporary implications of segregated swimming in America (recently presented at the Fairmount Water Works). It immerses visitors in a collection of original visitor experiences to deepen understanding of the connection between water, social justice, and public health. The exhibition creator discusses the making of this unique platform to illuminate this chapter of U.S. segregation and the role of pools in our communities today.

Victoria A. Prizzia, Principal, Habithèque Inc.

Thu, 1:00 PM to 2:30 PM, 2/29
LH41503 ONLINE.....1 session, \$39
member \$30



» Hotter, Wetter, Weirder: Climate Change in Philadelphia

NEW After a year of wildfires, record heat and flooding, climate change is on everyone's mind. But what is the evidence for climate change locally? How hot or wet might Philadelphia get? Perhaps the surprising data will motivate us to find solutions. In this must-see lecture, walk through the science while carefully getting answers to all of your questions, even weaving in politics and pop culture.

Mike Weilbacher, Naturalist; Author; Educator; Consultant

Thu, 7:00 PM to 8:30 PM, 4/18
LH42824 Creutzburg1 session, \$39
member \$30



HISTORY

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

During the 19th century, the Pennsylvania Railroad emerged as the dominant railroad of the U.S. and the largest business corporation in the world. With its top executives living in Lower Merion, the Pennsy's corporate culture heavily influenced a unique community known as Main Line society. Examine the culture of excellence of the Pennsylvania Railroad Corporation and its influence on this unique society of the late 19th and early 20th centuries.

Perry Hamilton, Business Historian

Thu, 7:15 PM to 8:45 PM, 2/22
LH42806 Creutzburg1 session, \$39
member \$30

» The Molly Maguires: PA's Unique Experience with the Legendary Irish Secret Society

The legendary Molly Maguires, a unique and multi-faceted secret society, lived in Pennsylvania's Anthracite Coal Regions during the mid-19th century. The "Mollies" can be viewed as an ethno-religious organization advocating the culture of the Irish Catholics, a militant arm of the union, the Workingmen's Benevolent Association (WBA), or nothing more than a gang of street toughs. Their captivating story can be appreciated as a story of our past as well as an instructive lesson for our present times.

Perry Hamilton, Business Historian

Tue, 7:00 PM to 8:30 PM, 2/27
LH22805 Lower Merion HS.1 session, \$39
member \$30

» Revolutionary France: Politics and Art

NEW Three French revolutions — the Revolution of 1789, the 1848 Revolution and the Paris Commune (1870) accompanied significant intellectual and cultural changes. Artists used their works to show patriotism and dissent, from the importance of order and reason in Neo-classicism to Romanticism's emphasis on emotion and Impressionism's use of light and color. Examine the changes these revolutions brought, focusing on the relationship between art and political upheaval. Enjoy a free PMA field trip/lecture on Monday 4/15 highlighting related artwork. Transportation not provided.

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

Jean French, Museum Educator (Ret.)

Mon, 3:00 PM to 4:00 PM, starts 2/26
LH11881 Creutzburg6 sessions, \$105
member \$95

» The War for American Independence

NEW Americans are taught the history of the founding of our nation in elementary school. Unfortunately, we hear only one side of the story; there is another. We will examine the causes and consequences of this struggle not only from the colonists' perspective but also from the Mother Country's. Was George III really a tyrant? Was "life, liberty, and the pursuit of happiness" the real motivation? Address these and other questions about this struggle.

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

Tue, 6:45 PM to 8:30 PM, starts 3/12
LH22884 Lower Merion HS.5 sessions, \$89
member \$79

» 1848: Year of Revolutions

NEW Beginning in France, a wave of revolutionary fervor swept across Europe, engulfing Germany, Italy, Austria, and Hungary, replacing long established monarchies with short-lived republics. We will explore the causes of these revolutionary upheavals and their resultant failures.

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

Mon, 3:00 PM to 4:00 PM, starts 5/13
LH11882 Creutzburg5 sessions, \$89
member \$79

» Introduction to Philosophy

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

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

Wed, 6:00 PM to 7:30 PM, starts 2/28
LH32814 Creutzburg6 sessions, \$99
member \$89

» Remembering the Golden Age of Flight

NEW The 1920s and 1930s were times of innovation and excitement in aviation and these thrilling stories will be shared with you through lectures, films and photos. During this period, airplanes evolved from biplanes to multi-engine monoplanes with closed cockpits. Airports were being built, thousands attended airshows and famous pilots emerged — pushing the boundaries of what was possible. Among others, discuss Lindbergh's solo crossing of the Atlantic, Richard Byrd's flights across the Poles, and the legacies of Amelia Earhart and Ruth Nicols — daring women who lobbied to join all-male air races.

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

Tue, 2:00 PM to 3:15 PM, starts 3/5
LH21003 Creutzburg3 sessions, \$55
member \$47



» **Attempts to Define God**

NEW In the Hebrew Bible, thinking takes place in the heart. The Greeks said it was in the head. Look at God from both perspectives. Intellectually, examine the philosophical attempts to prove the existence of God from Aristotle to Spinoza. Mordechai Kaplan wrote that God exists in our hearts. Consider the implications of that.

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

Wed, 10:00 AM to 11:00 AM, starts 3/6
LH31883 Creutzburg 4 sessions, \$69
member \$59

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

March welcomed in two prominent Celtic saints who flourished about 1500 years ago: St. David (f.d. March 1) and St. Patrick (f.d. March 17). Join us to learn about their lives, miracles and monuments, including their legacy in the U.S. and around the globe.

Roslyn Blyn-LaDrew, PhD, University of Pennsylvania

Fri, 10:15 AM to 11:45 AM, 3/8
LH51501 ONLINE. 1 session, \$39
member \$30

» **A Short History of the Civil War**

Develop a broad understanding of the complexities of the Civil War. Cover the causes, sequence, main battles, and leadership personalities. The war's aftermath, personal stories of generals, officers, common soldiers and the civilian population will be discussed. Gain new knowledge and a deeper understanding of this seminal event of our history.

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

Tue, 2:15 PM to 3:30 PM, starts 3/12
LH21801 Creutzburg 6 sessions, \$99
member \$89

» **10 Critical Days**

NEW You may have heard of the Trenton-Princeton Campaign. Now, dive deep into the Holiday Season of 1776-77, learning why it's designated "Ten Critical Days". Discover why General Washington ordered an audacious attack against the Hessian strong-point in Trenton. Analyze the brilliant tactical plan employed against the fearsome enemy on Christmas Day and then the vital follow up attack a week later. Appreciate the effects of the victory and how it saved the Revolution.

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

Tue, 6:15 PM to 7:15 PM, starts 3/12
LH22802 Lower Merion HS. 3 sessions, \$69
member \$59

» **The Lewis and Clark Expedition**

NEW Bison, waterfalls, grizzlies, uncharted land — these are some of the things encountered by the 1803 Lewis and Clark expedition on its trek from the mouth of the Missouri River to the Pacific and back. Delve into the expedition with a combined geographic and historical lens to explore the people, places and context of this bold voyage into parts unknown in the western U.S.

Judy Okun, Adjunct Professor, West Chester University and Rowan University

Wed, 11:00 AM to 1:00 PM, 3/20
LH31804 Creutzburg 1 session, \$39
member \$30

» **Shock Therapy in the Civil War**

NEW During the Civil War, a Philadelphia hospital pioneered the treatment of diseases and wounds of the nerves. The most sophisticated and unpredictable therapy was electrotherapy. Electrical treatment of nerve injuries employed the first machines for diagnosis and therapy in American medicine. Explore the work of the founder of American neurology, Dr. S. Weir Mitchell, his wartime experimental electrical technology and the creation of a new medical discipline.

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

Tue, 6:00 PM to 7:30 PM, 3/26
LH22807 Lower Merion HS. 1 session, \$39
member \$30

» **Archaeology: An Introduction to History and Prehistory**

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

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

Fri, 10:00 AM to 11:15 AM, starts 4/12
LH51351 ONLINE. 5 sessions, \$89
member \$79

» **Archaeology of Religion and Rituals**

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

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

Fri, 1:00 PM to 2:00 PM, starts 4/12
LH51352 ONLINE. 5 sessions, \$89
member \$79

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

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

Joanna Kenty, PhD, Classics Professor (Ret.)

Thu, 6:45 PM to 8:15 PM, starts 4/11
LH42811 Creutzburg 5 sessions, \$89
member \$79

» **Buddhist Philosophy and Ethics: Insights from a Nonpolitical Religion**

Recently Buddhism has gained much visibility as an outstandingly peaceful and insightful faith, and its meditation practices are widely known. Learn about the history, doctrines and contemporary affairs associated with this religion and see why its teachings and ethical practices are so admired by psychologists (and any number of celebrities). Similarities and contrasts with our country's Judeo-Christian heritage will also be noted.

David Low, MS, PhD, DMin

Thu, 6:30 PM to 8:00 PM, starts 4/25
LH42803 Creutzburg 3 sessions, \$69
member \$59

» **The Mischianza! An Obscure but Fascinating Tale**

NEW Step into the exciting, dangerous days of 1770s occupied Philadelphia with a story bound to intrigue and surprise you. Schneider Bongiorno of Philly History Pop Ups will recount one of the weirdest, most over-the-top events in city history — a massive, medieval-style party that happened in South Philadelphia during the Revolutionary War. Period snacks included.

Cara Schneider Bongiorno, Founder, Philly History Pop Ups

Thu, 7:00 PM to 8:00 PM, 5/9
LH42804 Creutzburg 1 session, \$35
member \$27

» **West Indian History in Four Movements**

NEW Enjoy an impressionistic overview of West Indian history organized around a few particularly decisive moments, including European contact in the late fifteenth century, the rise of plantation slavery in the seventeenth century and the abolition of the "peculiar institution" in the nineteenth. Explore the role played by warfare, tropical disease and tropical weather in the history of the West Indies. Receive valuable context, allowing for a deeper engagement with and appreciation for the region.

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

Wed, 1:00 PM to 2:30 PM, starts 7/10
LH31805 Creutzburg 4 sessions, \$69
member \$59

SCIENCE» **Forensic Psych and the Serial Killer**

What makes serial killers unique? What features do they have in common? What is truth vs. fiction? Find out by exploring the psychological evidence and the information gleaned about these killers by psychologists and FBI profilers. Examine the common links across childhood, genetic and biological factors. Class doesn't focus on the gore, but the scientific research and its application.

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

Wed, 7:00 PM to 8:30 PM, starts 3/13
LH32509 ONLINE. 3 sessions, \$69
member \$59



» **Profiling the Serial Killer**

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

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

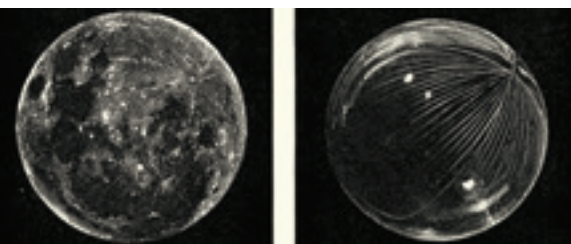
Wed, 7:00 PM to 8:30 PM, starts 4/10
LH32508 ONLINE. 3 sessions, \$69
member \$59

» **Popular Astronomy in 19th-Century Philadelphia**

NEW TV astronomers and space telescopes bring us glimpses of our universe daily. What did Philadelphians know in the 1800s, an era of great popularity for astronomy? Learn of the journalist who wrote the most popular guide to astronomy in America; the first professional woman astronomer and comet discoverer; and a Civil War general who was the Carl Sagan of his time. Conclude with an 1870s observing night with a virtual telescope!

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

Tue, 6:00 PM to 7:30 PM, 3/19
LH22806 Lower Merion HS. 1 session, \$39
member \$30

» **Spring Wildflowers: Lecture and Field Trip**

NEW Enjoy a lavishly illustrated lecture featuring a colorful parade of spring wildflowers, including trout lily, trillium, Virginia bluebells, Dutchman's breeches, violets, Jack-in-the-pulpit and more. Learn the surprising stories behind their names, life histories, and ecologies, like why skunk cabbage smells musky, how trout lily seduces ants and what unfair trick Jack-in-the-pulpit plays on its tiny insect pollinator. Take a field trip to see them at the peak of wildflower season.

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

Thu, 7:00 PM to 8:30 PM, starts 4/25
LH42823 Creutzburg 2 sessions, \$49
member \$40

LITERATURE» **'A Cup o' Kindness' Robert Burns Night**

NEW Please join us for a virtual toast to the 'haggis' as first lauded by poet Robert Burns. Check out how his birthday is celebrated around the world and try your hand (or tongue) at speaking some of the 'Guid Scots Tongue' as popularized in Diana Gabaldon's *Outlander* series and the 1932 classic, "Sunset Song."

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

Thu, 2:00 PM to 3:30 PM, 1/25
LH41505 ONLINE. 1 session, \$39
member \$30

» **90 Years of ... Plums and William Carlos Williams "This Is Just to Say"**

NEW One of the world's most popular and most parodied poems was published 90 years ago, so take a closer look at "This Is Just to Say," its background, translations and parodies. Along the way, look at William Carlos Williams' interesting life, plums in other artworks and the role of Williams' hometown, Paterson, NJ, in 20th-century American poetry.

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

Fri, 10:15 AM to 11:45 AM, 3/1
LH51503 ONLINE. 1 session, \$39
member \$30

» **Dickens and Collins and Sherlock — Oh My!**

Taken together, Charles Dickens, Wilkie Collins and Sherlock Holmes' creator, Arthur Conan Doyle, represent almost 150 years of Victorian and Edwardian fiction, including mysteries, the supernatural and the macabre. Examine the three writers as a continuum and their influence on each other and on some modern mystery writers. Look at some travel destinations for the trio and, for Collins and Doyle, their Celtic heritage.

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

Fri, 10:15 AM to 11:15 AM, starts 3/15
LH51504 ONLINE. 5 sessions, \$89
member \$79

» **Ancient Greek Mythology**

NEW "When we lose our myths, we lose our place in the universe." — Madeleine L'Engle. Join us as we explore Greek myths using original sources! Read selections from Hesiod, the Homeric Hymns, and Greek tragedies and discuss what these stories mean to us today.

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

Wed, 1:00 PM to 2:00 PM, starts 2/21
LH31803 Creutzburg 12 sessions, \$159
member \$145

Thu, 1:00 PM to 2:00 PM, starts 2/22
LH41501 ONLINE. 12 sessions, \$159
member \$145

» **Short Story Squared**

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

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

Tue, 10:00 AM to 11:15 AM, starts 3/19
LH21502 ONLINE. 5 sessions, \$95
member \$85

» **Problematic Shakespeare**

NEW "Commit them to the fire!" King Leontes in a paranoid paroxysm of misogyny and nihilism orders his wife and child burnt alive. Read *The Winter's Tale* and come ready to discuss how Shakespeare — with dazzling dialogue, poetry, literary devices and psychological profundity — brings us to forgiveness and redemption. Explore *Pericles*, *Cymbeline*, and *Measure for Measure* — and decide if in the Bard's darkest, later plays justice and love ultimately prevail.

Rathe Miller, *Writer, Arts and Culture; Shakespeare Aficionado*

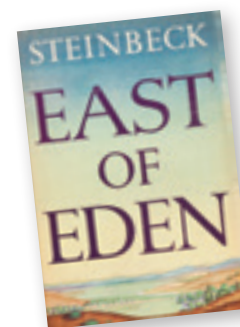
Tue, 7:20 PM to 8:50 PM, starts 3/5
LH22809 Lower Merion HS. 4 sessions, \$69
member \$59

» **East of Eden: John Steinbeck's Classic Tale of Good vs Evil**

NEW John Steinbeck's masterpiece, *East of Eden*, uses the Cain and Abel story to tell the sweeping saga of two families spanning three generations from the Civil War to World War I. Set mainly in California's Salinas Valley where ambitious men seek their fortunes, the novel engages readers with timeless themes such as sibling rivalry, good vs evil, family betrayals, sin and retribution. Discuss how or if the human spirit can triumph over such adversity.

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

Wed, 11:30 AM to 12:45 PM, starts 3/13
LH31801 Creutzburg 6 sessions, \$149
member \$135

» **American Realism Literature**

NEW As the Civil War drew to a close, disillusionment swept the country and with it the end of American innocence. Eager to capture this new mood and make sense of a vastly less sentimental and more complicated nation, a new generation of writers rejected Romanticism in an attempt to depict life as it really was. Explore this rich literary period (1865-1918) through stories from Jack London, Willa Cather, Kate Chopin, Mark Twain and more.

Justin Ahlback, MA, *Teacher*

Wed, 2:30 PM to 3:45 PM, starts 3/20
LH31516 ONLINE. 10 sessions, \$129
member \$110

» **Love, Class & Connection in E.M. Forster's A Room With a View**

NEW Explore themes of connection between people across barriers of class and gender in Forster's romantic novel which wittily mirrors the follies of the English upper class that enclose us from an open "view" of life. Through close reading of Forster's comic irony, follow the struggles of the novel's heroine against a society that tries to separate her from the "unsuitable" young man she loves. Also consider the novel's relevance to our own lives in the 21st century and enjoy some of Forster's short stories as well.

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

Thu, 10:00 AM to 11:15 AM, starts 4/4
LH41008 Creutzburg 6 sessions, \$95
member \$85

» **Gardens in Children's Literature**

NEW In children's literature, gardens represent spaces of great potential which can promote healing and learning by sending characters into realms of enchantment, mystery and magic. Discuss Frances Hodgson Burnett's *The Secret Garden*, alongside Philippa Pearce's *Tom's Midnight Garden*, to study how the natural world has been depicted in children's books.

Elanur Eroglu Williams, MPhil, *Children's Literature*

Wed, 6:45 PM to 8:15 PM, starts 4/17
LH32501 ONLINE. 3 sessions, \$69
member \$59



AUTHORS IN THE NEWS



» **Black History in the Philadelphia Landscape: Deep Roots, Continuing Legacy**

NEW Discuss the long and influential presence of Black Americans in Philadelphia and how this history is reflected in monuments, markers, murals and other landscapes. After receiving a general overview of the book, focus on the evolving understanding and representation of the history of slavery at Stenton, the summer home of the Logan family, located in the Nicetown neighborhood of Philadelphia.

Amy Cohen, Educator; Historian; Author

Thu, 1:00 PM to 2:30 PM, 2/22
LH41825 Creutzburg 1 session, \$39
member \$30

» **Philadelphia's Strawbridge & Clothier: From Our Family to Yours**

NEW Margaret Strawbridge Butterworth charts the history of Philadelphia's iconic department store, Strawbridge & Clothier. For 128 years this family owned and managed business strove to meet the needs of its customers and employees. It held fast to its founding principles of integrity and character and built a 'store family' culture that adapted to changing times for as long as it could. Through vivid stories from past employees, Margaret invites readers to join the 'store family.'

Margaret Strawbridge Butterworth, Author; Freelance Reporter

Thu, 1:00 PM to 2:30 PM, 3/14
LH41808 Creutzburg 1 session, \$39
member \$30

» **Fashionopolis: Why What We Wear Matters**

NEW The fashion industry turns out 80 billion garments a year and employs every sixth person on the earth. Historically the fashion trade has exploited labor, the environment and intellectual property. With the simultaneous unfurling of fast fashion, globalization and the tech revolution, those abuses have multiplied, exponentially. We've been casual about our clothes. It's time to get dressed with intention. Fashionopolis is the first comprehensive look at how to begin. There are positive changes occurring.

Dana Thomas, Author; Journalist; Editor; Screenwriter; Podcaster

Thu, 10:00 AM to 11:30 AM, 3/21
LH41507 ONLINE 1 session, \$39
member \$30

» **Eliza Hamilton and the Real Story Behind Eliza, Angelica, the Hamilton Musical — and Peggy!**

NEW Join *New York Times* bestselling author, Mazzeo, for a behind-the-scenes look at the story you heard about — and some of the stories you didn't hear about — in *Hamilton: The Musical*. Learn more about the history of Eliza Hamilton, the wife of the first U.S. Secretary of the Treasury, Alexander Hamilton and a friend of George and Martha Washington, and how she made a secret decision to accept public embarrassment in order to protect the young republic.

Tilar Mazzeo, PhD, New York Times Bestselling Author; Professor

Thu, 1:00 PM to 2:30 PM, 4/4
LH41502 ONLINE 1 session, \$39
member, \$30

» **Splitting the Atom of Home – The Long Field**

NEW In this talk-reading-workshop, the author discusses ideas of 'home' and being 'at home' (which aren't always the same thing) and the Welsh concept of hiraeth, which means an unrequitable longing for home. Hear how she, an American, came to write a book called *The Long Field* about finding her soul's home in Wales. Enjoy a short writing prompt that will take you 'home.'

Pamela Petro, Author; Artist; Educator

Thu, 10:00 AM to 11:30 AM, 4/11
LH41805 Creutzburg 1 session, \$39
member \$30

» **Dining in the Gilded Age**

NEW Discover how the transformative Gilded Age forever changed American dining by traveling back in time to lavish tables set with snow-white tablecloths, delicate china and sparkling crystal glasses. Hear entertaining stories of celebrities such as the Vanderbilts and Astors and the elegant cuisine they enjoyed, from rich soups and juicy roasts to show-stopping aspics and luscious desserts. Learn how the era's novel inventions spawned new opportunities, particularly for cooking-related endeavors.

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

Thu, 1:00 PM to 2:30 PM, 4/25
LH41803 Creutzburg 1 session, \$39
member \$30

» **Exploring Issues Surrounding Eternal Life Through Fiction**

NEW Consider the moral, social and economic impacts of eternal life, examining a series of complex issues, among them how we value life, how immortality affects the way we view death and the costs of immortality to both the individual and society. Leave with an understanding of how fictional explorations of immortality can inform and inspire real-world dialogues about socio-economic disparities, ethics and the essence of human life.

Nicole Eyer, Speculative Fiction Author

Thu, 1:00 PM to 2:30 PM, 5/16
LH41807 Creutzburg 1 session, \$39
member \$30

» **Becoming the Best U: The Lessons Cancer Taught Me!**

NEW Join Nancy and Robert as they discuss her battle with stage 4 ovarian cancer and metastatic brain cancer and the lessons her team of supporters taught her that gave her a chance to survive. From throwing a wonderful wig party to sneaking a piano into the hospital and everything in between, they share the outside the box strategies that helped make her cancer journey Upbeat, Unstoppable and Unafraid!

Nancy Plummer, MEd, Author; President & Founder, All About Connecting

Robert Rugart, Author; Co-Founder, Becoming the Best U

Thu, 1:00 PM to 2:30 PM, 5/23
LH41810 Creutzburg 1 session, \$39
member \$30



READING WITH PURPOSE BOOK GROUP

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

» **Marvelous Memoirs!**

The Covid19 pandemic has seemingly cultivated a ripe environment for self-reflection. Though “tell-alls” have always been destined for bestseller lists, the current crop of memoirs, personal essays and autofiction is remarkably diverse and thoughtful. This season, we’ll read several current and timely titles to discuss the merits of writing and reading memoir.

Full Series, 3/6, 4/3, 5/1 3 sessions, \$69

» **The Many Lives of Mama Love: A Memoir of Lying, Stealing, Writing and Healing**

NEW Lara Love Hardin tells of her slide from suburban parenthood to opioid addiction and incarceration, as well as her unlikely comeback as a ghostwriter and collaborator with the likes of The Dalai Lama and Archbishop Desmond Tutu.

Wed, 7:00 PM to 8:00 PM, 3/6

LH32817 Creutzburg 1 session, \$35 member \$27

» **Better Living Through Birding: Notes from a Black Man in the Natural World**

NEW Christian Cooper’s name became newsworthy after being falsely accused of harassment in a now infamous misadventure in Central Park, while he was quietly birding. Cooper tells how a life spent looking up at birds prepared him to be a gay Black man in America today.

Wed, 7:00 PM to 8:00 PM, 4/3

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

» **The Country of the Blind: A Memoir at the End of Sight**

NEW This revelatory memoir by Andrew Leland documents the author’s gradual transition toward blindness and his quest to learn about the rich culture that accompanies conditions that cause deteriorating vision. It’s a profound meditation on how we embody liminal states while anticipating loss.

Wed, 7:00 PM to 8:00 PM, 5/1

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



MONEY MATTERS & CAREERS

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

FINANCIAL & LIFE PLANNING

» **Retirement Income and Withdrawal Strategies**

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

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

Myriah Lipke, Director of Financial Planning

Thu, 6:30 PM to 8:30 PM, starts 2/22
IM42010 Creutzburg. 2 sessions, \$65 member \$55

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

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

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

Myriah Lipke, Director of Financial Planning

Tue, 6:30 PM to 8:30 PM, starts 3/5
IM22017 Lower Merion HS 2 sessions, \$65 member \$55

» **Savvy Tax Strategies in Retirement**

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

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

Myriah Lipke, Director of Financial Planning

Tue, 6:30 PM to 8:30 PM, 3/19
IM22009 Lower Merion HS 1 session, \$49 member \$40

» **Medicare 101**

The Medicare process is confusing and finding the right Medicare plan can be a daunting task. It doesn’t have to be that way. For those people turning 65 in the next six months, we discuss how Medicare works, dissect all options, and review a real life example of the Rx “donut hole.” For those people currently on a Medicare plan, learn how to save on your Medicare insurance.

Allen Heffler, ChFC; CLU; President, MyMedicareAdvisor

Tue, 6:30 PM to 8:30 PM, 4/9
IM22101 Lower Merion HS 1 session, \$55 member \$47



» **Investing in Your Future: Financial Acumen for Under-40's**

NEW Unlock the secrets of smart financial planning for young professionals. Discover the art of budgeting, learn to start investing wisely, and set the groundwork for financial independence.

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

Tue, 6:00 PM to 8:30 PM, 3/5
IM22210 Lower Merion HS 1 session, \$49
member \$40

» **Prudent Financial Management: The Mid-Career Years**

NEW Refine your financial management skills during the pivotal mid-career phase. Learn prudent budgeting, investment strategies, and long-term planning to maximize your financial well-being.

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

Tue, 6:30 PM to 8:00 PM, starts 3/12
IM22211 Lower Merion HS 2 sessions, \$65
member \$55

» **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, 4/25
IM41011 Creutzburg 1 session, \$49
member \$40

» **Powers of Attorney & Advance Medical Directives**

Learn about Financial Powers of Attorney, Healthcare Powers of Attorney and Advance Medical Directives/Living Wills. Prepare your own living will in compliance with Pennsylvania law. Also covered: the consequences of not having these documents in place and who should retain them for you after they are signed.

Carol Ryan Livingood, Esq., Timoney Knox

Thu, 10:00 AM to 11:00 AM, 5/2
IM41010 Creutzburg 1 session, \$35
member \$27

» **Design Your Next Chapter to Flourish in Retirement**

Through self-discovery exercises and group support, explore the key areas of relationships, health & well-being, service and community to determine what a happier retirement means to you. Couples class fee is for a pair, partner required.

Lisa Kramer, MSW, PCC

Thu, 6:00 PM to 7:30 PM, starts 4/4
ES42034 **Individuals** Creutzburg
. 4 sessions, \$75

Tue, 6:00 PM to 7:30 PM, starts 5/7
ES22046 **Couples** Creutzburg . . . 4 sessions, \$125

ENTREPRENEURSHIP & SAVINGS

» **Make Your Job Search Pay Off**

NEW Learn how to conduct a successful job search, including setting up an effective LinkedIn profile, networking, and creating a resume that will get you noticed.

Peg Wahrman, Career Counselor

Tue, 6:45 PM to 8:15 PM, 2/27
ES22035 Lower Merion HS 1 session, \$35
member \$27



» **How to Buy Your Dream Home in a Tight Market**

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

Matt Mittman, Owner, RE/MAX Ready

Tue, 6:30 PM to 8:30 PM, 2/27
IM22011 Lower Merion HS 1 session, \$49
member \$40

» **Real Estate Investment Strategies**

NEW Discover what it takes to invest in real estate. Learn how to find a deal and how to fund it. Then, what to do with it — renovate, rent to resell or flip. Discuss how to determine what renovations are needed, how much they will cost, and whether you can do them yourself. Get tips on how to diagnose problems, ways to find a good contractor, and know when enough is enough. New investors as well as those with more experience will benefit from this discussion of investing and renovation.

Deborah Nye, Investor; Realtor; Rehabber; Landlord

Tue, 6:30 PM to 8:30 PM, starts 3/19
IM22033 Lower Merion HS 2 sessions, \$69
member \$59

» **Travel for Less**

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

Suzanne Wolko, Travel Expert; Writer of PhilaTravelGirl

Sat, 1:30 PM to 4:00 PM, 3/16
IM61009 Creutzburg 1 session, \$49
member \$40

» **How to Host on Airbnb**

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

Lee K. Anthony, Airbnb “Superhost”

Tue, 7:00 PM to 8:00 PM, starts 3/19
ES22033 Lower Merion HS 2 sessions, \$49
member \$40

» **How to Work From Anywhere in the World**

Travel while working remotely. Learn how to live on the road by downsizing, storing what you keep, getting your mail, renting long term, and more. Discuss the best ways to set up your remote office and have a secure, reliable internet connection everywhere you go. Learn about remote job options.

Gina Henry, Owner, GoGlobal

Thu, 6:30 PM to 9:00 PM, 3/28
ES42042 ONLINE 1 session, \$59



» **Get Paid to Be a Tour Guide & Travel Free**

NEW If you love to travel, earn income as a full- or part-time Tour Director, or travel free as an Affiliate or Tour Coordinator by taking friends on trips. Learn about tour guide qualifications, how to design great trips and negotiate group discounts, and how to promote your tour to make it a success.

Gina Henry, Owner, GoGlobal

Thu, 6:30 PM to 9:00 PM, 4/4
ES42043 ONLINE 1 session, \$59

» **Mystery Shopping: Get Paid to Shop!**

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

Gina Henry, Owner, GoGlobal

Wed, 6:30 PM to 9:00 PM, 4/10
ES32038 ONLINE 1 session, \$59

» **Get Paid to Teach English**

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

Gina Henry, Owner, GoGlobal

Thu, 6:30 PM to 9:00 PM, 4/11
ES42044 ONLINE 1 session, \$59

» **Be A Smart Home Buyer**

Whether you are a first-time home buyer or considering a change, discuss the complexities of purchasing real estate from choosing an agent, to finding a home you like, to financing and closing. The mortgage process and the intricacies of qualifying for a loan are demystified. Everything from property type, to income and debt, to credit, different mortgage programs and amortization terms as well as homeowners insurance are detailed.

Benjamin Witmer, 5 Star Mortgage Professional

Wed, 6:30 PM to 8:30 PM, 5/1
IM32017 Creutzburg 1 session, \$49
member \$40



MUSIC, FILM & PERFORMING ARTS

MUSIC AND PERFORMING ARTS APPRECIATION

» Leonard Bernstein – American Idol/ American Idealist

NEW Beginning in the 1940s Leonard Bernstein reigned as America's idol, the most charismatic presence in American arts. He was also an idealist and adventurous spirit with lots of Mahler and mayhem in his life. Whether composing for the Broadway theater or the concert stage, Lenny's music and performances electrified audiences. Learn what made him tick, throb, and grab at America's heartstrings. Riveting videos will enliven our glimpse of his life and times.

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

Tue 6:30 PM to 8:00 PM, starts 3/5
MT22816 Lower Merion HS 4 sessions, \$89
member \$79



» An Opera Primer

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

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

Thu, 11:15 AM to 12:45 PM, starts 3/7
MT41805 Creutzburg 5 sessions, \$79
member \$69

» Into Film: A Deeper Appreciation

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

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

Tue, 12:30 PM to 3:00 PM, starts 3/12
MT21802 Creutzburg 5 sessions, \$99
member \$89

» Propaganda in WWII From the Enemy Perspective

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

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

Tue, 12:30 PM to 3:00 PM, starts 4/16
MT21804 Creutzburg 5 sessions, \$79
member \$69

» "Hey kids, what time is it?"

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

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

Thu, 2:30 PM to 4:00 PM, 3/21
MT41806 Creutzburg 1 session, \$39
member \$30

» Latin Fiesta: Orchestral Music from Spain and the New World

NEW Learn how folk music and dance have inspired classical composers from Spain, Latin America and beyond. Class will focus on the forms, instrumentation and other stylistic elements of the music and include musical selections by da Falla, Ginastera, Piazzolla, Ravel and more.

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

Mon, 1:30 PM to 3:00 PM, starts 4/29
MT11801 Creutzburg 4 sessions, \$79
member \$69



» Lord Byron – The Prince of Romantic Poets (200th Anniversary)

The very term 'Byronic' has come to symbolize the brilliant, yet self-destructive artist as anti-hero. Experience the beauty, power and passion of his poetry and prose as Dr. Covington transforms himself into one of the most famous poets of all time in this tour-de-force performance that captures the bravura and very essence of Byron himself.

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

Wed, 6:00 PM to 7:15 PM, 4/17
MT32810 Creutzburg 1 session, \$39
member \$30

» Shakespeare Alive!

Shakespeare (1564-1616) is widely regarded as the greatest writer in the English language and the world's preeminent dramatist. His plays have been translated into every major living language and are performed more often than those of any other playwright. Experience the sublime and seductive passion of his immortal works as Dr. Covington performs excerpts from some of his most famous sonnets and plays — in full Renaissance costume, with period music.

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

Wed, 6:00 PM to 7:15 PM, 5/15
MT32809 Creutzburg 1 session, \$39
member \$30

» Meet Mark Twain!

Discover Mark Twain (1835-1910) as he shares his wit, wisdom, and wry sense of humor through some of his most famous quips, comments and timeless observations on just about everything — including life, love, history, culture, travel, critics, politicians, youth and human nature in general — in this highly entertaining, informative living history presentation in period costume.

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

Wed, 6:00 PM to 7:15 PM, 6/12
MT32808 Creutzburg 1 session, \$39
member \$30



VOICE, INSTRUMENT & PERFORMANCE ART

» An Introduction to Professional Voice Acting

Explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet. Cover the basics, including how to prepare a demo and earn income in this exciting field. Discuss overall trends, as well as specific areas of focus in your community. Learn how to position yourself to stand out as a voice professional and understand that it is not a “get rich quick” craft. Hear professional demos and record a commercial script.

Staff, Creative Voice Development Group

Tue, 6:30 PM to 8:00 PM, 2/20
MT22501 ONLINE 1 session, \$55
member \$47

Wed, 6:30 PM to 9:00 PM, 4/17
MT32801 Creutzburg 1 session, \$55
member \$47

Wed, 1:00 PM to 3:30 PM, 6/12
MT31802 Creutzburg 1 session, \$55
member \$47

» Ukulele: Beginner and Beyond

Have some fun! Learn a new skill. Play in a group, make new friends, put some bounce in your step and some music in your heart! Beginners will play chords and advanced students will play melody. Let’s choose your favorite music and adapt it to the ukulele or perhaps write some of your own.

Maxine Koenig, MA, Music Education

Thu, 6:30 PM to 7:30 PM, starts 2/22
MT42502 ONLINE 8 sessions, \$125
member \$115

» Painless Piano: Beginner and Beyond

Wish you could play the piano but don’t know where to begin? Learn the basics, the treble and bass clefs, then familiarize yourself with the notes. Practice what you learn as you play simple songs. Required for class is a piano, keyboard or one of any number of music apps which allow you to use your iPad or iPhone as an electronic keyboard. Low key environment where everyone progresses at their own pace.

Maxine Koenig, MA, Music Education

Thu, 7:45 PM to 8:45 PM, starts 2/22
MT42503 ONLINE 8 sessions, \$125
member \$115

» Piano: Beginners

NEW Group lessons can be particularly suitable for adult beginners wishing to learn the basics of piano. Bring your digital piano or keyboard and work at your own pace, with the instructor’s help and advice.

Dianna Sinanian, Piano Instructor

Tue, 6:30 PM to 8:00 PM, starts 3/12
MT22822 Lower Merion HS . . . 6 sessions, \$121
member \$112

» Drums: Beginner

Love Rock ‘n Roll or secretly hope to tour with The Stones? Play the drums! Learn how to hold the sticks, read musical notation, use a metronome, develop hand and foot coordination and how to play along with your favorite songs on hi-hat, snare, and bass. Don’t have a drum kit? No problem. Only a practice pad and sticks are required for class. Handouts provided.

Sally Weinstock, Founder, Pennington Arts

Tue, 6:30 PM to 7:30 PM, starts 2/27
MT22817 Lower Merion HS . . . 8 sessions, \$127
member \$117

» Harmonica: Beginner

Learn simple traditional folk songs and elementary blues on one of America’s most popular portable instruments — the harmonica. Cover basic techniques such as bending, trilling, tongue-blocking, vibrato, and wah-wah. Individual attention will be given. Bring a 10-hole diatonic key of C-major harmonica (such as the Hohner Special 20, the Hohner Marine Band Model 1896, or equivalent). Required manual (\$10) payable to instructor.

Seth Holzman, BA, Music; Studio and Performing Musician

Tue, 6:30 PM to 7:45 PM, starts 2/27
MT22814 Lower Merion HS . . . 8 sessions, \$125
member \$115

» Harmonica: Advanced Beginner

Continue working with the harmonica and do simple to intermediate level songs like “The Streets Of Laredo,” “Cripple Creek,” “Wildwood Flower,” “Amazing Grace,” “Shenandoah,” and Slim Harpo’s Blues song, “Something Inside Me.” Individual attention benefits everyone. Have a 10-hole key of C-major diatonic harmonica. Required manual (\$10) payable to instructor.

Seth Holzman, BA, Music; Studio and Performing Musician

Tue, 8:00 PM to 9:15 PM, starts 2/27
MT22813 Lower Merion HS . . . 8 sessions, \$125
member \$115



» Guitar: Beginner

NEW Learn how to tune the guitar. Learn all open position major and minor chords, some basic strumming techniques, some basic fingerpicking techniques and put them together to start playing songs. Do all of this in a relaxed, friendly and inclusive manner. Just grab your guitar and join us. Material fee (\$10) payable to instructor.

Wanamaker Lewis, Musician

Tue, 5:45 PM to 6:45 PM, starts 3/5
MT22821 Lower Merion HS . . . 6 sessions, \$119
member \$99

» The Art Of Fingerstyle Guitar

Designed for the guitarist who already knows basic chords and strums, and is looking to expand into some new territory. Make your guitar an orchestra! Learn pattern picking, playing bass and melody at the same time with independent thumb, finger rolls and more. Cover some of the music of the great fingerstyle guitar players--Merle Travis, Chet Atkins, Jerry Reed and Tommy Emmanuel. Ability to read tablature is suggested. Material fee (\$15) payable to instructor.

Wanamaker Lewis, Musician

Tue, 7:00 PM to 8:00 PM, starts 3/5
MT22820 Lower Merion HS . . . 6 sessions, \$119
member \$99

» Peaceful Easy Vocals and Guitar Chording

Wish you could sing and accompany yourself on guitar? You’ll be singing and playing at the first session and growing your skills and repertoire from there. Begin with standard folk songs and move into other genres, rock, country and musician’s choice. Taught by a professional musician. New songs are added each week.

Carol Hengel, M.Ed, Teacher, Music Therapy, Music Education, Special Education; Author

Thu, 6:00 PM to 7:00 PM, starts 3/7
MT42804 **Beginners** Creutzburg . 6 sessions, \$99
member \$85

Thu, 7:15 PM to 8:15 PM, starts 3/7
MT42805 **Advanced Beginners**
Creutzburg 6 sessions, \$99
member \$85

» Vocal Technique

Do you love to sing? Have you been told your voice is inconsistent? Off pitch? Lacks range? Is weak? Vocal technique teaches you how to sing properly so these issues do not occur. Explore the mechanics of singing. Delve into how various parts of the body are used to produce lovely singing. The voice is an instrument. Does yours need tuning? Challenge yourself to discover your true voice!

Jean E. Johnson, Teacher; Classically Trained Coloratura

Tue, 6:45 PM to 8:15 PM, starts 3/5
MT22801 Lower Merion HS . . . 7 sessions, \$139
member \$125

» Improv, Why Not?

What is improvisation, or Improv for short? Basically, it’s unscripted acting. You do scenes without writing a script first. But there are warmups to doing that, games you play and exercises you do to learn the principles of Improv. Learn to think fast on your feet, listen better, trust yourself, be in the moment and unwind and have fun. Returning students welcome.

Larry Kaufman, Improviser/Facilitator

Tue, 7:00 PM to 8:30 PM, starts 3/12
MT22819 Lower Merion HS . . . 6 sessions, \$119
member \$109

» Comedy Sketch Writing

NEW If you’ve ever watched *Saturday Night Live*, *Key and Peele*, or *Inside Amy Schumer* and thought to yourself, “That looks like fun!”, this class is for you. Review the core concepts and techniques of sketch comedy writing. Learn the three basic types of sketches, how to generate premise ideas and how to express those ideas using your own brand of comedy. Craft and format concepts into more fully flushed-out comedy sketches. No prerequisite necessary.

Kristofer Hodge, Comedian

Wed, 6:30 PM to 8:30 PM, starts 4/24
MT32824 Creutzburg. 6 sessions, \$129
member \$119



PERSONAL ENRICHMENT

» Discovering the Angels within Us

Angels are here to support and guide us, but their messages can be subtle. Through meditations, exercises, and oracle cards, identify your trouble spots and understand the healing visions, words, thoughts, and feelings you receive. Discuss the 15 Archangels and other angels whose energies are attuned to your life. By connecting with your angels and also discovering your unique angelic qualities, you can live a more whole, vibrant, freer and fuller life.

Tracie Ullman, MNLP, MCHT, MTT, RMT

Tue, 6:30 PM to 8:30 PM, starts 3/5
SE22008 Lower Merion HS 4 sessions, \$89
member \$79

» Understanding Chronic Disorganization

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

Leslie Robison, Professional Life and ADD Coach & Organizer

Sat, 12:30 PM to 2:30 PM, 3/16
SE61082 Creutzburg 1 session, \$41
member \$32

» Introduction to Astrology

Knowing your sign and place among the astrological constellations can give you insights into your reactions to different people and situations. Discuss why astrology works and how you can apply it to your own life. Learn how to read astrological charts and create your own. Leave with a richer understanding of yourself and others.

Kevin Arba, Astrologer; Certified NLP Practitioner; Life Coach

Mon, 6:30 PM to 7:30 PM, starts 4/1
SE12002 ONLINE 4 sessions, \$55
member \$47

» Your Dreams: Secret Wisdom and Guidance for Daily Life

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

Sharon Pastore, CDP, Founder, Dream Girl Power

Tue, 7:00 PM to 8:30 PM, 4/2
SE22031 Lower Merion HS 1 session, \$41
member \$33

» Navigating the Rough Waters of Divorce

Learn how to deal with divorce in a cost-effective manner from a family lawyer with over 25 years of experience. Ideal for anyone considering or going through divorce. Topics include protecting yourself before filing for divorce, choosing and communicating with your lawyer, dealing with the financial aspects of divorce as well as custody issues, negotiating a top-notch settlement, and moving on after divorce.

Jennifer A. Brandt, Esq. Partner, Family Law, Cozen O'Connor

Tue, 6:00 PM to 8:00 PM, 4/9
SE22024 Lower Merion HS 1 session, \$45
member \$37

» Self-Care: Your Journey to Social and Emotional Wellness

NEW Discover the daily tools you need to prioritize your social and emotional wellness through self-care. You will learn self-compassion and how to love yourself unconditionally. Leave with the ability to recognize and exhibit your worth and be empowered to see the value in others.

Gail Plant, MLD, BS, Certificate of Women's Entrepreneurship

Tue, 6:30 PM to 8:30 PM, 4/16
SE22011 Lower Merion HS 1 session, \$45
member \$37

» The Comedy Cure

NEW Everyday blues and stress are no joke but joking about them can be life-changing! This humor how-to will have you mastering your stressors like a comedy pro (without having to be one). Learn and practice specific comedy-crafting techniques that transform frustrations into funnies to turn your "Oy!" into "Joy!" ... because it's ALL material!

Margie Cherry, Career Counselor; Reinvention Coach

Tue, 7:15 PM to 8:30 PM, 4/16
SE22013 Lower Merion HS 1 session, \$42
member \$33



» Spiritual Autobiography: A Journey of Self-Discovery

NEW Explore your own spiritual journey through the lens of autobiography. Learn how to identify and reflect on the key experiences, people, and influences that have shaped your spiritual beliefs and practices. You will also develop your writing skills and learn how to share your story in a meaningful way through a combination of structured exercises, group discussion, and independent reading.

David Low, MS, PhD, DMin

Wed, 6:30 PM to 8:00 PM, starts 4/17
SE32012 Creutzburg 4 sessions, \$75
member \$62

» Reinvention Jumpstart: Create a Life You Love

Are you ready to reinvent yourself and create a life you love? Whether you're looking to make a career change, start a new business, or simply live a more fulfilling life, this fun and interactive workshop will give you the tools you need to get started. Understand the cycle of change, assess what needs changing and how to overcome challenges and stay motivated. Come ready to share your reinvention goals with the group.

Margie Cherry, Career Counselor; Reinvention Coach

Sat, 11:00 AM to 1:00 PM, 4/20
SE61012 Creutzburg 1 session, \$49
member \$40

» Secrets to Online Dating

Are you "unlucky" at finding love? Our 4-step dating process will teach you how to stand out from the rest. Learn sophisticated dating secrets, vital safety information to ensure dating is fun and amazing, and how to take profile photos that get you noticed. Get first date do's and don't's to help you meet your future soulmate. Classes offered by gender.

Nancy Plummer, MEd; President & Founder, All About Connecting

Wed, 6:30 PM to 8:30 PM, 4/24
SE32007 Women Creutzburg 1 session, \$49
member \$40

Wed, 6:30 PM to 8:30 PM, 5/15
NEW SE32006 Men Creutzburg 1 session, \$49
member \$40

MEDITATION

» Science of Mindfulness & Meditation

NEW Discuss the foundations of mindfulness and meditation, including the history and neuroscience supporting its practice. Explore a variety of techniques — from working with thoughts, breath, mindful movement, mantra, metta and more to help determine which practices work best for you.

Valerie Dickman, Mindfulness Coach

Thu, 7:00 PM to 8:30 PM, starts 4/25
SE42007 Creutzburg 4 sessions, \$75
member \$65

» Find Inner Peace: Start Meditating Today

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

Hari Zandler, Master Yoga Instructor and Practitioner

Tue, 8:00 PM to 9:00 PM, starts 2/27
SE22012 Lower Merion HS 8 sessions, \$110
member \$99

» 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, 2:30 PM to 3:30 PM, starts 3/26
SE21004 ONLINE 4 sessions, \$65
member \$53

SPORTS, GAMES & OUTDOOR ADVENTURES

GAMES

» **MLSN Board Game Club**

NEW Enjoy the captivating world of board games, where laughter, strategy, and community reign supreme. Whether you're a seasoned gamer or a curious newcomer, join our Board Game Club to learn new favorites, rediscover old classics, and forge meaningful connections with fellow enthusiasts. An expert will introduce a variety of games weekly. Invite your spouse, partner, teen (16 and up) or friend at a discounted rate. Bring snacks, drinks, and an appetite for good fun and company.

Matt Hendricks, Owner, Twenty One Pips

Thu, 7:00 PM to 9:00 PM, starts 4/4
SP42071 Creutzburg 4 sessions, \$99
member \$89, partner \$49

» **Bridge**

Keep your mind sharp while having fun! Beginners learn the fundamentals —bidding, communicating with your partner, playing of the hand and bridge etiquette. In Advanced Beginner, topics covered are overcalls, takeout doubles and preemptive bids. Students need to purchase required textbook (~\$20) prior to start of class, details on receipt.

Carla DiMuzio, Bridge Coach

Wed, 11:00 AM to 12:30 PM, starts 2/21
SP31045 **Beginner** Creutzburg 6 sessions, \$105
member \$89

Susanne Lennon, Bridge Instructor; Chair of Philadelphia Country Club Bridge

Tue, 6:30 PM to 8:30 PM, starts 3/5
SP22027 **Beginner**
Lower Merion HS. 6 sessions, \$123
member \$104

Wed, 6:30 PM to 8:30 PM, starts 4/24
SP32071 **Advanced Beginner**
Creutzburg 6 sessions, \$123
member \$104

» **Canasta**

Enjoy playing Canasta, a card game in the rummy family. Beginners learn the fundamentals of play and winning strategies so you can join in the fun of playing this widely popular game. In Strategy & Supervised Play, learn different approaches to improve your success of play with instructor supervision. In all classes, we play Modern American canasta where you cannot discard a wild card.

Sue Laskin, Experienced Canasta Teacher

Tue, 9:45 AM to 10:45 AM, starts 2/20
SP21023 **Beginner** ONLINE . . . 8 sessions, \$135
member \$120

Wed, 1:00 PM to 3:00 PM, starts 2/21
SP31003 **Beginner** Creutzburg. . . 8 sessions, \$135
member \$120

Wed, 1:00 PM to 3:00 PM, starts 4/24
SP31044 **Beginner** Creutzburg. . . 8 sessions, \$135
member \$120

Tue, 9:45 AM to 11:45 AM, starts 4/16
SP21009 **Strategy & Supervised Play**
ONLINE 4 sessions, \$79
member \$69

» **Chess**

Embark on an exciting journey into the world of chess! Receive step-by-step guidance from an experienced instructor, then enjoy playing with others. Beginners learn the fundamentals, piece movements and basic strategies. In Advanced Beginner, go a little deeper into the endgame and middlegame planning and strategy. Bring your board, if you have one, to class.

Anthony Durkin, U.S. Chess Federation Certified Chess Coach

Mon, 1:30 PM to 3:00 PM, starts 2/19
SP11072 **Beginner** Creutzburg. . . 6 sessions, \$129
member \$115

NEW Mon, 1:30 PM to 3:00 PM, starts 4/8
SP11074 **Advanced Beginner** Creutzburg
..... 6 sessions, \$129
member \$115

» **Mah Jongg Overview**

Gregg Swain, an internationally known Mah Jongg art historian, presents a lively and informative talk about the internationally popular game. Gain some knowledge about Chinese art, culture and history via the artwork on the tiles, as well as an understanding of the game's lasting appeal. Michelle Partlow, Mah Jongg instructor, will introduce the game so you know what to expect if you take a class. Open to those who play the game and those who don't (yet!).

Michelle Partlow, Professional Educator

Gregg Swain, Mah Jongg Art Historian

Wed, 12:00 PM to 1:00 PM, 2/21
SP31032 ONLINE..... 1 session, \$20
member \$15

» **Mah Jongg**

Experience Mah Jongg, a four-person game played with decorative tiles. Learn the American variant of the game in person or online. Beginner classes cover the fundamentals. Enhance skills and strategy in the Advanced Beginner class. Join with other experienced players in the Intermediate class to take your play to the next level. All classes include personalized instruction while playing with others.

Michelle Partlow, Professional Educator

Wed, 7:00 PM to 9:00 PM, starts 2/28
SP32045 **Beginner** ONLINE . . . 5 sessions, \$129
member \$115

Thu, 10:00 AM to 12:00 PM, starts 2/29
SP41020 **Beginner** ONLINE . . . 5 sessions, \$129
member \$115

Wed, 7:00 PM to 9:00 PM, starts 4/10
SP32019 **Advanced Beginner**
ONLINE 4 sessions, \$105
member \$95

Tue, 1:30 PM to 3:30 PM, starts 5/21
SP21021 **Intermediate**
ONLINE 4 sessions, \$105
member \$95

Esther Gordon, Professional Educator, Harriton High School (Ret.)

Thu, 11:15 AM to 1:15 PM, starts 3/14
SP41063 **Beginner** Creutzburg . 8 sessions, \$189
member \$175

Thu, 1:45 PM to 3:45 PM, starts 3/14
SP41068 **Beginner** Creutzburg. . 8 sessions, \$189
member \$175

Thu, 11:15 AM to 1:15 PM, starts 5/9
SP41062 **Advanced Beginner**
Creutzburg 3 sessions, \$79
member \$69

» **Pinochle**

Learn to play pinochle, a game developed in the U.S. and one of the country's most popular games. Pinochle uses a 48-card deck and each hand is played in three phases: bidding, meld and tricks. Pinochle is fun, fast-moving and encourages social interaction. Students receive a pinochle deck of cards.

Marebeth Conard, Experienced Games Teacher

Thu, 1:00 PM to 3:00 PM, starts 3/7
SP41060 **Beginner** Creutzburg . 4 sessions, \$79
member \$69

Thu, 1:00 PM to 3:00 PM, starts 4/4
SP41061 **Strategy & Supervised Play**
Creutzburg 4 sessions, \$79
member \$69

» **Rummikub**

NEW Here's your chance to enjoy this fast-paced, exciting game which has become an international sensation. A blend of strategy and luck, Rummikub combines elements of rummy and Mah Jongg and is a good way to socialize, improve your cognitive skills and challenge your mind. Cover the basics, learn strategies and soon you'll be playing like the pros.

Marebeth Conard, Experienced Games Teacher

Thu, 10:00 AM to 12:00 PM, starts 3/21
SP41069 Creutzburg 4 sessions, \$79
member \$69



» **Sudoku**

NEW Sudoku is a logic-based number placement puzzle that has taken the global puzzle-solving community by storm. Sudoku requires no mathematical expertise or language proficiency; its rules are straightforward and easy to understand. The benefits of engaging with Sudoku go beyond mere entertainment; the puzzle is known for enhancing cognitive skills such as critical thinking, pattern recognition and problem-solving.

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

Fri, 9:00 AM to 10:00 AM, 3/1
SP51074 ONLINE..... 1 session, \$25



SPORTS» **FitPickle**

FitPickle is a high energy class that combines the best features of Pickleball and movement drills for an ultimate full body, calorie burning workout. It's very social and fun for players with skill levels from 2.0 - 5.0+. Focus on the ABC's: Agility, Balance and Coordination using agility ladders, training and medicine balls, and a vast variety of pickleball drills all to upbeat music. Activities can be adapted for all skill levels and limitations.

Staff, Berwyn Squash & Fitness Club

Tue, 6:00 PM to 7:00 PM, starts 7/9
SP22029 Berwyn Squash & Fitness Club
..... 4 sessions, \$105

» **Squash**

Have fun and increase your fitness in fast-paced squash. Learn or brush up on all aspects of the game, including service, drives, boasts, drop shots, rules and scoring methods. Enjoy small classes with time to practice and play. Bring your own equipment or borrow it from the venue, or purchase package offered by Berwyn Squash. Details on receipt.

Staff, Berwyn Squash & Fitness Club

Wed, 7:45 PM to 8:30 PM, starts 2/21
SP32048 Berwyn Squash & Fitness Club
..... 4 sessions, \$149
member \$135

Sat, 11:15 AM to 12:00 PM, starts 3/16
SP61081 Berwyn Squash & Fitness Club
..... 4 sessions, \$149
member \$135

» **Play Pool!**

This classic game is a lot easier to pick up than you think. Under Michael's guidance, learn the game and cover topics including the proper stance, body alignment and stroking techniques. Learn how to aim accurately, the proper shot selection, cue ball positioning and other fundamentals. Discuss strategies of the game including run-out patterns, safeties and banking. Explore the mental side of the game including pre-shot visualization, self confidence builders and practice routines. All skill levels welcome.

Michael Lizzio, Certified Pool Instructor

Mon, 7:00 PM to 9:00 PM, starts 3/4
SP12090 The Mansion at Rosemont
..... 4 sessions, \$115
member \$100

Thu, 1:00 PM to 3:00 PM, starts 3/7
SP41040 Dunwoody Village... 4 sessions, \$115
member \$100

Thu, 1:00 PM to 3:00 PM, starts 5/9
SP41041 Dunwoody Village .. 4 sessions, \$115
member \$100

» **Boat America**

Basic boating class for power, sail & PWC operators. Meets the education requirements for certification in PA, NJ, DE, and MD. Cover types of boats, boating law, safety equipment, handling, boating problems, navigation and more. Successful completion earns you PA State Operator Certification (\$10 fee). Official manual and exam included.

Staff, U.S. Coast Guard Auxiliary

Tue, 7:00 PM to 9:00 PM, starts 3/19
SP22025 Lower Merion HS. 4 sessions, \$99
member \$89/Partner \$49

» **Coast Guard Sailing Certification**

If you own a medium size sailboat or plan a charter, this class will get you ready. Learn the basics of sailboat maneuvering. Topics: reaching, running, tacking and jibing, highway signs, navigation, advanced rigging, advanced sail trim, handling catastrophe, electronics and knots. Textbook (\$30) payable to instructor. Successful completion includes U.S. Coast Guard Auxiliary Certificate.

Staff, U.S. Coast Guard Auxiliary

Wed, 7:00 PM to 9:00 PM, starts 3/27
SP32026 Creutzburg 8 sessions, \$149
member \$139/Partner \$79

» **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 3/27
SP32027 Creutzburg 8 sessions, \$149
member \$139/Partner \$79

» **Successful Fly Fishing**

Learn the art of fly fishing, including streams, habitat and locating fish; fly fishing theory; equipment selection, fly lines, rigging a rod, fly casting, knot tying, and, of course, personal stream etiquette. Other topics covered are wading safety, trout behavior, entomology, reading the water and more. For the final session, we'll meet to learn and practice outdoor fly casting. Bring the equipment you have to class.

Ronald Nimitz, Certified International Federation of Fly Fishers Instructor

Wed, 6:30 PM to 8:00 PM, starts 4/10
SP32003 Creutzburg 4 sessions, \$74
member \$62

PICKLEBALL

Don't miss out on the hottest new sport! Rules of the game, serve, court positioning, groundstrokes, volleys, the all-important "soft" game, and basic strategies will be covered. Start your lifelong love of Pickleball with MLSN!

» **Pickleball at Upper Merion Community Center**

Staff, Upper Merion Community Center

Sun, 1:00 PM to 2:00 PM, starts 3/3
SP71085 **Beginner** 6 sessions, \$139

Wed, 5:00 PM to 6:00 PM, starts 3/6
SP32050 **Beginner** 6 sessions, \$139

» **Pickleball at Narberth Tennis Club**

Teaching Professionals, Julian Krinsky School of Tennis

Mon, 12:30 PM to 1:30 PM, starts 4/1
SP11032 **Beginner** 6 sessions, \$139

Thu, 12:30 PM to 1:30 PM, starts 4/4
SP41048 **Beginner** 6 sessions, \$139

Mon, 12:30 PM to 1:30 PM, starts 5/13
SP11034 **Beginner** 6 sessions, \$139

Thu, 12:30 PM to 1:30 PM, starts 5/16
SP41052 **Beginner** 6 sessions, \$139

Mon, 1:45 PM to 2:45 PM, starts 2/19
SP11031 **Advanced Beginner** . 6 sessions, \$139

Thu, 1:45 PM to 2:45 PM, starts 2/22
SP41045 **Advanced Beginner** . 6 sessions, \$139

Mon, 1:45 PM to 2:45 PM, starts 4/1
SP11033 **Advanced Beginner** . 6 sessions, \$139

Thu, 1:45 PM to 2:45 PM, starts 4/4
SP41049 **Advanced Beginner** . 6 sessions, \$139

Mon, 1:45 PM to 2:45 PM, starts 5/13
SP11035 **Advanced Beginner** . 6 sessions, \$139

Thu, 1:45 PM to 2:45 PM, starts 5/16
SP41053 **Advanced Beginner** . 6 sessions, \$139

Wed, 12:30 PM to 1:30 PM, starts 2/21
SP31036 **Intermediate** 6 sessions, \$139

Wed, 1:45 PM to 2:45 PM, starts 2/21
SP31037 **Intermediate** 6 sessions, \$139

Thu, 11:15 AM to 12:15 PM, starts 2/22
SP41043 **Intermediate** 6 sessions, \$139

Thu, 10:00 AM to 11:00 AM, starts 2/22
SP41042 **Intermediate** 6 sessions, \$139

Wed, 1:45 PM to 2:45 PM, starts 4/3
SP31039 **Intermediate** 6 sessions, \$139

Wed, 12:30 PM to 1:30 PM, starts 4/3
SP31038 **Intermediate** 6 sessions, \$139

Thu, 11:15 AM to 12:15 PM, starts 4/4
SP41047 **Intermediate** 6 sessions, \$139

Thu, 10:00 AM to 11:00 AM, starts 4/4
SP41046 **Intermediate** 6 sessions, \$139

Wed, 1:45 PM to 2:45 PM, starts 5/15
SP31041 **Intermediate** 6 sessions, \$139

Wed, 12:30 PM to 1:30 PM, starts 5/15
SP31040 **Intermediate** 6 sessions, \$139

Thu, 11:15 AM to 12:15 PM, starts 5/16
SP41051 **Intermediate** 6 sessions, \$139

Thu, 10:00 AM to 11:00 AM, starts 5/16
SP41050 **Intermediate** 6 sessions, \$139

» **Pickleball Outdoors at Berwyn Squash & Fitness Club**

Staff, Berwyn Squash & Fitness Club

Wed, 10:00 AM to 11:30 AM, starts 4/3
SP31017 **Beginner** 4 sessions, \$139

Thu, 5:30 PM to 7:00 PM, starts 4/4
SP42020 **Advanced Beginners** . 4 sessions, \$139

Sat, 10:00 AM to 11:30 AM, starts 4/6
SP61030 **Beginner** 4 sessions, \$139

Sun, 12:00 PM to 1:30 PM, starts 4/7
SP71032 **Intermediate** 4 sessions, \$139

Tue, 10:00 AM to 11:30 AM, starts 5/7
SP21018 **Advanced Beginners** . 4 sessions, \$139

Thu, 5:30 PM to 7:00 PM, starts 5/9
SP42021 **Intermediate** 4 sessions, \$139

Sat, 10:00 AM to 11:30 AM, starts 5/11
SP61031 **Advanced Beginners** . 4 sessions, \$139

Sun, 12:00 PM to 1:30 PM, starts 5/12
SP71033 **Intermediate** 4 sessions, \$139

Tue, 10:00 AM to 11:30 AM, starts 6/11
SP21019 **Advanced Beginners** . 4 sessions, \$139

Thu, 5:30 PM to 7:00 PM, starts 6/13
SP42022 **Intermediate** 4 sessions, \$139

» Beginner Sculling on the Schuylkill

Ever wondered what it must be like to glide effortlessly along the Schuylkill River in a rowing shell? This Beginner/Advanced Beginner class will offer the fundamentals of proper sculling technique, safety and boat handling skills. Expect a total body workout from this strenuous sport that requires flexibility and stamina. You must be able to swim. Class limited to 6 students.

Brannon Johnson, Head Coach and Owner, BLJ Community Rowing

Mon, 5:30 PM to 7:00 PM, starts 5/20
SP12088 Public Dock 4 sessions, \$199

» Archery for Beginners at Marsh Creek

After brief introductions and a safety talk, learn the proper technique for correctly holding a bow and releasing an arrow for optimal accuracy and precision. Students will practice hitting targets with a recurve bow. All necessary archery equipment is provided.

Staff, L.L. Bean

Sat, 1:00 PM to 2:30 PM, 5/4
SP61058 Marsh Creek State Park . 1 session, \$65

» Full Moon Kayaking

NEW Discover the beauty of nature at night as you paddle through calm waters under the glow of the summer moon. In comfortable, stable kayaks get a chance to experience nature up close. As the moon rises higher in the sky, see the fascinating wildlife that emerges when the sun sets. View the full moon and enjoy a complimentary snack. No prior kayaking experience is needed. All necessary paddling equipment is provided.

Staff, L.L. Bean

Sun, 7:00 PM to 10:00 PM, 7/21
SP72003 Marsh Creek State Park . 1 session, \$79



» Kayaking for Beginners at Marsh Creek

Learn the essentials of recreational kayaking. Expert paddling instructors will explain kayak design, boat fit, paddling terminology and basic paddling strokes. Students will be led step by step through each stroke, helping you hone your abilities. You'll learn the proper forward, reverse and sweep strokes, allowing you to paddle straighter, turn quicker and navigate around obstacles. All necessary paddling equipment is provided.

Staff, L.L. Bean

Sun, 3:00 PM to 4:30 PM, 6/23
SP71082 Marsh Creek State Park . 1 session, \$70

» Stand Up Paddle Boarding for Beginners

NEW Discover how easy it is to balance on top of the water. Learn the basic skills needed for maneuvering a paddle board, receive instruction on a variety strokes, and have the opportunity to practice by the shore. Next you'll set out in a guided, interpretive tour as you experience the freedom of skimming across the water, learning about the ecosystem and history of the area. All equipment is provided. Class size is limited to 10.

Staff, L.L. Bean

Sat, 12:00 PM to 1:30 PM, 6/8
SP61005 Marsh Creek State Park . 1 session, \$75

» Golf at Paxon Hollow

Improve your golf game in these clinics designed with intermediate, beginner and first-timers in mind. Learn golfing basics: grip, posture, swing mechanics, alignment, club selection, etc. Practice hitting your driver and irons on the natural turf range, chip and putt on the practice green, all under the watchful eyes of PGA professionals.

Dan Malley, Paxon Hollow Country Club

Tue, 10:00 AM to 11:00 AM, starts 4/2
SP21012 Paxon Hollow Country Club
. 6 sessions, \$185

Tue, 11:15 AM to 12:15 PM, starts 4/2
SP21013 Paxon Hollow Country Club
. 6 sessions, \$185

Mon, 10:00 AM to 11:00 AM, starts 4/8
SP11010 Paxon Hollow Country Club
. 6 sessions, \$185

Mon, 11:15 AM to 12:15 PM, starts 4/8
SP11011 Paxon Hollow Country Club
. 6 sessions, \$185

Thu, 10:00 AM to 11:00 AM, starts 4/11
SP41014 Paxon Hollow Country Club
. 6 sessions, \$185

Thu, 11:15 AM to 12:15 PM, starts 4/11
SP41015 Paxon Hollow Country Club
. 6 sessions, \$185



OUTDOOR ADVENTURES

» Orienteering: An Outdoor Adventure

NEW Orienteering is an activity or sport of Scandinavian origin that now has worldwide participation. Orienteering mixes the love and respect for the great outdoors with both mental and physical challenges. Learn orienteering terminology, how to read highly detailed topographic maps and how to use a compass. Receive a pass to attend a Delaware Valley Orienteering Association event for free.

Mark Frank, Educational Services, Delaware Valley Orienteering Association

Thu, 6:45 PM to 8:45 PM, starts 2/22
SP42079 Creutzburg 3 sessions, \$78
member \$68



» Exploring Natural Lands Preserves

NEW Discover gems within our local Natural Lands' preserves. A non-profit that saves open space, Natural Lands properties contain numerous trails throughout the region. We will explore a different preserve with varied terrain on 3-5 mile hikes each week.

Tasha Carson, Hike Leader

Fri, 10:30 AM to 12:30 PM, starts 4/5
SP51073 Saunders Wood 6 sessions, \$69
member \$59

» Forest Bathing: A Therapeutic Walk in Nature

Originating in Japan, "Forest Bathing" or "taking in the forest atmosphere," is a way to see both outer and inner worlds with new eyes. This practice has been found to help calm, center and heal both body and mind. On our gentle walk you'll be guided in immersing all of your senses in the natural world as you experience the restorative benefits of the forest. At the end, gather to sip tea and enjoy snacks.

Renae Buono, Hike Leader, Certified Forest Therapy Guide

Fri, 10:00 AM to 12:00 PM, 4/26
SP51080 Saunders Woods 1 session, \$39

» Hiking for Health & Fitness

Hiking is a great way to achieve a whole body workout. Being in nature can also help improve mental and emotional well-being, reduce stress and boost the immune system. Hike through nearby parks and preserves of varied terrain designed to improve your cardiovascular fitness. Students should be able to walk briskly for 1.5 hours (approx. 3-4 miles) on moderately strenuous trails including small hills.

Renae Buono & Charlie Szoradi, Hike Leaders, Main Line Nature Guides LLC

Wed, 9:30 AM to 11:00 AM, starts 4/3
SP31042 Valley Forge Park. 5 sessions, \$64
member \$54

» MLSN Hiking Club

Experience the richness and diversity of Delaware Valley's natural environment. Make new friends while exploring nearby 3-5 mile scenic and historic trails. First class meets on the porch at the Creutzburg Center. Subsequent classes meet at designated trails.

Tasha Carson, Hike Leader

Tue, 9:30 AM to 11:30 AM, starts 4/9
SP21087 Creutzburg 6 sessions, \$69
member \$59



» **Walking In Circles: Trail Hikes In & Around the Main Line**

Enjoy the outdoors hiking a series of 4-mile loop trails of varied terrain along picturesque creeks, through sweeping meadows and historic rock formations. Experience the unsurpassed beauty of local parks and preserves in the fun company of other nature enthusiasts.

Wendy Greenfield, Hike Leader

David Heaton, Hike Leader

Thu, 9:30 AM to 11:30 AM, starts 4/11
SP41064 Valley Forge Park 6 sessions, \$69
member \$59

» **Walking with Saint Francis**

NEW Join Italian cultural expert and author, Carla Gambescia, and MLSN Executive Director, Wendy Greenfield for a special walk inspired by the spiritual teachings of Saint Francis of Assisi, patron of animals and ecology. Following a discussion of the extraordinary life and ministry of Saint Francis and its enduring legacy and relevance, we'll take a meditative walk on a nature trail through a local arboretum. Hike difficulty: easy to moderate; must be able to walk 2-3 miles on a flat trail. Details on receipt.

Wendy Greenfield, Hike Leader

Carla Gambescia, Author, La Dolce Vita University

Mon, 10:00 AM to 12:00 PM, 5/13
SP11065 Receipt 1 session, \$40
member \$32



REGISTRATION IS EASY!



VISIT MainLineSchoolNight.org
CLICK Register

CONNECT WITH US ON SOCIAL MEDIA

- Facebook.com/MLSchoolNight
- Instagram.com/MainLineSchoolNight
- Twitter.com/MLSchoolNight

» **Wildflower Walk**

Take a walk on the wild side! Put on your hiking shoes and join us as we greet the spring ephemerals — trout lilies, spring beauties, trilliums, Virginia bluebells and more! These native spring wildflowers bloom before the trees leaf out, then disappear until next year. Different wildflowers will be in bloom for each walk. Catch them while you can!

Mary Coe, Hike Leader, Willows Park Preserve

Sun, 1:00 PM to 3:00 PM, 4/14
SP71078 The Willows Park 1 session, \$34
member \$26

Sat, 1:00 PM to 3:00 PM, 4/20
SP61079 The Willows Park 1 session, \$34
member \$26

» **Hiking & History at the McKaig Nature Education Center**

This 91-acre natural preserve in Wayne features unspoiled woods, picturesque creeks and abundant wildlife. Enjoy a moderate level hike of approximately 2 miles through varied terrain. Along the way, McKaig's Park Ranger will recount stories of local history that show the connections between a regal princess, a scared local boy worried about being drafted and an 85-year-old political campaign. Trail map with park highlights included.

Vytas Masalaitis, McKaig Park Ranger, VP KoP Historical Society (Ret.)

Wed, 10 AM to 12 noon, 5/8
SP31001 McKaig Nature Center . 1 sessions, \$34
member \$26



LOCAL TOURS & BUS TRIPS

WALKING/STANDING SCALE



LOCAL TOURS

» **Otto Distillery: Tour & Tasting**

NEW Join us for a tour of Otto Distilling Co., South Philly's new rum distillery, hear their story and learn all about the rum making process from the owner/head distiller. Enjoy a tasting of their full flight of spirits. See p. 18 for rum cocktails class on 5/15.

Staff, Otto Distillery

Thu, 1:30 PM to 3:00 PM, 3/14
TT41082 Otto Distillery 1 session, \$49
member \$39



» **Devon Horse Show and Country Fair — an Overview**

The Devon Horse Show and Country Fair (DHSCF) has been a vibrant part of the Main Line community for generations. Assemble in the Trophy Room (top floor of the Committee Stand) to hear about the many components of the DHSCF and what's involved in launching a horse show. Also hear about the Devon Fall Classic and the philanthropic nature of the Country Fair. End the class with a tour of the facilities.

Wayne Grafton, Chairman and CEO

Tue, 10:00 AM to 11:30 AM, 4/2
TT21020 Devon Horse Show and Country Fairgrounds 1 session, \$45
member \$37

» **Historical & Architectural Tour of the Bryn Mawr College Campus**

Step back in time as you stroll through Bryn Mawr College to view and discuss its iconic architecture. On this guided walking tour explore its design and evolution from the 1880s until today. Highlights will include buildings by Addison Hutton, George T. Pearson, Cope & Stewardson, Mellor, Meigs & Howe, and Louis Kahn.

Jeffrey A. Cohen, Professor, Bryn Mawr College

Thu, 5:00 PM to 6:30 PM, 4/4
TT42067 Bryn Mawr College Goodhart Hall 1 session, \$45
member \$37

» **Japanese Tea in Fairmount Park**

Relax in the serenity of this traditional style Japanese house and garden. After a guided tour of Shofuso, enjoy a presentation on a Japanese tea ceremony. Hear a brief history of tea in Japan, taste a traditional sweet and make your own bowl of matcha green tea. After, explore on your own the beautiful garden landscape including Japanese cherry trees.

Staff, Japanese Tea House

Wed, 11:00 AM to 1:00 PM, 4/10
TT31052 Shofuso 1 session, \$55
member \$45

» **Boathouse Row Hidden History Tour**

NEW Dotty Brown, former editor at the Philadelphia Inquirer, leads this walking tour that will bring Boathouse Row to life through often unknown stories about each house. What was the relationship of the painter Thomas Eakins to the Row? Why is the Row's architecture so eclectic and what famous Philadelphia architect left his mark there? When were women included on the Row?

Dotty Brown, Former Editor, Philadelphia Inquirer; Author, Boathouse Row

Thu, 10:00 AM to 11:30 AM, 4/25
TT41085 Lloyd Hall 1 session, \$45
member \$37

» **Theater Talk Back: 1812 Productions**

NEW Join MLSN for a Sunday matinee of Harvey Fierstein's *Torch Song* followed by a private talk-back Q & A with the cast. Hilarious and heart-wrenching, *Torch Song* follows Arnold Beckoff's odyssey to find happiness in New York. All he wants is a husband, a child, and a pair of bunny slippers that fit until a visit from his overbearing mother reminds him that he needs one thing more: respect. Experience this all too human journey about the families we're born into, the families we choose and the battles to bring them all home.

Staff, 1812 Productions
 MLSN Staff
 Sun, 1:45 PM to 6:00 PM, 5/5
 TT71010 Plays and Players Theatre
 1 session, \$59
 member \$50

» **Garden Highlights at Chanticleer**

Chanticleer blends several curated gardens intended to inspire home gardeners. Discover how it evolved from the Rosengarten's historic private estate to a public garden opened in 1993. In this guided walking tour, take an in-depth look at one of the many distinct garden areas, examine garden designs, plantings and maintenance as well as tour the first floor of the Chanticleer House. Visit with the gardener in charge and learn from their perspective what goes into creating today's enchanting display, and see why it is named "a pleasure garden."

Staff, Chanticleer
 Wed, 1:30 PM to 3:00 PM, 5/8
 TT31070 Chanticleer 1 session, \$49
 member \$40
 Thu, 10:30 AM to 12:00 PM, 6/27
 TT41071 Chanticleer 1 session, \$49
 member \$40

» **On Site: Valley Forge History Tour**

NEW With MLSN Instructor Major Lawrence Swesey as your guide, explore the sites and stories of the Continental Army's encampment during the harsh winter of 1777-1778. Understand Washington's plea to Congress for "great and capital changes" and how it, and people like Baron Von Steuben, shaped the course of the war. View fortifications, walk the training grounds, attend multi-media presentations and the museum. Includes lunch at the historic Black Powder Tavern — once a munitions storehouse and a clandestine meeting place for Revolutionary leaders.

Lawrence Swesey, MEd; Instructor (Ret.); Adj Prof, VFMC, Ethics and History; Maj USA (Ret.)
 Tue, 8:30 AM to 5:00 PM, 5/14
 TT21056 Valley Forge Park 1 session, \$89
 member \$79

» **After Hours at Stoneleigh**

Take an exclusive after-hours guided tour of one of the Philadelphia region's newest public gardens, Stoneleigh: a natural garden. During this tranquil stroll, little known facts will be revealed about this spectacular 42-acre garden's past and present. Highlights include magnificent towering trees, historic landscape features, and innovative new plantings designed and installed since the garden's opening in 2018. Walk through the Tudor Revival style main house, now shared with the Organ Historical Society, and take a brief tour of their library and archives.

Staff, Stoneleigh: A Natural Garden
 Thu, 5:30 PM to 7:00 PM, 6/13
 TT42059 Stoneleigh 1 session, \$45
 member \$37

» **Maguire Art Museum & Barnes Arboretum at St. Joseph's University**

Nestled within the Barnes Arboretum in Merion, the Maguire Art Museum opened to the public in May 2023 following a renovation of the historic Barnes Foundation building, whose iconic salon galleries now display selective pieces from the University's extensive permanent collection as well as special exhibitions. Enjoy a private tour with the Curator and learn about the collection and Museum's mission. Then explore what's in bloom and hear about the Arboretum's history on a tour with the Assistant Director for Living Collections & Horticulture Programs as he shares his passion for this unique 12-acre site.

Bill Rein, Asst. Director for Living Collections and Horticulture
Erin Downey, Asst. Museum Curator and Professor, SJU
 Tue, 11:00 AM to 1:00 PM, 6/18
 TT21085 Maguire Art Museum . . 1 session, \$49
 member \$39

» **Recreation & Education at the Elmwood Park Zoo**

NEW A non-profit since 1985, the AZA-accredited Elmwood Park Zoo supports wildlife and environmental conservation through exhibits and educational programs, as well as species preservation projects all over the globe. Enjoy a private program with an educator and 2-3 of their furry, feathery, or scaly friends and explore how animals utilize their unique features to help them live and thrive. Stay and enjoy the rest of the exhibits. (Zoo Admission included).

Staff, Elmwood Park Zoo
 Thu, 11:00 AM to 2:00 PM, 6/20
 TT41064 Elmwood Park Zoo 1 session, \$49
 member \$39

» **Workhorse Brewery: Tour & Tasting**

NEW Enjoy a brewer led-tour/talk/tasting at Workhorse Brewery's custom-designed 30 barrel Rolec brewhouse which has been churning out brews since August 2018. While best known for core brands of various IPAs and a Golden Lager, there are rotating seasonal beers as well as a hard seltzer. The Prickly Pear Margarita Gose landed a Silver Medal at the 2021 Great American Beer Festival.

Staff, Workhorse Brewing
 Thu, 3:00 PM to 4:30 PM, 7/11
 TT41068 Workhorse Brewing . . . 1 session, \$45
 member \$37

» **Marquis de Lafayette at Wyck House**

NEW Two hundred years (almost to the day) that the Marquis de Lafayette visited old friends at Wyck House in Germantown on his much-heralded farewell tour of America, hear his story and learn why this hero of the Revolution is so timely and consequential today. Includes guided tour of Wyck House.

Cara Schneider Bongiorno, Philly History Pop Ups
Staff, Wyck Historic House
 Thu, 10:00AM to 12:00 PM, 7/18
 TT41010 Wyck Historic House. . 1 session, \$55
 member \$45

» **Masonic Temple & Union League: A Broad Street Stroll**

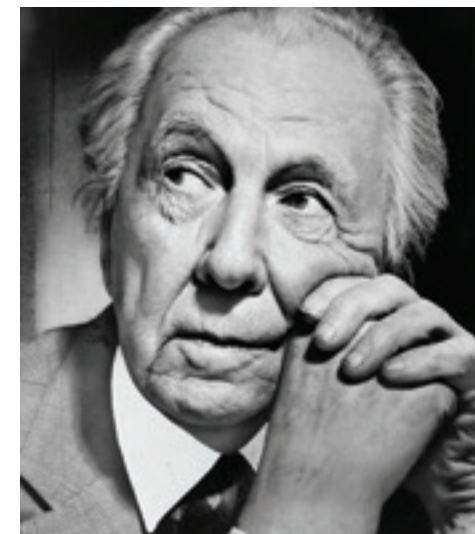
Private tours will introduce you to the rich history and architectural splendor of these iconic National Historic Landmarks. Admire the Masonic Temple exterior's captivating blend of Romanesque and Norman architecture, and then step inside for the seven awe-inspiring halls, each meticulously crafted to reflect civilizations from around the globe. After lunch on your own, reconvene at the Union League, a magnificent French Renaissance-style edifice that occupies an entire city block. Marvel at its extraordinary collection of Americana art and artifacts.

Staff, Masonic Temple
Staff, Union League
 Wed, 10:00 AM to 3:00 PM, 8/7
 TT31017 Masonic Temple. 1 session, \$59
 member \$49

» **Manatawny Still Works**

NEW Tour, taste and hear the story at Manatawny Still Works in Pottstown, PA near the banks of the Manatawny Creek where it joins the Schuylkill River. Opened over a decade ago, it is a state-of-the-art distillery engineering the highest quality small-batch American whiskeys, vodkas, gins, rums, and brandies by combining premium ingredients, innovative distillation processes, and thoughtful barrel aging and finishing.

Staff, Manatawny Still Works
 Thu, 3:00 PM to 4:30 PM, 8/22
 TT41004 Manatawny Still Works . 1 session, \$55
 member \$45



BUS TRIPS

» **Solomon R. Guggenheim Museum: Wright's Monument to Modernism**

NEW Immerse yourself in the Museum's captivating ambiance on your docent led tour of this architectural masterpiece, which provides a unique space for the presentation of contemporary art. Learn about Frank Lloyd Wright's design philosophy and how it seamlessly integrates with the collection featuring masterpieces by Degas, Manet, van Gogh, Picasso and others. Explore the thought-provoking temporary exhibit, *Going Dark: The Contemporary Figure at the Edge of Visibility*, showcasing over 100 works by a diverse group of artists, predominantly Black and women. Lunch on your own.

MLSN Staff
 Thu, 8:30 AM to 7:30 PM, 2/22
 TT41162 Radnor Financial. 1 session, \$179
 member \$165



» **NY Botanical Garden: Orchid Show**

NEW Join us for a guided tour at the 21st edition of the iconic orchid exhibition at the Enid A. Haupt Conservatory, New York Botanical Garden (NYBG). *The Orchid Show: Florals in Fashion*, will be a fashion-inspired celebration of all things orchid. Get up close to thousands of diverse orchid species amid dramatic fashion installations, created by noted designers inspired by the captivating nature of these flowering plants. Lunch on your own.

MLSN Staff

Tue, 8:00 AM to 7:00 PM, 3/5
TT21145 Radnor Financial 1 session, \$179
member \$165

» **Literary & Lyrical Legends: Pearl S. Buck House & Oscar Hammerstein Museum**

NEW Take a guided tour of Pearl S Buck's beloved 1895 stone farmhouse and its revealing collection on the picturesque estate where she lived and worked for 40 years. Following lunch and time on your own in delightful Doylestown, step into Highland Farm, Oscar Hammerstein's haven, where iconic musicals like "Oklahoma, "The King and I," The Sound of Music and other classics were born. Enjoy a docent led tour of this recently opened and still evolving Museum and Theater Education Center. Lunch on own.

MLSN Staff

Sat, 8:30 AM to 5:00 PM, 3/16
TT61131 Radnor Financial 1 session \$135
member \$119

» **Medieval & Modern Religious Architecture: Bryn Athyn Cathedral & Beth Sholom Synagogue**

These two National Historic Landmarks in neighboring suburbs were designed to both create an inspirational atmosphere for worshipers and take inspiration from their beliefs. Start with a guided tour of medieval Bryn Athyn Cathedral whose symbolic plan is based on the Old Testament, New Testament and teachings of Emmanuel Swedenborg's New Church. After a stop for lunch, on to Beth Sholom, the only synagogue built by Frank Lloyd Wright, whose design was accomplished in close collaboration with Rabbi Mortimer Cohen. Lunch is included.

MLSN Staff

Thu, 9:00 AM to 5:00 PM, 3/21
TT41112 Radnor Financial 1 session, \$169
member \$155

» **Broadway Bound...and we drive!**

NEW There's a certain magic to stepping off a bus in New York City and being immediately surrounded by the towering skyscrapers, bustling crowds, and iconic landmarks. And that magic is amplified by the anticipation of catching a live Broadway show. Book the Wednesday matinee of your choice and leave the driving to us. Drop off and pick up is in the Theater District and you'll have ample time to lunch and explore on your own.

MLSN Staff

Wed, 8:30 AM to 7:30 PM, 3/27
TT31185 Radnor Financial 1 session, \$119
member \$105

» **Culinary Institute of America**

NEW Start with a three-course gourmet lunch prepared by students at CIA's Ristorante Caterina de' Medici which focuses on the cultural heritage of regional Italian cuisines presented in a magnificent Tuscan Villa setting. Visit the fabulous book and kitchen utensil store and enjoy the "CIA Experience" including the Institute's history, a tour of Roth Hall and Q&A with current CIA students. Stroll on the Walkway Over the Hudson, offering spectacular views of the river from the world's longest elevated pedestrian bridge.

MLSN Staff

Thu, 7:45 AM to 7:00 PM, 4/11
TT41109 Radnor Financial 1 session, \$175
member \$159

» **Hillwood Estate Museum & Gardens**

Marjorie Merriweather Post bought Hillwood in 1955 and soon decided it would become a museum to inspire and educate; endowing the country with the most comprehensive collection of Russian imperial art outside of Russia, a distinguished 18th century French decorative art collection, and 25 acres of serene landscaped gardens and natural woodlands for all to enjoy. Take a docent-led tour of the gardens in the morning. Following lunch and time on your own to continue exploring, tour the mansion and its collection under the tutelage of an expert guide.

MLSN Staff

Tue, 7:30 AM to 7:00 PM, 4/16
TT21158 Radnor Financial 1 session, \$175
member \$159

» **Hawk Mountain Hike**

NEW Hop on the bus to go to this world-famous wildlife sanctuary! Enjoy a raptor demonstration with live birds. Take a guided hike to the North Outlook of Hawk Mountain to a viewing area where eagles, hawks, falcons and osprey are commonly seen. The group will eat a picnic lunch in the company of beautiful mountain views. While the distance is modest (2 miles), be prepared for challenging terrain and inclines.

MLSN Staff

Fri, 8:15 AM to 3:00 PM, 4/19
TT51072 Radnor Financial 1 session, \$109
member \$99

» **Lower East Side and Tenement Museum**

NEW Step back in time on a tour of the Tenement Museum and explore how immigrants balanced work, family and their culture on the Lower East Side when it was the most densely populated place in the world. Following lunch on your own, an expert NYC guide picks up where the Museum leaves off to lead a walk on narrow streets crammed with trendy boutiques, restaurants, and hotels lodged in former tenements, as well as sites that have remained unchanged over time.

Eliot Niles, Licensed NYC Guide, Member of GNYC

MLSN Staff

Thu, 8:00 AM to 7:00 PM, 5/2
TT41107 Radnor Financial 1 session, \$179
member \$165

» **Artful Adventure: A May Day at Grounds for Sculpture**

Enjoy this May getaway and immerse yourself in a world of captivating art at Grounds for Sculpture, a 42-acre sculpture park and museum founded in 1992 by sculptor/philanthropist Seward Johnson. On your docent-led tour view a mesmerizing collection of contemporary artworks, including giant sculptures, intriguing installations, and thought-provoking pieces seamlessly integrated into the park's surroundings. Lunch on your own at either Rats or the Van Gogh Café and then wander through the gardens and galleries.

MLSN Staff

Thu, 9:00 AM to 5:00 PM, 5/16
TT41116 Radnor Financial 1 session, \$145
member \$129

» **The Phillips Collection & Anderson House: Historic Museum Homes of Washington D.C.**

NEW Start your day with a docent-led tour of the Phillips Collection, America's first museum of modern art; today this museum is a treasure trove of groundbreaking works of the 18th and 19th centuries. Explore highlights of the Collection including recently conserved Cezannes and a special exhibit of Pierre Bonnard. After lunch on your own in the vibrant Dupont Circle neighborhood, step into the grandeur of Anderson House, described as a "Florentine villa in the midst of American independence." Enjoy a guided tour of its impressive collection of European and Asian art along with historically significant American artifacts linked to its role as the Headquarters of the Society of the Cincinnati.

MLSN Staff

Wed, 8:00 AM to 7:30 PM, 5/29
TT31170 Radnor Financial 1 session, \$169
member \$155

» **Long Island Legacy: Sagamore Hill & Planting Fields Arboretum**

NEW Enjoy guided tours of the homes and gardens of two of America's most prominent New York families. Begin at Sagamore Hill, Theodore Roosevelt's beloved Victorian home and "Summer White House," recently restored and full of original family furniture and artifacts. Next, explore the Planting Fields Arboretum, the former Gold Coast estate of the W.R. Coe family. Landscaped by the Olmstead brothers, the grounds, greenhouses and gardens are spectacularly beautiful. Glimpse the former life of the owners when you visit Coe Hall, a 65-room Tudor-revival mansion. Lunch on your own.

MLSN Staff

Thu, 7:00 AM to 8:00 PM, 6/6
TT41169 Radnor Financial 1 session, \$169
member \$155



» **Summer Mansions Along the Delaware** ●●●

NEW Visit three historic mansions built by Philadelphia's first families to escape the heat of the summers. Start with a guided tour of the Italianate Glen Foerd with its historic art and artifacts collection, continue with our step-on guide to Nicholas Biddle's Andalusia, one of the finest examples of domestic Greek Revival architecture in the U.S. Stop for lunch (included) at the King George II Inn built in 1681. End your exploration with a visit to Pennsbury Manor, the former country estate of William Penn. Lunch included.

MLSN Staff

Fri, 8:00 AM to 6:30 PM, 6/14
TT51146 Radnor Financial 1 session, \$179
member \$165

» **Metropolitan Museum: Harlem Renaissance Exhibit** ●●●

NEW The Met presents the groundbreaking exhibition *The Harlem Renaissance and Transatlantic Modernism*, 160 works of painting, sculpture, photography, film, and ephemera exploring the far-reaching ways in which Black artists portrayed everyday modern life in the 1920s–40s in New York City's Harlem and nationwide. Discover how the Harlem Renaissance and its radically new development of the modern Black subject was central to the development of international modern art. Lunch on your own.

MLSN Staff

Wed, 8:00 AM to 6:00 PM, 6/19
TT31161 Radnor Financial 1 session, \$179
member \$165

» **Cooling Caverns and Cruising Easton's Canal** ●●●

NEW Take a guided walking tour through Lost River Caverns, nature's underground wonderland where the temperature is a constant 52 degrees Fahrenheit. Following lunch on your own in enchanting Easton, PA, travel back in time on the 48-ton Josiah White II canal boat towed by the mules Henk and George. Trained and authentically-dressed crew interpret the story of the anthracite canals and the people who worked and lived on them during this leisurely round trip. Lunch on your own.

MLSN Staff

Wed 9:00 AM to 5:30PM, 7/24
TT31111 Radnor Financial 1 session, \$135
member \$119

» **Robbinsville Akshardham Mandir (Temple)** ●●●

NEW The Akshardham Mandir, made of Italian Carrara marble, is the largest in the U.S. housing 13 shrines dedicated to various Hindu deities. Take a guided tour of this 12,000 sq. ft. Mandir, which in Sanskrit means a place where the mind becomes still and experiences inner peace. Just recently completed, it serves as both a sanctuary to sustain local Indian culture and heritage and a platform for charitable efforts, as well as inspiration to onlookers through its divinity, architecture, and humanitarian efforts. Stop in historic Bristol, PA, for lunch and time on your own.

MLSN Staff

Thu, 9:00 AM to 6:00 PM, 8/1
TT41187 Radnor Financial 1 session, \$129
member \$119

» **NYC Treasure: American Museum of Natural History** ●●●

NEW Embark on an adventure through time and space at the American Museum of Natural History (AMNH), the largest natural history museum in the world. Founded in 1869 it houses awe-inspiring exhibits, immersive experiences, and groundbreaking scientific discoveries. Step into the future at the Gilder Center, the AMNH's newest architectural marvel, an innovative space with exhibits and interactive displays that bring the natural world to life. Be prepared to be amazed and inspired and as you choose whether to soar through the cosmos at the Hayden Planetarium, view the dinosaurs or the gems and minerals collection. Lunch on your own.

MLSN Staff

Tue, 8:00 AM to 7:00 PM, 8/20
TT21186 Radnor Financial 1 session, \$179
member \$165

» **Historic St. Michaels, MD and Boat Excursion** ●●●

Join us for a day out in historic St. Michaels, Maryland. Browse quaint shops or visit a museum and lunch on your own before embarking on a relaxing narrated historical cruise on the Miles River to see beautiful estates and wildlife. Learn about local history, the formation of the Chesapeake Bay and some of the homes you see along the way. Lunch on your own.

MLSN Staff

Sat, 8:30 AM to 6:30 PM, 9/21
TT61173 Radnor Financial 1 session, \$169
member \$155

WRITING & COMMUNICATION

» **Autobiographical Writing**

Most of us have good stories to tell, but how best to tell them? This class helps you bring your stories to life, starting with hearing your story read by someone else, and with the aid of feedback on how others understand what you've written. Teacher and class commentary become tools to better see our own written work. Bring curiosity, perception, bravery, empathy and a piece of writing to be read by the instructor.

Kate Varley, Published Author

Mon, 9:30 AM to 12:00 PM, starts 2/19
WC11501 ONLINE 9 sessions, \$162
member \$153

Mon, 9:30 AM to 12:00 PM, starts 4/22
WC11502 ONLINE 9 sessions, \$162
member \$153

» **Jump into Poetry**

Join us to enjoy the pleasures of reading and writing poems. Whether you are a first-time poet or have a writing practice, this class offers the chance to learn more. With mutual support, we will explore the work of different poets and experiment with a few techniques. This is a chance to express your individual styles and interests, to listen to your inner voices.

Cathleen Cohen, Poet; 2019 Poet Laureate of Montgomery County; Teacher; Painter

Mon, 1:00 PM to 2:00 PM, starts 2/19
WC11810 Creutzburg 5 sessions, \$85
member \$75

» **Write Life: A Memoir Writing Workshop**

NEW The first class discusses structure, style, setting and voice (and some tips on research and legal issues). The remaining sessions will consist of workshoping students' short memoir narratives. These will be written in response to prompts and instructions from the instructor. A list of craft books and model memoirs will also be provided.

J. Michael Lennon, PhD; Memoirist; MFA Instructor, Wilkes University

Tue, 7:15 PM to 9:15 PM, starts 2/27
WC22821 Lower Merion HS . . . 8 sessions, \$159
member \$145

» **Writer's Workshop**

Learn the MFA way to write with passion, clarity, and punch. Join a supportive group of fellow writers of any genre and discover what makes good writing good. Address technical skill, learn to edit your work, and develop the motivation to move forward as well as gain insight into what holds you back. As Mark Twain put it: "The secret to getting ahead is getting started."

Sally Weinstock, Founder, Pennington Arts

Tue, 7:45 PM to 9:00 PM, starts 2/27
WC22805 Lower Merion HS . . . 8 sessions, \$131
member \$121

» **How to Turn a Family Story into a Novel**

NEW Discuss the many resources available to research an ancestor of interest. Learn how to connect with other writers, writing groups, editors and cover illustrators, as well as, self-publishing options as you create your story and bring your novel to fruition. Enjoy a short recap of the author's book of a notable ancestor who defied the odds and the resources which were particularly helpful to her.

Marilyn Toole, Author; Former Board Member, Genealogical Society of Pennsylvania

Mon, 1:15 PM to 2:15 PM, 3/11
WC11804 Creutzburg 1 session, \$39
member \$30

» **Journal to the Self**

NEW Discover the benefits of journal writing! Explore how to keep a journal for personal growth, creative expression and life enrichment through a variety of writing techniques. The Journal to the Self Method is an easy, effective, empowering model of journal-keeping developed by Dr. Kathleen Adams. Together, practice the following techniques: the five minute sprint, springboards, clustering, captured moments, list of 100s, perspectives, topics du jour and more!

Elanur Eroglu Williams, MPhil, Children's Literature

Mon, 6:45 PM to 8:15 PM, starts 3/11
WC12501 ONLINE 6 sessions, \$109
member \$94



» **Travel Writing: Capture Those Memories**

Turn travel memories into travel narratives, for your personal archives or for publication. Find ways to “unpack” experiences long after you’ve unpacked your suitcases—using photographs, online research tools, history, humor, and/or different essay structures and elements (like postcards or recipes) to capture the essence of a place or a memorable encounter. Recommended readings provided, along with advice on how and where to publish travel essays.

Eileen Cunniffe, Nonfiction Author

Tue, 6:45 PM to 8:15 PM, starts 3/12
WC22811 Lower Merion HS 4 sessions, \$85
member \$75

» **The Poet’s Craft**

In the spirit of Pablo Neruda, examine poetic devices in lyric, narrative and prose poems that allow them to sing and soar. These devices include assonance, consonance, alliteration, onomatopoeia, imagery, metaphor, line and stanza breaks and how these meld with the poet’s intent. Write poems from a prompt, give and receive feedback with a partner and read poems aloud, voluntarily.

Katherine Barham, English Teacher (Ret.), Conestoga High School; Poet

Tue, 6:30 PM to 7:30 PM, starts 3/19
WC22807 Lower Merion HS 5 sessions, \$79
member \$69

» **Writing Children’s Books: From Picture Books to Young Adult**

NEW Have you ever wanted to write a book for young people, but you didn’t know where to start? Bell, author of two juvenile fiction novels, offers a beginner’s class in how to write for young readers. Cover the differences in age categories, picture books to young adult; writing tips like three-act structure and developing characters; misconceptions about children’s publishing; the difference between traditional and self-publishing; how you (yes, you!) can see the world through a child’s eyes.

Eric Bell, Juvenile Fiction Author

Mon, 1:00 PM to 2:30 PM, 4/1
WC11805 Creutzburg 1 session, \$39
member \$30

» **Writing at Chanticleer Garden**

Gardens are places of beauty and escape, and also of inspiration. In these classes co-taught by Chris Fehlhaber, Horticulturist at Chanticleer Garden, and novelist and essayist Margo Rabb, discuss how public gardens can inspire journal writing, memoir, fiction, and poetry. We’ll read short pieces about nature, write our own work, and discuss how gardens enhance our creativity and help us access new ideas. The class will move indoors in the event of rain.

Margot Rabb, Author

Chris Fehlhaber, Assistant Horticulturist, Chanticleer Garden

Wed, 5:30 PM to 7:30 PM, 4/10
WC32811 Chanticleer 1 session, \$45
member \$37

Thu, 5:30 PM to 7:30 PM, 6/20
WC42812 Chanticleer 1 session, \$45
member \$37

» **Getting Started in Non-Fiction Freelance Writing**

Interested in freelance writing but don’t know where to start? Magazines? Blogs? Marketing communications? Learn about the various markets for non-fiction freelance writers and how to approach them. Identify where to find specific potential markets for your articles, how to write a query, writing and editing strategies and just a bit about the business end of freelancing. Feedback on queries and articles will be available.

Ginny Simon, President, Project Marketing; Author, Getting Started in Freelance Writing

Tue, 10:15 AM to 11:45 AM, starts 4/30
WC21803 Creutzburg 4 sessions, \$85
member \$75

» **Creative Writing Workshop**

Explore the many ways we express ourselves through creative writing: poetry, fiction and nonfiction. Read poems, short stories and essays and explore techniques that writers use to bring us closer to the emotional core of the material. There will be opportunities to read and share one another’s work, offering feedback and encouragement.

Maria Ceferatti, Published Author; Creative Writing Teacher

Wed, 6:30 PM to 9:00 PM, starts 5/15
WC32805 Creutzburg 4 sessions, \$99
member \$89



UGI believes that diversity at all levels of our business is critical to our success.

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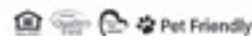
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ADMINISTRATIVE OFFICES

Creutzburg Center | 260 Gulph Creek Road
Radnor, PA 19087-4519 | 610.687.0460

Office Hours:

Monday-Thursday9 am – 4 pm
Friday.....9 am – 2 pm

Creutzburg Center
260 Gulph Creek Road
Radnor PA 19087

Berwyn Squash & Fitness Club
625 Cassatt Road
Berwyn, PA 19312

Chanticleer
786 Church Road
Wayne, PA 19087

Dunwoody Village
3500 West Chester Pike
Newtown Square, PA 19073

Lower Merion High School
315 E Montgomery Avenue
Ardmore, PA 19003

The Mansion at Rosemont
404 Cheswick Road
Rosemont, PA 19010

Marsh Creek State Park
690 Milford Road
Downingtown, PA 19335

Narberth Tennis Club
614 Montgomery Avenue
Narberth, PA 19072

Paxon Hollow Country Club
850 Paxon Hollow Road
Broomall, PA 19008

Radnor Financial Center
150 N Radnor Chester Road
Radnor, PA 19087

Tuscarora Lapidary Society
24 Upland Road
Brookhaven, PA 19015

Upper Merion Community Center
431 W Valley Forge Road
King of Prussia, PA 19406

**Wayne Ballet & Center for
the Dance Arts**
335 W Lancaster Avenue
Wayne, PA 19087

*For a complete list of locations,
please visit mainlineschoolnight.org/classes-events/locations/*

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MLSN is committed to providing equal opportunities to all, without discrimination, regardless of race, color, gender, religion, creed, national origin or disability. MLSN welcomes students 18 years or older, unless otherwise indicated.

Code of Conduct

It is the responsibility of all MLSN instructors and students to: 1. Foster a community supportive of continued learning; 2. Maintain the safety and welfare of all members of the community; 3. Respect the rights of others, engage in civil discourse and refrain from any unlawful harassment or discrimination. MLSN reserves the right to remove instructors and students who engage in any disruptive, disrespectful and/or unlawful behaviors.

MLSN students are not authorized to make audio or video recordings of MLSN classes (online and in-person) without the written permission of MLSN. Students are prohibited from sharing access to online classes.

Liability

Students take classes at their own risk and agree to waive and release MLSN administrators and staff from any and all claims. The opinions and recommendations expressed by instructors are personal. MLSN is not responsible for faculty views.

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Financial assistance is available for some classes but does not cover fees for books or supplies.

Weather/Emergency Closing Information

Check MLSN's website or social media accounts or call 610.687.0460 for updates.

REGISTRATION POLICIES

Withdrawal and Refund Policy

MLSN does not issue refunds as a result of weather, illness, personal emergencies or any other event beyond our control. To qualify for MLSN credit, email us. MLSN credit is valid for one year, is transferable and can be used toward any of our classes.

You will receive MLSN credit (less a \$20 processing fee), only if we are notified by email at least 3 business days before the start of the class.

If you must withdraw after the first session has met but before the start of the second session, you will receive MLSN credit for 50% of the class fee. No credit will be issued for one session classes.

Bus Trips: You will receive MLSN credit (less a \$20 processing fee) only if we are notified by email by the withdrawal date listed on your registration confirmation. After the specified date, you may send a substitute.

Cancellation Policy



MLSN reserves the right to cancel classes. If MLSN cancels a class, students will be given the option of receiving a full MLSN credit or refund valid for a year. Every reasonable effort will be made to reschedule classes postponed due to weather or other emergencies beyond our control.

Guest Passes

Guest passes (\$20) are available for classes of 4 sessions or more, subject to space availability and instructor's approval. The guest pass fee will be credited toward tuition if you register for the class. Some restrictions apply.

MLSN is grateful for the support we receive from ALL our students, members and friends. The above list reflects contributions received from December 2022 through December 2023. We sincerely regret any errors or omissions.

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that celebrate cultural, racial and ethnic differences, offer historical perspectives on some of the issues we grapple with today, create pathways to new understanding and foster a strong sense of community. Check out the exciting classes in our "Building Bridges" curriculum this semester.

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