

MLSN

MAIN LINE SCHOOL NIGHT

Discover

475+
WAYS TO
ENRICH
YOUR LIFE

3 | UNKNOWN STORIES OF
BOATHOUSE ROW

59 | THE SCIENCE OF SLEEP
AND DREAMS

73 | ST. PATRICK'S CATACOMBS &
GRAND CENTRAL STATION

DAY/EVENING/WEEKEND
CLASSES, EVENTS
& TRIPS

2019
FALL / WINTER

MainLineSchoolNight.org | 610.687.0460

MONDAY, DECEMBER 2, 2019

RE-IMAGINING THE MAIN LINE

AN EVENING WITH **Community Visionaries** Who Are Enriching Our Region

7:30 pm to 9 pm | The Inn at Villanova University, 601 County Line Road, Radnor



MADELINE BELL

President and CEO, Children's Hospital of Philadelphia (CHOP)

Expanding convenient access to high quality pediatric care



JULIET J. GOODFRIEND

Founder and Board Chair, Bryn Mawr Film Institute

Enhancing the arts through community, film and education



MARTY GRIMS

Restaurateur; Founder, Fearless Restaurants

Elevating dining through creative cuisine and sustainable practices



JERRY SWEENEY

Chairman, KOP Rail Coalition Advisory Committee and President, CEO and Trustee of Brandywine Realty Trust

Championing reliable public transportation to promote economic growth

GENERAL ADMISSION TICKETS: \$40 | Code: 19DEV1001

REGISTER EARLY

Last year's Fall Celebration was **SOLD OUT**.

VISIT mainlineschoolnight.org

CALL 610.687.0460

MAIL 260 Gulph Creek Road
Radnor, PA 19087

SPECIAL OPPORTUNITY

Support MLSN as a sponsor and attend a VIP cocktail reception — includes reserved seating and complimentary MLSN membership.

For information on Individual and Corporate Sponsorship, please contact **Chris Smith** at csmith@mainlineschoolnight.org or 610.687.0460

Dear Friends,

"You cannot discover new oceans unless you have the courage to lose sight of the shore." — ANDRE GUIDE

EXPLORE THE ABUNDANCE OF EXCITING POSSIBILITIES THIS FALL —

Age backwards with ESSENTRICS® with Charo, experience fall in the majestic Hudson Valley, cook Seafood Specials with Chef Carlo from 333 Belrose, journey through Egypt and the Nile Valley, Re-Imagine the Main Line and so much more. Visit our new website www.mainlineschoolnight.org and discover something new.

See you in class,

Wendy Greenfield, Executive Director

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CHECK OUT OUR WEEKEND CLASSES

(HIGHLIGHTED IN TEAL THROUGHOUT THE CATALOG!)

Interested in offering a class to your staff at your organization or place of business?
Call us at 610.687.0460 or email info@mainlineschoolnight.org.



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



GROW. RENEW. SUSTAIN.

WITH A MLSN MEMBERSHIP

JOIN OUR COMMUNITY OF LIFELONG LEARNERS and enjoy discounted course fees along with the knowledge that your membership supports MLSN and its mission to offer adults of all ages affordable educational experiences to promote personal enrichment and to enhance the quality of our community.

GENERAL MEMBERSHIP Choose the benefit level best for you:

SCHOLAR	\$60	/ SENIOR (65+)	\$55
COUPLE.....	\$115	/ SENIOR (65+) COUPLE	\$105

GENERAL BENEFITS for a full year include:

- » **Generous discounts on most classes, trips and special events.** There is no limit to the number of classes you can take. We offer three sessions throughout the year — with hundreds of courses, programs and events.
- » **Special invitation to complimentary MLSN Members Only Events.** Experience our signature events created especially for members — a great opportunity to engage with like-minded students.



UPGRADE YOUR MEMBERSHIP TO A SUSTAINING LEVEL

The value of additional benefits will make your upgrade worthwhile — along with the knowledge that you are supporting MLSN — the community's leader in lifelong learning.

AS A SUSTAINING MEMBER, you receive complimentary seats at MLSN special events, speaker presentations and designated courses — as space allows. Look for the owl icon courses offered throughout the catalog. This valuable benefit can quickly offset the expense of your upgrade. Fundraisers are not included unless otherwise noted. Advance registrations are required — please call **610.687.0460** to reserve your place.

ARTISAN \$250

General benefits for TWO, plus:

- » Two complimentary seats at MLSN special events, speaker programs or designated owl courses, space allowing.
- » Preview email copy of catalog — opportunity to register early.
- » Acknowledgement as MLSN supporter in catalog and website.

DISCOVERER..... \$500

General benefits for FOUR, plus:

- » Four complimentary seats at MLSN special events, speaker programs or designated owl courses, space allowing.
- » Preview email copy of catalog — opportunity to register early.
- » Acknowledgement as MLSN supporter in catalog, website and social media.

CIRCLE OF LEARNERS AND LEADERS \$1000

General benefits for FOUR, plus:

- » Eight complimentary seats at MLSN special events, speaker programs or designated owl courses, space allowing.
- » Preview email copy of catalog — opportunity to register early.
- » Named sponsorship of two courses or special events per year.
- » Prominent acknowledgement as MLSN supporter in catalog, website and social media.

Special EVENTS

SMART LUNCH

Smart Lunches include a lunch buffet and are held at Creutzburg.

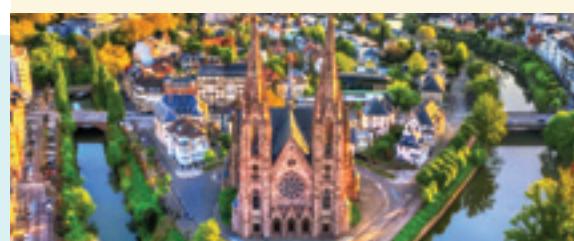
SCHEDULE: LUNCH – 12:30 PM to 1:00 PM; PROGRAM – 1:00 PM to 2:30 PM. PRICE: \$42; member \$33



The Spell of Alsace

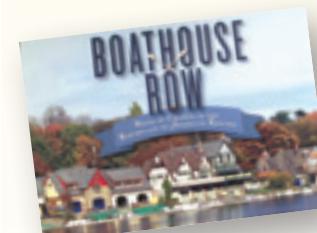
NEW Discover what gives the province of Alsace, a region of France lying between the Vosges mountains and the Rhine river, a distinct flavor: its tumultuous history, its dramatic topography equally divided between a mountain range to the west and a fertile valley to the east, its artistic treasures — the Gothic cathedral of Strasbourg in pink sandstone and the 13th century Isenheim Altarpiece in Colmar, its colorful villages and vineyards spread out on the charming Alsatian Wine Road.

Catherine Lafarge, Professor Emerita of French, Bryn Mawr College
SL21016 Tue, 9/17



Unknown Stories of Boathouse Row

NEW Why did the famous Philadelphia artist Thomas Eakins paint rowers? How did noted architect Frank Furness leave his mark on Boathouse Row? Why did city firehouses transform themselves into rowing clubs, and what strange customs did they bring with them? Dotty Brown, who spent three years researching Boathouse Row for her book, shares some surprising insights into 19th century Philadelphia, as told through the lens of its most iconic venue. (Join us for a Boathouse Row Walking Tour 10/2, page 71.)



Dotty Brown, Former Editor, Philadelphia Inquirer; Author, Boathouse Row: Waves of Change in the Birthplace of American Rowing
SL51012 ...Fri, 9/27



Notre Dame de Paris – Beloved Monument in French History

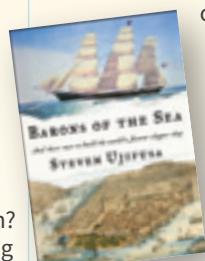
NEW On April 15, 2019, the world watched as the spire and roof of Notre Dame Cathedral de Paris were engulfed in flames. More than 850 years old and celebrated for its Gothic architecture and place in the history of France, it is both tourist attraction and religious site, but even more, a tribute to the deeply held values of the French people. Despite the horror of the damage and controversies about restoration, to paraphrase Humphrey Bogart in *Casablanca*, "We'll always have Notre Dame de Paris."

Helen McDevitt-Smith, MS, MA, MA in Chemistry, Theology and Pastoral Counseling
SL51014Fri, 10/4



Barons of the Sea: And Their Race to Build the World's Fastest Clipper Ship

NEW Barons of the Sea tells the story of a handful of cutthroat competitors who raced to build the fastest, finest, most profitable clipper ships to carry their precious cargo to American shores. The book is in the tradition of David McCullough and Ron Chernow: a sweeping history of nineteenth century American dynasties and the battle for dominance in tea and opium trading. The journey is jam-packed with decadence, scandal, intrigue and many recognizable names, including Forbes and Delano.



Steven Ujifusa, Historian; Author
SL51011Fri, 11/1



Snow, a Brief Biography

NEW Learn why the New World climate was so different from that of the Old World, and why the American colonists were shocked by the ferocity of winter storms. Proceed to histories of snow science, snow-removal, snow-making, our love-loathing relationship with snow, and the future of snow in a changing climate. Along the way, explore why it is that you can't trust snow forecasts.



Anthony R. Wood, Editor/Writer, Philadelphia Inquirer; Author
SL51015 Fri, 1/24/20

SPECIAL EVENTS

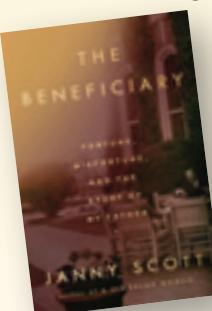
AUTHORS IN THE AFTERNOON

Authors in the Afternoon programs include snacks and beverages and are held at Creutzburg.
PRICE: \$35; member \$27. Times as noted.

» A Main Line Family Memoir: *The Beneficiary: Fortune, Misfortune and the Story of My Father*

NEW Land, houses and money tumbled from one generation to the next on the eight-hundred-acre estate built by Janny Scott's investment banker great-grandfather on the Main Line. There was an obligation to protect it, a license to enjoy it, a duty to pass it on. But it was impossible to know in advance how all that good fortune might influence choices made over a lifetime. Janny Scott discusses her new book, *The Beneficiary: Fortune, Misfortune and the Story of My Father*, which the historian Geoffrey C. Ward has called "a rare combination of wit, empathy, candor and shrewd sleuthing" and "a multigenerational story that encompasses the Gilded Age, great wealth and two World Wars, suicide and secret affairs, hidden diaries and the life-long impact of alcohol." (Join us for a Tour of Ardrossan 10/26, page 71.)

Janny Scott, Journalist; Author
SL41010
Thu, 1:30 PM to 3:00 PM, 10/3



» This Land is Their Land

NEW Ahead of the 400th anniversary of the first Thanksgiving, historian David J. Silverman will offer a transformative new look at the Plymouth colony's founding events, told for the first time with the Wampanoag people at the heart of the story. Silverman will shed new light on the events that led to the creation, and bloody dissolution, of the alliance between the Wampanoag tribe and the Plymouth settlers. The result complicates and deepens our current narrative of the first Thanksgiving, presenting us with a new narrative of our country's origins for the twenty-first century. Discover why some modern Native people hold a Day of Mourning, rather than the traditional celebration, on Thanksgiving.

David J. Silverman, Professor, George Washington University; Author, *This Land is Their Land*
SL41020
Thu, 3:00 PM to 4:30 PM, 11/7



» Effective Public History: Lessons from Germantown, America's Most Historic Neighborhood

NEW In the last century, the Germantown section of Philadelphia — once the scene of a battle in the Revolutionary War, a stop on the Underground Railroad, and home to a constellation of historic houses and museums — became an incubator of best practices for making history relevant to changing populations. Examine the arguments about what happened historically. These "battles" can be constructive. The last 100 years of Germantown's efforts in historic preservation,

public memory and urban planning offer useful examples of how contested history can engage communities.

David Young, PhD, Executive Director, Delaware Historical Society

SL41001
Thu, 1:30 PM to 3:00 PM, 12/12

HOT TOPIC HAPPY HOUR

Hot Topic Happy Hours include appetizers, wine and beer and are held at Creutzburg.

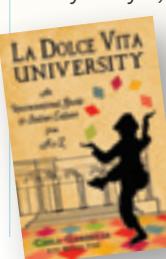
SCHEDULE: APPETIZER RECEPTION – 5:30 PM to 5:45 PM; PROGRAM – 5:45 PM to 7:00 PM
PRICE: \$39; member \$29

» Venice: The Most Improbable of Cities

NEW Venezia is the Queen of the Adriatic, *La Serenissima*, the mercantile and maritime Republic of 1,000 years, a vast museum, a triumph of human will over Nature, once a beehive of espionage, the Xanadu, luxury and pleasure capital of Europe, the Mecca of extraordinary personalities and zenith of all Grand Tours ... yet even today, Venice remains in so many ways, an enigma. Explore Venice's complexities, contradictions and paradoxes and discover some of its many secrets and celebrate the city of myth, mystery, might and majesty that has

captured the imagination of dreamers and travelers alike for hundreds of years. Includes antipasto, Italian wine, beer & soda.

Carla Gambescia, Author, *La Dolce Vita University: An Unconventional Guide to Italian Culture from A-Z*
SL42001 Creutzburg . Thu, 11/21

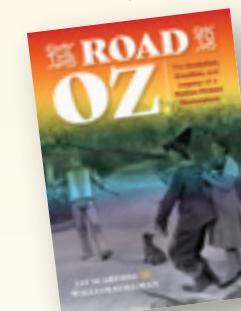


LUMINARIES AT LOWER MERION



» The Road to Oz: Celebrating 80 Years Over the Rainbow

NEW Journey down the Yellow Brick Road with Jay Scarfone and William Stillman, award-winning authors, Oz historians, and collectors, as they present a fascinating look back at everyone's favorite film, *The Wizard of Oz*. Learn the behind-the-scenes secrets of Oz's cast of characters, its special effects and on-set accidents, and how this Oscar-winning film became the most watched motion picture of all time, seen by over one billion people worldwide. This presentation is accompanied by rare images including the actors who were supposed to appear in Oz and didn't, as well as the various experimental looks for Judy Garland as Dorothy.



William Stillman and Jay Scarfone, Award-Winning Authors, *The Road to Oz: The Evolution, Creation and Legacy of a Motion Picture Masterpiece*
Tue, 7:00 PM to 8:30 PM, 10/15
SL22002 Lower Merion HS
1 session, \$25
member \$19

» Whither Hong Kong?: The Struggle over Law and Democracy under Chinese Rule

NEW The protests this summer in Hong Kong over legislation that permits extradition for prosecution in China's courts were the most recent skirmishes in an ongoing, decades-long battle over the future of democracy, the rule of law, and local autonomy in Hong Kong following its return to Chinese rule in 1997. What do the recent events, the pro-democratization Umbrella Movement protests in 2014, and other controversies — and Beijing's and the outside world's reaction — portend?

Jacques deLisle, Stephen A. Cozen Professor of Law; Professor of Political Science; Director, Center for the Study of Contemporary China, University of Pennsylvania

Tue, 5:45 PM to 7:00 PM, 10/22
SL22001 Lower Merion HS
1 session, \$25
member \$19

SATURDAY AFTERNOON TEA



Join Catherine Robert for the 3rd program in her series, *In Praise of Difficult Women*

SCHEDULE: PROGRAM – 3:00 PM to 4:30 PM; Tea and Scones – 4:30 PM to 5:00 PM

PRICE: \$34; member \$26

» Greta Garbo: Hollywood Icon

NEW With her breathtaking beauty and enigmatic persona, Greta Garbo was the ultimate Hollywood icon, in both film and fashion. In this talk, the world's most mysterious star will be analyzed in terms of her private life, as well as her classic films, including *Flesh and the Devil*, *Mata Hari*, *Grand Hotel*, *Queen Christina*, and *Ninotchka*. A co-star once asked her what kind of woman she was. She answered, "Honest." Beyond the perfection of her face and those glorious costumes, her myth is rooted in her integrity.

Catherine Jeanne Robert, PhD, Professor of Dance Studies, University of the Arts
SL61001 Creutzburg
Sat, 11/2

MainLineSchoolNight.org 5

DON'T DELAY, REGISTER TODAY!

Register early to guarantee space in your favorite classes. Your timely registration may make the difference as to whether or not a class runs. Please do not wait until the last minute to register!

INTERNATIONAL TRIPS

OUR TRIPS ARE DESIGNED BY EXPERTS AND ENHANCED WITH KNOWLEDGEABLE LEADERS, LECTURERS AND GUIDES.

EGYPT AND THE NILE VALLEY

FEBRUARY 7-20, 2020

Hosted by Pamela Webb, PhD, Research Associate, Bryn Mawr College Classical & Near Eastern Archaeology

- See life on the Nile on a four night cruise aboard a private dahabiya
- Two days exploring Cairo's iconic monuments — Great Pyramid, Egyptian Museum of Antiquities, Khan El-Khalil bazaar
- In Luxor — Karnak Temple Complex, Valley of the Kings and Nobles, Mortuary Temple of Hatshepsut and Colossi of Memnon
- Marvel at the colorful carvings in the Temple of Seti 1 when you travel to Abydos

Cabin prices start at \$5,995 per person based on double occupancy



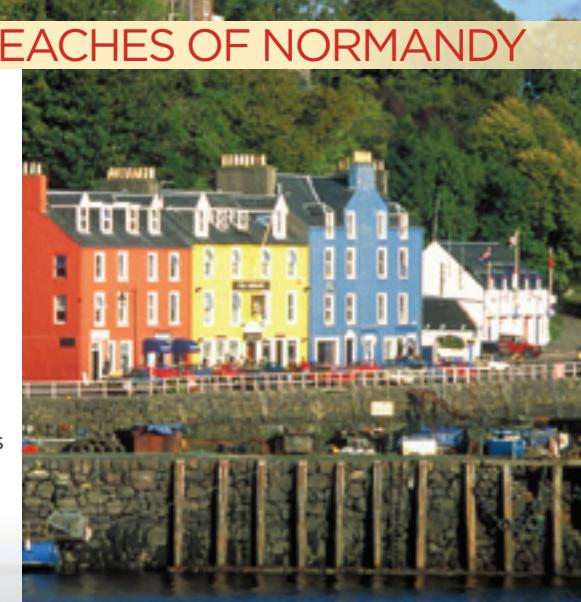
CELTIC LANDS & THE BEACHES OF NORMANDY

JUNE 7-16, 2020

With lectures and guided D-Day visits by Dwight David Eisenhower II and Alan Packwood

- Eight night cruise includes two full-day excursions to the historic D-Day beaches of Normandy, Utah and Omaha Beaches, Sainte-Mère-Église, American Military Cemetery led by David Eisenhower
- City tour of Dublin, Trinity College to see the Book of Kells, Caernarfon Castle, Iona Abbey, 13th-century Eilean Donan Castle, Tobermory on the Isle of Mull and the Tresco Abbey Gardens
- Private performance by the renowned Welsh Maelgwyn Choir and lunch in Llandudno

Cabin prices start at \$6,895 per person based on double occupancy



HERITAGE AND ART OF MEXICO

MARCH 4-9, 2020

A journey of learning and discovery to explore the history and artistic expressions of Mexico, from its rich ancient past to its vibrant expressions of today

- Palace of Fine Arts, National Museum of Anthropology, National Palace Murals and Diego Rivera and the Pre-Hispanic site of Teotihuacan

Per person cost is \$2,699 based on double occupancy



CRUISING ALASKA'S GLACIERS & INSIDE PASSAGE

JULY 29-AUGUST 5, 2020

Cruise through the Inside Passage from Vancouver to Juneau aboard the exclusively chartered ship, Le Soléal

- Navigate isolated inlets and coves inaccessible to larger vessels for superior views of Alaska's spectacular scenery
- Zodiac excursions to see Arctic blue glaciers, untouched coastlines and abundant wildlife
- Visit Inian Island, Arm Fjord, Sitka, Petersburg and Ketchikan

Cabin prices start at \$3,995 per person based on double occupancy



SPRINGTIME IN PROVENCE AND BURGUNDY

MAY 6-14, 2020

Exclusive 9-day French sojourn in world-famous Provence and in the Burgundy and Beaujolais wine regions

- Cruise from historic Lyon to Provençal Arles along the Rhône and Saône Rivers aboard the chartered, deluxe Amadeus Provence

Cabin prices start at \$3,995 per person based on double occupancy



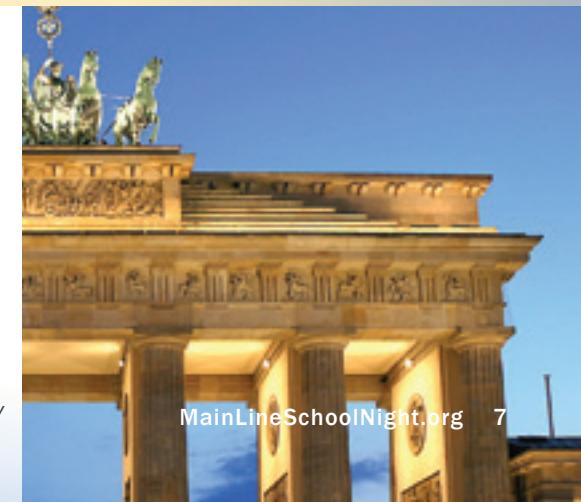
THE NEW BERLIN: A CITY REUNITED

OCTOBER 9-17, 2020

Led by Sharon Ullman, Professor of History, Bryn Mawr College. Discover the cosmopolitan, cutting-edge city of Berlin offering a heady blend of old and new

- Dramatically transformed since the fall of the Berlin Wall, its grand historic core has a dazzling display of contemporary architecture, from museums to monuments, embassies to esplanades. Experts in culture, art and architecture will enhance your understanding of this complex city.

Per person cost is \$3,795 based on double occupancy



ART HISTORY

» Archaeology of Ancient Greece

NEW Archaeological evidence uncovered at sites throughout mainland Greece and the islands of the Aegean Sea provide insights into the history, society, and economy of this region before its renaissance during the more well-known Classical Period. "Unearth" the earliest civilizations of the Cyclades, the Minoans and Mycenaeans, and both the Geometric and Archaic Periods which followed, and discover the remarkable material culture of Greece before Pericles, as an archaeologist and expert in ancient history shares his experiences.

Benjamin J. Dolinka PhD, University of Liverpool, Archaeologist, Author

Tue, 1:30 PM to 2:30 PM, starts 9/24
AA21011 Creutzburg 4 sessions, \$82
member \$67

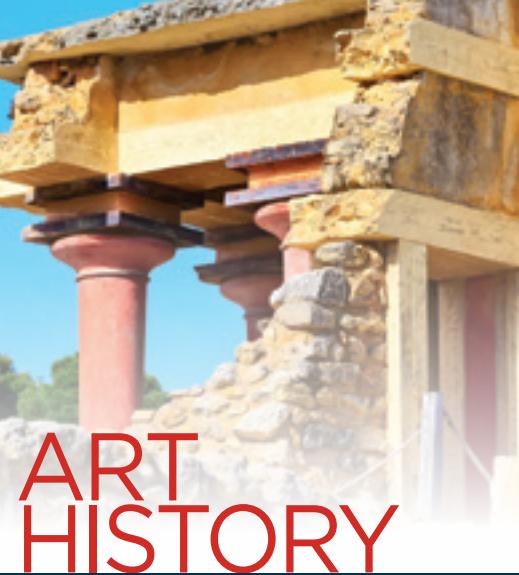
» Art Nouveau: Transforming Vision of Gaudi, Klimt & Others

NEW Feast your eyes on the first modern art movement where artists and craftsmen reacting to the academic art of the 19th century created new styles of expression. Inspired by nature, Antonio Gaudi and Charles Rennie Mackintosh transformed buildings into organic constructions while painters Klimt, Mucha and others experimented with innovative art forms. Dive deep into the intricate, sinuous beauty of the Art Nouveau art and architecture. Learn about its unique place in art history, along with its sister Arts and Crafts and Symbolist movements. Explore the extravagant beauty of this fleeting style in painting and design through the work of some of the most iconic proponents of the movement.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 11/6
AA31015 Creutzburg 2 sessions, \$55
member \$44

8



» Myriad Forms of Art Through the Lens of Film

Explore familiar and unfamiliar forms of art from around the globe through short films, documentaries and performance videos. Be entertained, surprised and enlightened through insightful discussion designed to deepen your knowledge and appreciation of art in all its myriad forms. Gain insights into the making and makers of art and the nature of artistic expression. Experience the world from different perspectives and see how important personal expression and creativity are to sustaining the human spirit.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 1:15 PM, starts 9/25
AA31014 Creutzburg 5 sessions, \$115
member \$97

» Beyond Masks: Anthropology of Art

NEW Often the only link we have to people from long ago times and faraway places is the art they made. Paintings, textiles, baskets, pots and even designs on the human body were not only aesthetic objects but they played a wider role in people's lives through beliefs and rituals. Come explore beautiful artifacts and artworks from the long history of this most enduring human activity. Examine how ancient creativity, the love of beauty and the influence of the artist in aspects of the wider society still resonate in the modern world today.

Amy Anna, Esq, Artist, Author

Wed, 11:15 AM to 12:30 PM, starts 11/20
AA31016 Creutzburg 2 sessions, \$55
member \$44



» Contemporary Art Movements: 1945 to the Present

NEW Globally influenced and culturally diverse, contemporary artists have challenged ideas of how art is defined. Drawing on a variety of materials, sources and styles they continue to be in a unique position to express themselves and respond to social issues in ways that artists of the past were unable to do. In an exploration of art movements after 1945, this survey will include Existential Art (Giacometti), Abstract Expressionism (de Kooning, Pollock), Pop Art (Warhol), Neo-Pop Art (Koons), Earth Art (Christo) and other movements and artists. Essential elements of each school will be discussed including their differing perspectives on the concept of what constitutes art.

Kenneth F. DeMarco, MS, JD

Tue, 1:30 PM to 2:30 PM, starts 10/22
AA21009 Creutzburg 4 sessions, \$82
member \$67



» Culture of Enchanted Bali

NEW Remember *Eat, Pray, Love*, Elizabeth Gilbert's memoir recounting her adventures in Bali among other intriguing locations? Now you can take a digital journey to visit one of the world's most beautiful locales, Bali. This exotic Indonesian island — also called "Island of the Gods" — hosts possibly more shrines upon it than homes. Glimpse into some notable shrines, temples, parks and other places of interest including the Sacred Monkey Forest and Tanah Lot Temples among others. Learn about food, customs and traditions from Tatiana who has traveled extensively throughout the area. Class is perfect for those who are contemplating visiting the country or other destinations in Indonesia.

Tatiana Young, PhD, Department of Anthropology, Temple University

Fri, 9:45 AM to 10:45 AM, starts 11/8
AA51015 Creutzburg 3 sessions, \$66
member \$53

» Inspiring Campus Architecture: Bryn Mawr College and the Evolution of Collegiate Gothic

NEW Two Philadelphia architects, Walter Cope and John Stewardson, gave birth to a significant movement in architecture called Collegiate Gothic. Starting in 1880, these two architects designed and built on four campuses shaping each with their inventive use of Oxford Cambridge vernacular. Explore their work at Bryn Mawr College, University of Pennsylvania and Washington University of St. Louis and its impact on both architecture and planning. On a field trip (10/21), discover some of the provocative intersections of history, landscape, architecture and preservation on the Bryn Mawr College campus.

William Gustafson, FAIA, Senior Principal, Ballinger Architects & Engineers

Mon, 9:45 AM to 11:00 AM, starts 10/7
AA11064 Creutzburg. 2 sessions, 1 field trip, \$66
member \$53

» The Art of Rembrandt

NEW Rembrandt van Rijn is one of the best-known artists of the Dutch Golden Age, though he was far from typical. Most Dutch artists were specialists, the best way to survive in the competitive environment of the 17th century Netherlands. Both painter and printmaker, Rembrandt produced portraits, landscapes, and religious subjects. These illustrated lectures will explore a selection of Rembrandt's paintings and prints.

Carolyn Muir, PhD, Associate Professor (Emerita), University of Hong Kong

Thu, 2:00 PM to 3:00 PM, starts 10/3
AA41029 Creutzburg 5 sessions, \$105
member \$91

» Images of the Witch in European Art

NEW Belief in witches became widespread in Europe by the 15th century, culminating in the infamous witch hunts of 1450 to 1750. These beliefs had many causes, with religious developments of the time especially encouraging witch-hunting. Various treatises on witchcraft appeared, as did visual images of witches in Germany, the Netherlands, Italy, and Spain. This illustrated lecture will examine this imagery in the work of Dürer, Baldung, Goya and others in the context of contemporary writings on witches and their activities.

Carolyn Muir, PhD, Associate Professor (Emerita), University of Hong Kong

Sat, 10:30 AM to 12:00 PM, 11/2
AA61030 Creutzburg 1 session, \$42
member \$32

» Transformative Sculpture Since Rodin

NEW Sculptor Drew Zimmerman hammers on his predecessors — were they geniuses or just a bunch of chiselers? Examine work by Picasso, Brancusi, Calder, Cornell, Giacometti, Lipschitz, Moore, Morris, Nevelson, Oldenburg, Puryear, Hirst, and others, and consider sculpture that transforms the way we see. Zimmerman will also give you a "talking map" for walking tours of Philadelphia's outdoor sculpture and architecture.

Drew Zimmerman, Professional Artist

Mon, 9:45 AM to 10:45 AM, starts 9/23
AA11063 Creutzburg 4 sessions, \$82
member \$67

» Urbanization, Architecture & Social Change

NEW From ancient Rome to modern urban imaginings, explore the ways in which global urbanization is shaping contemporary culture. Reaching across geographic and temporal boundaries (East, West, Global South), compare both familiar and unfamiliar locations, tenets and conflicting demands of urban architecture and city planning in the face of social change. Through discussion, creative films and visual material, explore the tensions between theorists, planners, architects, scholars, audiences (tourists) and residents. Consider how changes in the physical (built) environment have impacted the daily existence of people around the world.

Byron Suber, Senior Lecturer, Dept. of Performing & Media Arts, Cornell University

Fri, 9:45 AM to 10:45 AM, starts 10/11
AA51017 Creutzburg 5 sessions, \$98
member \$87

COMPUTERS & TECHNOLOGY

BASIC COMPUTING

» Computer Troubleshooting for Beginners

NEW Discover the simple steps you can use at home to diagnose and correct common computer problems. Learn about hardware and getting the most out of your devices including what to look for when buying a new computer or upgrading your current machine.

Peter Maple, Help Desk Associate

Tue, 6:30 PM to 8:30 PM, 10/1
CO22111 Lower Merion HS..... 1 session, \$49
member \$39

» Windows 10 Made Easy

Learn what's new in Windows 10, including the return of the start menu and how to access multiple programs, organize files, change computer settings, arrange your desktop and open, save and print documents. This class is for PC users.

David Grauel, Computer Consultant

Mon, 1:00 PM to 3:30 PM, starts 10/7
CO11003 Creutzburg 2 sessions, \$139
member \$120

» File and Computer Management

 Learn how to save documents, photos, music and graphics, then store and organize them into folders for easy retrieval; rename, move and delete files to or from a disk, flash drive and external drive; create desktop shortcuts; send and back up files; transfer pictures from a camera or smartphone to computer and send via email. PC Laptops provided (instruction not for Mac users); content covers PC/Windows only. Materials fee (\$3) payable to instructor.

Paul Paluba, Computer Consultant

Mon, 6:15 PM to 9:45 PM, 10/14
CO11004 Creutzburg 1 session, \$79
member \$65


Computer lab classes, LAPTOP PROVIDED.
Classes are limited to 10 students.

» Computer Connections

NEW Master all those crazy ports, cables, plugs and connections like never before! Learn to identify and use ports easily on your electronic devices.

Nancy White, Computer Consultant

Mon, 1:00 PM to 3:00 PM, 10/21
CO11008 Creutzburg 1 session, \$49
member \$39



» File Sharing Strategies

Get a handle on 21st century techniques for sharing your photos and files. Discover easy and effective ways to transfer large data files by using cloud-based programs like Dropbox and Google Drive. Other file sharing strategies will be discussed as well.

David Grauel, Computer Consultant

Mon, 1:00 PM to 3:15 PM, 11/18
CO11027 Creutzburg 1 session, \$59
member \$49

» Grrr...Passwords! Password Management Tools

Is remembering passwords a source of frustration for you? Passwords are an essential way of keeping your access to digital websites secure. Options for storing passwords from manual systems to online password managers will be demonstrated. Other options like two-step verification, Touch ID and facial recognition will be discussed.

Karen Strauss, MA, Technology Coach

Wed, 1:00 PM to 2:30 PM, 11/20
CO31019 Creutzburg 1 session, \$49
member \$39

BUSINESS & PRODUCTIVITY SOFTWARE

» Excel: Level 1

This class is for the newcomer to Excel and for those Excel users who want to refresh their basic skills and learn something new. Become familiar with proper terminology, use the Quick Access toolbar, learn how to enter basic formulas and calculations, how to use the SUM function, freeze or lock rows and columns and the use of AutoFill and AutoFit. Scale your spreadsheet to fit on fewer pages when printing and have the column heads print on all sheets. Merge, edit and format cells. Materials fee (\$5) payable to instructor.

David Grauel, Computer Consultant

Mon, 6:30 PM to 9:30 PM, starts 9/16
CO12024 Creutzburg 2 sessions, \$135
member \$115

» Excel: Level 2

Go beyond the basics of Excel as we explore more advanced formulas and the organization of your data into tables. We'll cover sorting and filtering, pivot tables, charts and much more! Bring your laptop to class. System requirements sent with confirmation.

David Grauel, Computer Consultant

Tue, 6:30 PM to 8:30 PM, starts 10/15
CO22026 Lower Merion HS.... 3 sessions, \$135
member \$115

» PowerPoint: Level 1

NEW Learn how to use PowerPoint at the basic level to create beautiful, informative presentations. Whether you want to impress your boss, colleagues, or share your knowledge with a large group, we've got you covered! Bring a laptop with PowerPoint to class.

Kristin Weaver, Educational Technologist

Tue, 6:30 PM to 8:00 PM, starts 9/17
CO22044 Lower Merion HS.... 3 sessions, \$99
member \$85

» PowerPoint: Level 2

NEW Develop new skills using PowerPoint at the intermediate and advanced levels. Learn how to embed video, audio, data, charts and SmartArt and how to edit slide templates to work more efficiently. Master how to use layers, masking and motion paths to create dynamic and engaging presentations. Bring a laptop with PowerPoint to class.

Chris Kirchner, Information Technologist

Tue, 6:30 PM to 8:30 PM, starts 10/15
CO22144 Lower Merion HS.... 3 sessions, \$135
member \$115

» Microsoft Word for Business and Personal Expression

NEW Learn how to master Microsoft Word for whatever life throws at you. Whether you need to create an eye-catching resume or format a poem to convey your vision perfectly, Word offers endless options for professional and creative documents. Bring a laptop with Word to class.

Kristin Weaver, Educational Technologist

Tue, 6:30 PM to 8:30 PM, starts 10/15
CO22045 Lower Merion HS.... 2 sessions, \$89
member \$75



» Quicken Home & Business: Getting Started

NEW Discover how to manage your personal accounting using this efficient tool. Learn to create files, accounts and categories, enter transactions (splits), use Mileage Tracker, move transactions between accounts and more. Bring a laptop with Quicken Home & Business (PC) to class.

Susan Evans, Technology Instructor; Owner, Family Tales & Trails

Tue, 6:30 PM to 8:30 PM, starts 9/24
CO22017 Lower Merion HS.... 4 sessions, \$159
member \$139

GRAPHIC & WEBSITE DESIGN

» Graphic Design for DIY Non-Designers

Create logos, signs, invitations, banners and backgrounds with Crello, an easy, free, and fun-to-use software. Students also will see a comparative list of all free graphic design programs. No design experience necessary. Basic Internet use and file saving skills required. Materials fee (\$5) payable to instructor.

Nancy White, Computer Consultant

Mon, 10:00 AM to 12:00 PM, starts 9/16
CO11015 Creutzburg 2 sessions, \$99
member \$85

» **Introduction to WordPress**

Become acquainted with WordPress, the most innovative blogging and website development program. In this introductory course, new users will learn to create easy and accessible web pages that demonstrate some of the most impressive features WordPress has to offer. Discover why millions of online developers trust only WordPress.

David Grauel, Computer Consultant

Tue, 1:00 PM to 3:00 PM, starts 9/17
CO21042 Creutzburg 2 sessions, \$115
member \$97



» **Website Design for Non-Techies**

Cover the basics of building your own customized blog or website. Create an account, set up your homepage and menu and add content to your website. Discuss best practices before and after you launch your new site, apply search engine optimization and use social media. Materials fee (\$5) payable to instructor.

Nancy White, Computer Consultant

Tue, 1:00 PM to 3:00 PM, starts 10/29
CO21016 Creutzburg 3 sessions, \$125
member \$115

» **Introduction to HTML & CSS Web Design**

NEW Learn how to create websites by structuring and styling your pages with HTML and CSS tags. These two languages are at the heart of web development. Step by step we build on the previous lessons. This course offers a worthwhile path to a career in web development or just to learn more about these technologies. Mac students should bring their own laptop.

David Grauel, Computer Consultant

Mon, 6:30 PM to 8:30 PM, starts 11/11
CO12043 Creutzburg 4 sessions, \$159
member \$139

» **Introduction to Canva**

NEW Learn how to navigate Canva, an online graphic design tool, and use it to create materials for both personal expression and professional development. You'll be able to design a number of different materials — from information handouts and logos to greeting cards and photo collages. Bring your laptop to class.

Kristin Weaver, Educational Technologist

Tue, 6:30 PM to 8:30 PM, starts 11/12
CO22046 Lower Merion HS. 3 sessions, \$125
member \$115

INTERNET & SOCIAL MEDIA

» **Genealogy: Censuses & City Directories**

Cover Ancestry.com, FamilySearch.org and federal, state and county archives & websites. Tips and tricks for searching these online repositories and the types of information provided by each included.

Susan Evans, Genealogist; Owner, Family Tales & Trails

Tue, 10:00 AM to 12:00 PM, 10/15
CO21017 Creutzburg 1 session, \$55
member \$45

» **Spotify: What is it and How Does it Work?**

Looking for the record you had in youth or want to create a playlist for your next social event? This music-streaming service lets you listen to over 30 million songs over the internet. Find out how to create playlists of your favorite songs, or let Spotify create custom radio stations based on your musical tastes. Learn how to set up an account and get started.

Zachary Nelson, Technology Consultant

Tue, 10:30 AM to 12:00 PM, 10/22
CO21034 Creutzburg 1 session, \$39
member \$30

» **Video Streaming Services: Which Ones Are Best?**

NEW There are a lot of streaming options out there to view the shows and movies you would like to watch. With this class, we will look at the top 3 platforms (Amazon, Hulu, and Netflix) and compare what they offer to help you make an informed decision.

Zachary Nelson, Technology Consultant

Tue, 10:00 AM to 12:00 PM, 11/5
CO21035 Creutzburg 1 session, \$49
member \$39



» **The YouTube Experience**

YouTube is a revolutionary new way to view, share, rate and comment on some of the most popular videos on the internet. Learn how to use YouTube for entertainment and learning. You will be pleasantly surprised and delighted by what your instructor has in store for you! Materials fee (\$5) payable to instructor.

Nancy White, Computer Consultant

Mon, 1:00 PM to 3:00 PM, 10/28
CO11009 Creutzburg 1 session, \$49
member \$39

» **Social Media for Seniors**

Discover what social media is and why everybody is using it. Get step-by-step instructions on how to securely create a Facebook account, keep in touch with friends and family, share pictures and establish privacy settings.

Thomas M. Firchow, LinkedIn Trainer; Marketing Strategist

Tue, 10:00 AM to 12:00 PM, 10/29
CO21013 Creutzburg 1 session, \$49
member \$39

» **Social Media for Parents**

NEW Whether you are a social media maven or novice yourself, learn about the web platforms children are using and how to help young people maintain safe, productive, and positive interactions online while securing their privacy.

Thomas M. Firchow, LinkedIn Trainer; Marketing Strategist

Tue, 6:30 PM to 8:30 PM, 11/12
CO22213 Lower Merion HS. 1 session, \$49
member \$39

» **Fake News and the Internet**

NEW Fake news is not news with which you disagree. It is biased or flat-out wrong information presented as fact with the intent to profit, persuade and/or provoke. Explore where fake news comes from and the role social media has played in its rise, and learn strategies for spotting and fact-checking misinformation on the Web that may otherwise fool you.

Alexandre Pfundt, Research and Instruction Librarian

Tue, 6:30 PM to 8:30 PM, 11/26
CO22411 Lower Merion HS. 1 session, \$49
member \$39

» **eBay for Sellers – Step by Step**

Whether you are an experienced user or just starting out, learn strategies for getting the most for your items. We'll discuss the importance of keywords, how to avoid common pitfalls, resolve disputes and explore creative ideas for fantastic photos and how to manage your seller account effectively. Prerequisites: Ability to use the Internet and pre-registration on eBay. Materials fee (\$5) payable to instructor.

Nancy White, Computer Consultant

Mon, 1:00 PM to 3:00 PM, starts 1/27/20
CO11011 Creutzburg 2 sessions, \$125
member \$105

MAINTENANCE & SECURITY

» **Making a Dumb Home Smart**

NEW What exactly is a "Smart Home?" What are the benefits and risks associated with making my home "Smart?" Explore the idea of a "Smart Home" and related concepts. Walk through several use cases and common implementations. Explore several common obstacles to a positive experience.

Paul DiMaggio, CEO, Tech Targets

Tue, 10:00 AM to 11:30 AM, starts 9/17
CO21355 Creutzburg 4 sessions, \$85
member \$69



» **Preventing Email Fraud**

Don't get scammed! Learn to spot and protect yourself against email and other online malware, scams and fraud. Bring your own laptop to class.

Jane Schultz, Mobile Artist and iPhotography Instructor

Tue, 7:00 PM to 8:30 PM, 11/12
CO22230 Lower Merion HS. 1 session, \$39
member \$30

MOBILE DEVICES & APPS**» iPhone Level I**

Take a leap forward using this powerful device. Navigate the user interface, understand the basic settings, create folders and explore the iPhone's built in applications. iPhone users only.

Karen Strauss, MA, Technology Coach

Wed, 1:00 PM to 3:00 PM, starts 9/18
CO31017 Creutzburg 3 sessions, \$129
member \$110

» iPhone Level II

Explore some of the iPhone's more advanced capabilities. Features of iOS 11 will be reviewed. Learn about the most popular apps while browsing the app store for hidden treasures.

Karen Strauss, MA, Technology Coach

Wed, 1:00 PM to 3:00 PM, starts 10/16
CO31021 Creutzburg 2 sessions, \$89
member \$75

» iPad Level I

Learn how to efficiently set up and run your iPad. Identify the apps that come with the device. Work with mail, messaging, camera and web browser. Bring your iPad (charged and ready to use) set up with an Apple account.

Karen Strauss, MA, Technology Coach

Wed, 1:00 PM to 3:00 PM, starts 10/30
CO31022 Creutzburg 2 sessions, \$89
member \$75

» Travel Apps

Going away from home? Discover apps that make travel easier and more affordable! This includes apps for communications such as WhatsApp. Apps will be demonstrated on Apple devices although apps will work on Android devices.

Karen Strauss, MA, Technology Coach

Wed, 1:00 PM to 2:30 PM, 11/13
CO31018 Creutzburg 1 session, \$49
member \$39

**PHOTOS, AUDIO & VIDEO****» Scan & Preserve Photos, Negatives, Slides, Documents: Part 1**

Do you have lots of 35mm photos, slides and negatives? What about treasured vintage photos? If you are wondering how to scan and preserve these items, this is the class for you. Learn how to prepare and digitize various sized pictures, negatives and slides with great care using a workflow that keeps you on track. Learn how best to store those originals for safekeeping. We will show you the skills and equipment you need as well as offer tips on maintaining your workflow. Materials fee (\$5) payable to instructor.

Nancy White, Computer Consultant

Thu, 3:15 PM to 5:15 PM, starts 9/19
CO41054 Creutzburg 3 sessions, \$139
member \$120

» Scan & Preserve Photos, Negatives, Slides, Documents: Part 2

This is a hands-on class for those who understand scanning basics and want to take the process to the next step: use scan software, enhance photos, and name and save to folders on your computer for easy retrieval and use. Materials fee (\$5) payable to instructor.

Nancy White, Computer Consultant

Thu, 3:15 PM to 5:15 PM, 10/17
CO41055 Creutzburg 1 session, \$59
member \$49

» Organize Your Digital Photos 

Do you have digital photos all over the place — your computer, digital camera, smartphone, cloud, CD, DVD, flash drive or SIM card? Discover the tools needed to organize your growing digital photo collection by creating your very own central digital library. Inventory, name, save and store your photos so they can be viewed, shared, printed and enjoyed more easily. Materials fee (\$5) payable to instructor. Basic computing skills required. Mac users may bring their own laptops.

Nancy White, Computer Consultant

Tue, 1:00 PM to 3:00 PM, starts 10/1
CO21053 Creutzburg 4 sessions, \$155
member \$140

» iMovie: Level 1

NEW It's possible to preserve your digital memories. Using photos and video captured on an iPhone, iPad or video camera, students will learn how to edit video and photographs into a slide show or short segment movie using iMovie. Perfect for preserving family memories, or sharing on social media and in visual presentations. Students must bring a MacBook, iPhone or iPad with iMovie on it to class.

Judy Bogad, Pioneering Female Producer at ESPN; Producer at QVC

Tue, 6:30 PM to 8:30 PM, starts 10/15
CO22253 Lower Merion HS. 3 sessions, \$125
member \$105

» iMovie: Level 2

NEW Continue to develop your video editing skills with iMovie including advanced editing techniques, special effects, sound track options and graphics. Students must bring a MacBook, iPhone or iPad with iMovie on it to class.

Judy Bogad, Pioneering Female Producer at ESPN; Producer at QVC

Tue, 6:30 PM to 8:30 PM, starts 11/12
CO22254 Lower Merion HS. 3 sessions, \$125
member \$105

» Making Photo Books with Shutterfly 

Let's take some of our wonderful digital photos and create a print photo book as another way to look at these precious memories! Class will review process of creating a photo book and also have hands-on experience creating one of your own. Book created from students' own Shutterfly account, additional fees (\$8-40).

Karen Strauss, MA, Technology Coach

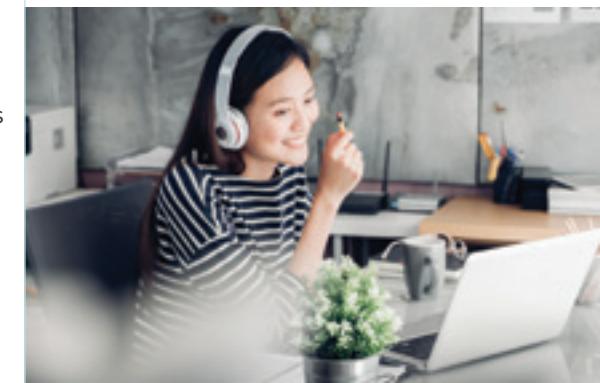
Mon, 10:30 AM to 12:00 PM, starts 11/4
CO11024 Creutzburg 3 sessions, \$99
member \$89

**» Recording Oral Histories with Audacity** 

Learn to use Audacity, a free multi-track audio editing software program, to produce your own digital audio files. Record family, friends, and special events to preserve special moments in time. This workshop will demonstrate how to download the program onto laptop computers, how to make basic audio recordings, and how to edit those recordings to improve the listening experience for an audience.

Chris Boyland, Educational Technologist

Mon, 1:00 PM to 3:00 PM, 11/4
CO11031 Creutzburg 1 session, \$59
member \$49

**» Creating Videos Online with WeVideo** 

Channel your inner Ken Burns! Learn how to transform your digital pictures, raw video and audio clips into a polished video with a soundtrack and visual effects using WeVideo, an easy-to-use online video editor. Create and share short movies with family and friends or, via YouTube, with the world!

Chris Boyland, Educational Technologist

Mon, 1:00 PM to 3:00 PM, 11/11
CO11032 Creutzburg 1 session, \$59
member \$49

» Easy and Fun Photo Editing 

Retouch, restore and get creative with your digital images. No editing experience required. Must have basic computer knowledge of the Internet and file management. Materials fee (\$5) payable to instructor.

Nancy White, Computer Consultant

Mon, 1:00 PM to 3:00 PM, starts 11/25
CO11019 Creutzburg 2 sessions, \$99
member \$85

COOKING, FOOD & WINE

BAKING

» Cake Decorating 101

Discover how easy cake decorating can be. Learn and practice all the basics including icing, writing and border techniques. Make decorative flowers. Supply list (\$25-\$40) handed out at first class.

Charlene Healy, Cake Decorator

Mon, 6:30 PM to 8:45 PM, starts 9/16
CW12091 Creutzburg 4 sessions, \$69
member \$59

» Brioche Bread Baking Made Easy

There's nothing quite like the smell of rich, buttery sweet brioche baking in the oven. See why making bread is a treat for professional bakers and how you can do it at home. In this hands-on class, learn the science behind yeast, how to mix up a dough, knead, shape and bake brioche rolls and loaves, all from scratch. You'll also make the best cinnamon rolls you'll ever eat! Leave with recipes and your own dough to take home and bake.

Dianne Dillman, Graduate, Culinary Institute of America; Chef; Baker; Pastry Arts Instructor

Tue, 6:00 PM to 9:00 PM, 10/15
CW22048 Lower Merion HS 1 session, \$59
member \$49

» Quick Breads: Biscuits and Scones

NEW Bread making doesn't need to be time consuming. Using quick bread recipes, you can whip up some flaky biscuits and savory scones in no time at all — so easily even kids can do it. In this hands-on class, learn how to make a variety of biscuits you can serve at dinner or use for breakfast sandwiches and buttery scones like those studded with blueberries and lemon rind, white chocolate and dried cranberries, birthday cake sprinkles or cheddar cheese and walnuts. Sample the results and take home the recipes.

Dianne Dillman, Graduate, Culinary Institute of America; Chef; Baker; Pastry Arts Instructor

Tue, 6:00 PM to 9:00 PM, 11/12
CW22047 Lower Merion HS 1 session, \$59
member \$49



» Parent & Child: Frosting Fun Fall Cupcakes

NEW You'll give thanks for all the enjoyment you and your child will have making some fun, delicious fall and Thanksgiving-themed (a variety of regular, gluten-free and vegan) cupcakes! Take home your creations. Please, no children under the age of 3. Price is for one adult & one child; additional child: \$18.

*Megan Kelly, Founder and Director,
Sunset Moon Wellness Center*

Sat, 9:30 AM to 11:30 AM, 11/2
CW61070 Creutzburg 1 session, \$49
member \$39; Additional Child \$18

» Quick and Easy Shortbread Cookies

Short on time? See how easy it is to make cookies using a food processor. In this hands-on class, make three mouth-watering versions of shortbread cookies in just a few minutes: plain, cinnamon and tea infused. Create professional looking cookies baked to perfection between delightfully crispy and "melt in your mouth" buttery goodness.

Sue Laskin, Baking Instructor

Fri, 10:00 AM to 12:00 PM 11/8
CW51062 Creutzburg 1 session, \$49
member \$39

» Master the Art of Making Tarte Bourdaloue

NEW Delightfully delicious but impossible to bake at home? Master the art of making this famous pear tarte with almond cream created by the owner of Patisserie Bourdaloue in 19th century Paris in this part demonstration, part hands-on class. Start with learning how to make pate sablee, a classic short crust pastry dough that, once baked, becomes the base for any tart you can imagine. Continue with the almond cream, a delicious cooked cream. Finish with learning the technique of cutting pears to nicely decorate your creation.

Olga Fraimbault, Certified French Pastry and Chocolate Chef

Tue, 9:30 AM to 12 N, 11/19
CW21089 Creutzburg 1 session, \$55
member \$45

» Make the Perfect Macaron

NEW With a cloud-like texture and subtle sweetness, the meringue is the main element in creating the perfect macaron — those cookie sandwiches with a sweet filling. In this part demonstration, part hands-on class, learn the secret of creating the perfect meringue, how to "macaron" the dough to get the right texture to obtain the "shiny shelves" to enclose that light mango-orange ganache filling. Get tips on where to buy the ingredients.

Olga Fraimbault, Certified French Pastry and Chocolate Chef

Tue, 6:00 PM to 8:30 PM, 11/26
CW22089 Lower Merion HS 1 session, \$55
member \$45



» BASICS & BEYOND

» Foods to Help You Heal

NEW Food is powerful. It can literally make you or break you. Discover the many different ways to find balance and healing in your mind, body and spirit with vegan and allergen friendly foods. Discuss basic nutrition and what it means to be truly nourished. Take a look at food sourcing and water quality as well as what to expect and how to support yourself through this lifestyle change. Get back to the kitchen and protect your health! Tastings, tips and recipes provided.

*Megan Kelly, Founder and Director,
Sunset Moon Wellness Center*

Tue, 6:30 PM to 8:30 PM, 9/24
CW22010 Lower Merion HS 1 session, \$49
member \$39

» Understanding Your Gut-Brain Connection from a Chef's Perspective

NEW Feeling fatigued, depressed, irritable? Have digestion issues, infections, unexplained rashes? Your gut biome may be out of balance. Discover the ways in which our gut biome impacts our health and well being. Learn how the Whole 30®, the Candida and SIBO diets can help improve your gut and overall health. Discuss how to incorporate dietary changes into your busy life and get easy recipes to make delicious food despite restrictions including almond milk and hazelnut-almond pancakes. Taste the results and leave with the knowledge you need to make these recipes at home.

Dianne Dillman, Graduate, Culinary Institute of America; Chef; Baker; Pastry Arts Instructor

Thu, 6:00 PM to 9:00 PM, 9/26
CW42047 Creutzburg 1 session, \$55
member \$49

» Creative and Simple Salads

NEW From starters to entrees, learn the secrets for creating healthy salads that can be on your table in no time. Consider various options using seasonal greens and vegetables. Get tips on pairing basic salad ingredients with protein toppings like fish or chicken for nutrition and flavor. Master the art of creating the perfect vinaigrette to compliment your creations.

Ann Hazan, Culinary Professional; Cookbook Author

Fri, 10:00 AM to 12:00 PM, 9/27
CW51029 Creutzburg 1 session, \$49
member \$39

» Best of Ann's Favorite Fall Recipes

NEW Each week Ann will focus on one aspect of the meal drawing on the most popular dishes from her decades of teaching. Even if you have seen one of these recipes demonstrated before, refresh your skills and get tips on time-saving strategies you can use in everyday cooking. Sample some favorites including super greens soup, roasted fresh beet salad, chicken marsala, smashed potatoes, apple raspberry crisp and more.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:00 AM to 12:00 PM, starts 10/7
CW11026 Creutzburg 2 sessions, \$75
member \$65

» Basic Cooking Techniques

Get hints and advice to demystify cooking. This course will provide a step-by-step instruction covering sautéing, roasting, and baking terms and tips. Discuss useful knife skills and basic kitchen equipment. Class is great for beginners, young couples or those looking to hone their cooking skills.

Ann Hazan, Culinary Professional; Cookbook Author

Sat, 9:30 AM to 12:00 PM, 10/19
CW61002 Creutzburg 1 session, \$55
member \$45

» Easy Soups, Salads, Sandwiches and Sweets

NEW Sample appetite-teasing recipes as Ann shows you innovative ways to create simple lunch and dinner dishes. Start with a classic broth, incorporate a variety of seasonal ingredients and aromatic herbs to make hearty soups, each matched perfectly with a healthy salad or sensational sandwich. End with a luscious dessert.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:30 AM to 12:00 PM, starts 10/21
CW11027 Creutzburg 3 sessions, \$79
member \$69

» Sausage 101: Making the “Wurst”

Join Michael for a fun, hands-on class in homemade sausage-making and learn the basics of charcuterie and the science of emulsions. Topics covered include: selecting the proper meats, mixing and grinding, seasoning and salinity, stuffing with natural casings, cooking and rating the product. Learn how to keep sanitary conditions while prepping and cooking. Bring your creations home!

Michael Schneller, Master Butcher; Sausage Maker

Tue, 6:30 PM to 9:00 PM, 10/1

CW22016 Lower Merion HS 1 session, \$59
member \$49

» Cooking with “The Meats”

NEW Love meat but never sure how to match cuts to cooking methods and what do all those grades mean anyway? This primer on selecting and preparing beef will take the mystery out of cooking with “the meats.” From succulent cuts to more versatile and inexpensive options, learn the basics of meat categories, how to select the proper meat for a specific dish, handling and sanitary conditions, seasonings to use, and whether to roast, pan sear or grill to yield the best flavors and results. Your instructor, a master butcher, will show you how to prepare a variety of cuts, proper timing of the meal and plating the finished product.

Michael Schneller, Master Butcher; Sausage Maker

Sat, 1:30 PM to 4:00 PM, 10/19

CW61017 Creutzburg 1 session, \$65
member \$55



» Time-Saving Healthy Meals

NEW Looking to eat healthy but short on time? Are you tired of wondering what to make for dinner each night? Stephanie will demonstrate how to prepare healthy meals with minimal effort, little time and great taste. Incorporate more healthy foods into your diet with easy, nutritious and delicious cuisine including twice baked skinny potatoes, miso salmon and roasted veggies. Taste the results.

Stephanie Lantz, Personal Chef, Plated and Made

Fri, 11:30 AM to 1:00 PM, 10/18

CW51009 Creutzburg 1 session, \$49
member \$39



» All You Need to Know About Instant Pot Cooking

NEW This modern version of your grandmother's pressure cooker can actually do the job of multiple appliances all with just one pot. While performing its classic task of preserving vitamins and nutrients, Kathy will show you how to cook comfort food favorites such as ground beef chili, loaded baked potato soup, and a meatless penne dish without having to boil the pasta first! Leave with the confidence to cook Instant Pot meals perfectly.

Kathy Wolper, Owner, Kitchen Wizards

Fri, 10:30 AM to 1:00 PM, 10/11

CW51010 Creutzburg 1 session, \$59
member \$49

» Discover the Air Fryer

NEW Love the crunchiness of fried food but avoid it for health reasons? Learn about this countertop “miracle kitchen gadget” which transforms food into crispy perfection without using oil. It works on the same principle as a convection oven by circulating electric heat, consequently providing a healthy alternative to deep frying. In this demonstration class, learn how to prepare main dishes, sides and even desserts using this versatile appliance.

Kathy Wolper, Owner, Kitchen Wizards

Sat, 10:30 AM to 1:00 PM, 11/9

CW61011 Creutzburg 1 session, \$59
member \$49

» Knife Skills

Learn classic knife skills and techniques, the principles of slicing, dicing, mincing, and julienne, along with how to handle, buy and utilize your knife. Bring your chef's knife and get on the cutting edge! Cut crudités will be served with an assortment of dips.

Staff, Albertson's Cooking School

Thu, 6:30 PM to 9:00 PM, 1/16/20

CW42043 Madsen Design Center 1 session, \$70

» Comfort Food Classics

NEW Warm and cozy, healthy and delicious, comfort foods should be included in your menu. From super soups, stews, casseroles, winter salads and more, learn to prepare crowd pleasing classics for a cold winter's night. Recipes include nutrient packed dishes and smart substitutions for those decadent counterparts.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:30 AM to 12:00 PM starts 1/20/20

CW11028 Creutzburg 3 sessions, \$79
member \$69



» Fatigue Fighters – Energizer Breakfast

NEW You've heard it before — breakfast is the most important meal of the day. Start it right with recipe options like old fashioned oatmeal, egg beater omelette, “lean” French toast and an outrageous “shrink drink” power smoothie. Get tips on how to incorporate energy building foods into your morning routine.

Chef Michael Barna, Culinary Specialist

Wed, 9:30 AM to 12:00 PM 2/5/20

CW31910 Creutzburg 1 session, \$59
member \$49

COFFEE & TEA

» Coffee: Direct Trade Adventures

NEW The coffee industry has far reaching effects and consequences that affect societal, educational and political issues of our time. Rich will share his most recent coffee adventures, farm finds and video footage of interviews with farmers. Enjoy an in-depth discussion while tasting some of the most amazing directly traded coffees he found!

Richard Berman, Owner, Pour Richard's Coffee Company

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

CW32075 Pour Richard's 1 session, \$35
member \$29

» Coffee: Grinding and Brewing

Discover how the flavor potential of coffee beans can be maximized before your coffee is poured into your cup. Learn about the fine attention needed in the roasting process of coffee beans such as grinding equipment and techniques as well as single and multi-cup brewing methods. Get tips on how to produce coffee and espresso to satisfy your individual tastes.

Richard Berman, Owner, Pour Richard's Coffee Company

Wed, 5:00 PM to 6:30 PM, 11/13

CW32090 Pour Richard's 1 session, \$35
member \$29

» Tea Talk & Tasting

Explore the world of loose leaf teas and learn about the differences between black, green and herbal teas. Sample a variety of teas and discover your favorites. Discuss equipment options, brewing temperatures, and timing. Enjoy light refreshments from A Taste of Britain as you become more familiar with the world's number one beverage. Take home a bag of tea and strainer as a gift.

Debbie Heth, A Taste of Britain

Mon, 1:30 PM to 3:00 PM, 1/13/20

CW11008 Creutzburg 1 session, \$49
member \$39

ENTERTAINING

» How to Give a Smashing (no stress) Tailgate Party

NEW Kick off the football season with a tailgate party which will score every time. With a simple yet elegant approach, in this hands-on class learn to create tasty tailgate recipes which are easy to make and impressive to present. Discuss preparing classic cheese dips and sides, scotch eggs, the best brownies you've ever tasted and the quintessential tailgate cocktail, the Southside. Get tips on making your party the hit of the season.

Robert Groebel, Accomplished Home Cook

Mon, 6:00 PM to 9:00 PM, 10/21

CW12002 Creutzburg 1 session, \$85
member \$75

» Vegetarian Thanksgiving

NEW Learn how to make nutritious, autumn-inspired recipes using whole, local and organic foods. In this demonstration class, create classic holiday favorites with a healthy twist that will add to your Thanksgiving repertoire. Come hungry!

Stephanie Lantz, Personal Chef, Plated and Made

Fri, 11:30 AM to 1:00 PM, 10/25

CW51008 Creutzburg 1 session, \$55
member \$45

» Ann Hazan's ‘Best of’ Everything But The Turkey Class

If you missed Ann's popular EBTT classes, don't miss this do-over including students' favorites from past sessions. Recipes include appetizers, soups, salads, sides and desserts. Don't get left out again, class fills fast. New recipes for returning students.

Ann Hazan, Culinary Professional; Cookbook Author

Mon, 10:30 AM to 12:00 PM, starts 11/11

CW11031 Creutzburg 3 sessions, \$79
member \$69

» Easy Holiday Brunch

NEW These creative brunch ideas will make entertaining much easier. From amazingly delicious make-ahead casseroles to foods that can be ready in no time by popping them in the oven, learn recipes that will delight a crowd. Get tips on short cuts which will allow you to relax and enjoy the day.

Chef Michael Barna, Culinary Specialist

Tue, 9:30 AM to 12:00 PM, 12/3

CW21911 Creutzburg 1 session, \$59
member \$49

» Rewind & Recall Your Fondue Days

NEW It was the ultimate entertainment hit in the 60s and 70s but the fondue party has all but disappeared from the contemporary scene. Revisit those days and gather around a bubbling communal pot filled with cheese and chocolate and enjoy some fondue while listening to hit songs from the 70s. Mix it up with a variety of dipping foods. Get recipes and tips to make your next fondue get-together a gathering to remember. Bring the one you love for some Valentine's Day fun.

Kathy Wolper, Owner of Kitchen Wizards

Fri, 10:30 AM to 1:00 PM, 2/14/20

CW51012 Creutzburg..... 1 session, \$59
member \$49

INTERNATIONAL CUISINE

» Taste Your Way Through the Italian Market

Enjoy a leisurely walking tour exploring Philly's famed 9th Street along with the merchants, tantalizing food and colorful history of the nation's oldest (100+ years) outdoor market. Find great bargains, special discounts.

Staff, Albertson's Cooking School

Sat, 8:15 AM to 12:30 PM, 10/5

CW61041 Italian Market 1 session, \$50

» Learn to Make Hummus and Falafel Like a Pro!

See how easy it is to make these classic Mediterranean dishes at home. Add pizzazz to your meatless meals with soy free and nut free recipes using fresh ingredients. You'll learn how to make classic falafel known as "heavenly chickpeas" and several variations of hummus. Falafel, which features small balls combined with other ingredients, is a great source of protein, fiber and other nutrients. Hummus is a versatile condiment and is an excellent addition to any meal. Both can be made gluten free and vegan.

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

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

CW22081 Lower Merion HS 1 session, \$49
member \$39

» Tasty Thai Cooking

Experience the flavors of Bangkok. In this demonstration class with some hands-on, learn how to prepare your favorite Thai recipes. Discover exotic spices. Find out where and how to buy the necessary ingredients to create these dishes at home. New recipes for returning students.

Tom Voravolya, Professional Restaurateur

Wed, 6:00 PM to 9:00 PM, 12/4

CW32034 Creutzburg..... 1 session, \$69
member \$59

» Learn to Make Traditional Indian Recipes Like a Pro!

NEW Learn how to prepare easy and delicious Indian recipes. Mita demonstrates techniques and the use of spices making this style of cooking accessible to all. Dishes include chicken makhani (butter chicken), chickpeas, saag paneer (cheese and spinach). Enjoy the meal in class.

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

Tue, 6:30 PM to 8:30 PM, 11/19

CW22080 Lower Merion HS 1 session, \$49
member \$39

» Gyoza and Spring Roll Clinic

NEW Learn how to make delicious hand-made gyoza dumplings and spring rolls and the flavorful sauces that accompany them. Shrimp, crabmeat, chicken, shiitake mushrooms, scallions, cabbage, bean sprouts, nira (Asian chives) and fresh ginger are used as ingredients.

Fay Toyozato, Chef, Japanese Cooking Instructor

Sat, 1:30 PM to 4:00 PM, 11/2

CW61023 Creutzburg..... 1 session, \$69
member \$59

» Not Your Usual Sushi

NEW Soba Makizushi is a delicious variation of "traditional" sushi. It's made with room temperature soba (buckwheat) noodles instead of rice. The noodles can be combined with assorted fresh vegetables, ultra fresh tuna, smoked salmon, cooked shrimp and organic egg cake then wrapped with roasted nori (seaweed). Learn the secrets of preparing this versatile dish with ingredients chosen to reflect the seasons. Sample the results along with a cup of miso soup.

Fay Toyozato, Chef, Japanese Cooking Instructor

Fri, 10:30 AM to 1:00 PM, 12/13

CW51023 Creutzburg..... 1 session, \$69
member \$59

» Savory Okonomiyaki (Japanese pancakes)

NEW It's known as a "Japanese pancake" and what could be better than incorporating this festive food into your culinary repertoire? Toss some veggies into homemade batter, add some seafood if you wish, then top with savory sauces. You'll learn how to make the fruity okonomiyaki sauce and what garnishes to use, such as flaked roasted aonori (seaweed), bonito flakes and pickled ginger. Enjoy the meal in class.

Fay Toyozato, Chef, Japanese Cooking Instructor

Fri, 10:30 AM to 1:00 PM, 1/10/20

CW51024 Creutzburg..... 1 session, \$69
member \$59

FOOD & WINE PAIRINGS

» Food and Wine: Made for Each Other - Holiday Edition

NEW Have you ever wondered how to pair holiday foods with wine so they taste better together than they do alone? In this demonstration, learn how to prepare three seasonal dishes (butternut squash, mushroom soup, a Garam masala glazed ham and herbed Turkey breast roulade) complemented by three wines. Sample the finished products with the accompanying wines. Discuss food preparation styles, herbs and spices, heartiness factor and other elements that affect and unify the match. A dessert complimented by a dessert wine will complete the evening.

Robert Peters, Best of Main Line Today

Adrian Hope Seltzer, Owner/Chef, Creative Catering by Arianne

Wed, 6:15 PM to 8:30 PM, 9/25

CW32095 Creutzburg 1 session, \$79
member \$69

» Tasting Italy

NEW Imagine all that Italy offers from fabulous pasta, vibrant sauces, wonderful meat and seafood dishes. Then learn to create classically inspired meals drawing on ingredients from both land and sea. Complete your culinary journey by sampling exceptional Italian wines to pair perfectly with your Italian feast.

Vicki Miller, President, Vinocity

Stephanie Lantz, Personal Chef, Plated and Made

Wed, 6:30 PM to 8:30 PM, 10/2

CW32010 Creutzburg 1 session, \$79
member \$69

» Sip It Sunday at Savona

NEW There's no place like Savona's private wine cellar to enjoy a Sunday afternoon sipping and tasting six varieties of wines paired with delectable appetizers and other tantalizing surprises. Their sommelier will discuss how to match wines with just the right foods in this fun and educational event. Savona is known for its vibrant atmosphere, extensive wine list and farm to table Italian fare.

Staff, Albertson's Cooking School

Sun, 3:00 PM to 5:00 PM, 11/3

CW71042 Savona Restaurant ... 1 session, \$55

» Winter Soup Suppers

NEW Take a culinary journey through the award-winning 333 Belrose kitchen focusing on soups for the season and techniques such as puréeing. From classic soup starters to creative combinations of ingredients, Chef Carlo deMarco will demonstrate how to make a variety of winter warmers including roasted butternut squash and apple cider bisque. Learn to work with roux to make classic New England clam chowder and farmhouse chicken noodle soup. Add some easy-to-prepare bread and a salad accompanied by a selection of beer and wine to complete the meal.

Chef Carlo deMarco, Restaurateur, 333 Belrose

Mon, 6:00 PM to 9:00 PM, 11/11
CW12511 Creutzburg..... 1 session, \$79
member \$69



» Seafood Specials from the 333 Belrose Kitchen

NEW Discover the secrets of preparing prized bounty from the sea with Chef Carlo deMarco. Broaden your cooking skills in this demonstration class as you learn to prepare a variety of delicious seafood dishes including seared scallops with lobster sauce, spicy tuna belly and Vietnamese clams. Take away a variety of cooking techniques inspired by international cultures. Wine tasting accompanies the meal.

Chef Carlo deMarco, Restaurateur, 333 Belrose

Mon, 6:00 PM to 9:00 PM, 12/2
CW12512 Creutzburg..... 1 session, \$79
member \$69

» Couples Night Out: Cooking Basics & Wine Pairing

NEW Cooking together can be fun! Learn the principles of basic cooking techniques for preparing impressive dishes. Whether for just the two of you or entertaining family and friends, Ann will demonstrate through step-by-step instructions on how to successfully reach that goal. Menu will include an appetizer, entree, dessert and more. Enjoy the meal with a wine pairing. Fee includes one couple.

Ann Hazan, Culinary Professional; Cookbook Author
Thu, 5:30 PM to 8:00 PM, 12/5
CW42020 Creutzburg..... 1 session, \$109
member \$95

MainLineSchoolNight.org 21

» Delicious Date Nights: Ravishing Risotto

NEW Join us for a romantic date night demonstration class filled with amore! This complete menu will feature fresh produce, cooking tips and techniques and a lot of love including bruschetta; mouth-watering squash, garlic, sage risotto; zingy mint, pea and lemon risotto; exotic wild mushroom risotto; peppery, palate-refreshing salad; ginger and orange crème brûlée; topped with a tasting of Viognier.

Staff, Albertson's Cooking School

Thu, 6:30 PM to 9:00 PM, 1/30/20
CW42044 Madsen Design Center . 1 session, \$45

WINE TASTING

» 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

Thu, 6:45 PM to 8:15 PM, 9/19
CW42005 Creutzburg..... 1 session, \$62
member \$53

» Wines of the Pinot Family

NEW One of the oldest varieties, the Pinot Noir grape, is the "mother" of Pinot Grigio, Pinot Gris and other varietals. Known for their versatility, the wines can stand on their own or can be blended with other varieties. Sample a number of popular pinots and learn about the differences in flavor and character between old world and new world offerings. Test your senses in an entertaining exercise designed to help you identify a wine by its "aroma" or "nose."

Vicki Miller, President, Vinocity

Thu, 6:45 PM to 8:15 PM, 10/10
CW42007 Creutzburg..... 1 session, \$62
member \$53

» Wines of Alsace and Germany

NEW 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 Gewurtztraminer, Pinot Gris and Pinot Noir. Come and expand your wine repertoire in fantastic ways.

Vicki Miller, President, Vinocity

Wed, 6:45 PM to 8:15 PM, 11/20
CW32007 Creutzburg..... 1 session, \$62
member \$53



» Expensive vs. Inexpensive Wines – Can You Tell the Difference?

NEW Discover all of the elements that go into winemaking and what makes one more expensive than the other. Sharpen your tasting skills and taste them side by side without seeing their label with only their varietal name disclosed. Be the final arbiter of the quality and style you prefer.

Robert Peters, Best of Main Line Today

Richard Unti, Wine Connoisseur

Wed, 7:30 PM to 9:00 PM, 10/30
CW32071 Beaumont Retirement Community
..... 1 session, \$62
member \$53

» French Wine Icons

NEW Understanding French wines may seem complicated but they are simply about geography and "terroir" — the soil, topography, climate and other factors which impart a unique taste and flavor. Find out how vineyard locations are indicated by Chateau, the actual vineyard name or occasionally their region and varietal name. Sample some of the finest wines and discuss how they have inspired other fine wine producers across the world to emulate their quality and character.

Robert Peters, Best of Main Line Today

Richard Unti, Wine Connoisseur

Wed, 7:30 PM to 9:00 PM, 11/6
CW32081 Beaumont Retirement Community
..... 1 session, \$65
member \$55

» Champagne & Sparkling Wines

We believe in drinking sparkling wine all year long and go out of our way to make up reasons to do so. That being said, 'tis the season to be jolly' and we are more than happy to join in the fun. Come savor these beauties slowly and really get to know champagne and sparkling wines from France, USA and other countries. "Pour the Champagne and let its mousse rise, like thousands of sparkling smiling eyes." —Jared Brown

Robert Peters, Best of Main Line Today

Richard Unti, Wine Connoisseur

Wed, 7:30 PM to 9:00 PM, 12/4
CW32070 Beaumont Retirement Community
..... 1 session, \$65
member \$55



DANCING

» Swing & Social Dancing

Learn three major dances popular today in the social dance world. For fun and great exercise — Swing dance. For moving around the dance floor in a smooth fashion — Foxtrot. And for an upbeat Latin dance — Cha-Cha-Cha. Intermediate class is a continuation of the beginners class, adding new patterns and variations, as well as several new dances which include Rhumba, Salsa, Waltz and Tango. Prerequisite: knowledge of beginner steps. Our fun instructor Sandy expertly breaks down complicated steps and patterns and makes them easy to learn.

Sandy Forman, Dance Instructor

Mon, 7:00 PM to 8:00 PM, starts 9/16
DA12020 **Beginner** Creutzburg
..... 9 sessions, \$159
member \$131; partner \$79

Mon, 8:00 PM to 9:00 PM, starts 9/16
DA12021 **Intermediate** Creutzburg
..... 9 sessions, \$159
member \$131; partner \$79

» Soul Line Dancing

Get fit and have fun as you dance to R&B, jazz, the Philly sound, classic oldies and the latest soul favorites. It's easy and good exercise.

Gloria Kingcade, Soul Line Dance Instructor

Tue, 8:00 PM to 9:00 PM, starts 9/24
DA22028 Lower Merion HS . . . 7 sessions, \$119
member \$103

» Country Western Line Dancing

Stay in shape and have fun while learning energetic line dances to country and rock music such as Save a Horse, Cotton-Eyed Joe, Tush Push, Sleazy Slide and Cowboy Boogie. Easy for all ages to enjoy. No partner required.

Kathy Peoples, Katydid Country Dance Instructor

Tue, 6:30 PM to 7:30 PM, starts 10/22
DA22022 Lower Merion HS . . . 5 sessions, \$99
member \$88

» Introduction to Belly Dancing

Immerse yourself in the beautiful world of belly dance as you shimmy, shake, pop and lock! Learn basic dance movements, as well as some challenging combinations. Review the cultural context of the dance and its historical origins. Belly dance will bring grace and femininity into your movement, improve your posture, allow for creative expression and increase confidence.

Anastasia, Professional Belly Dancer

Tue, 7:45 PM to 8:45 PM, starts 10/29
DA22023 Lower Merion HS . . . 4 sessions, \$69
member \$58



» Tap Dancing with Debbie

Limber up in lively company. Learn grace and fleetness of foot. Beginner class is for those with no previous experience. Experienced class, for Debbie's continuing students or with her approval, moves at a faster pace, emphasizing terminology and counting.

Debbie Smith, MSLN Dance Instructor for over 25 years

Tue, 6:00 PM to 7:00 PM, starts 9/17
DA22026 **Beginner** Lower Merion HS 9 sessions, \$145
member \$129

Tue, 7:00 PM to 8:00 PM, starts 9/17
DA22027 **Experienced** Lower Merion HS 9 sessions, \$145
member \$129

» Tap Dancing with Gail

Loosen up. Tap your feet. Swing your arms. Look, sound and feel great! Improve balance and coordination while enjoying healthy aerobic exercise, learning simple routines and having a great time.

Gail Oldfield, Former Radio City Music Hall Rockette
Fri, 9:15 AM to 10:15 AM, starts 9/20
DA51030 **Beginner** Wayne Ballet 10 sessions, \$159
member \$135
Fri, 10:15 AM to 11:15 AM, starts 9/20
DA51031 **Experienced** Wayne Ballet 10 sessions, \$159
member \$135



» Ballet: Advanced Beginner

NEW Come take a full ballet class from barre to center. Designed for those who have danced before or have some prior experience with ballet technique and terminology. Ballet slippers required.

Staff, Wayne Ballet & Center for Dance Arts
Mon, 10:30 AM to 12:00 PM, starts 9/23
DA11028 Wayne Ballet 7 sessions, \$145
member \$129

» Ballet Body

Activate the muscles ballet dancers use with exercises to improve balance, rotation, strength, posture and grace. Learn basic ballet positions, gentle stretching to improve flexibility and strengthening for feet, ankles, legs, glutes and core. Enjoy all of this in a fun and friendly atmosphere using the ballet barres, floor and everything in between.

Staff, Wayne Ballet & Center for Dance Arts
Wed, 7:00 PM to 8:00 PM, starts 9/25
DA32029 Wayne Ballet 7 sessions, \$129
member \$115

» Beginner Theater Jazz

NEW Get your hips shaking and legs kicking to your favorite Broadway songs in this fun-filled theater dance class! No experience is necessary. Jazz shoes or character heels are recommended.

Staff, Wayne Ballet & Center for Dance Arts
Thu, 10:30 AM to 12:00 PM, starts 9/26
DA41030 Wayne Ballet 7 sessions, \$145
member \$129



FITNESS & HEALTH

EXERCISE

» ESSENTRICS® Aging Backwards with Charo

NEW ESSENTRICS® Aging Backwards is 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 vibrancy and boost your immune system. Created by Miranda Esmonde-White, the *New York Times* best-selling author of *Aging Backwards* and *Forever Painless* and host of the award-winning special *Aging Backwards* and the long-running PBS TV series *Classical Stretch*, this workout draws on flowing movements of tai chi which create health and balance, the strengthening theories behind ballet which create long lean, flexible muscles and the healing principles of physiotherapy which create a pain free body.

Charo Cabello, Certified Essentrics® Level 1 Instructor; Certified Hatha Yoga Instructor

Mon, 11:30 AM to 12:30 PM, starts 9/16
FH11011 Radnor Township Municipal Building 11 sessions, \$199
member \$185

Thu, 11:30 AM to 12:30 PM, starts 9/19
FH41012 Radnor Township Municipal Building 11 sessions, \$199
member \$185

Mon, 11:30 AM to 12:30 PM, starts 1/6/20
FH11013 Radnor Township Municipal Building 5 sessions, \$95
member \$85

Thu, 11:30 AM to 12:30 PM, starts 1/9/20
FH41014 Radnor Township Municipal Building 5 sessions, \$95
member \$85

» Zumba Gold

This version of Zumba is modified for beginners and active older adults. The invigorating Latin-inspired, dance-fitness program includes merengue, salsa, cha cha, cumbia, belly dance, flamenco, tango and rock-and-roll.

Lisa Welsh, Certified Zumba Instructor
Mon, 9:30 AM to 10:30 AM, starts 9/16
FH11082 First Position Dance Arts 10 sessions, \$149
member \$129



» 45-Minute Sculpt and Tone

Lose fat and inches and increase your metabolism by working all muscles in your body in this comprehensive fitness class to strengthen and tone. Build core stability and increase heart health with bodyweight exercises, power drills, balance work and core strengthening routines to accomplish your personal goals.

Sandi Kirschner, MEd, Certified Group Fitness Instructor

Tue, 6:00 PM to 6:45 PM, starts 9/17
FH22020 Lower Merion HS 9 sessions, \$115
member \$99

» 20-20-20

This aerobics based class introduces a new segment every 20 minutes. Exercises will include ZUMBA and Dance Party—dance fitness to pop's greatest hits through the decades, as well as elements of strength training, barre fitness, core and stretch.

Geni Roskos, Certified Zumba Instructor

Thu, 11:45 AM to 12:45 PM, starts 9/19
FH41046 Creutzburg 9 sessions, \$129
member \$110



» Introduction to Nordic Walking

Nordic Walking is outdoor fitness walking with specially designed poles. This aerobic sport of brisk, vigorous walking is intended to improve cardiovascular efficiency, control weight and reduce stress. It provides fitness-building stimulation without the stress on the knees and back. Poles are provided for the class. A 2 hour class is approximately 5 miles. No prior experience needed. All fitness levels are welcome.

Christian Becker, Instructor, By Foot Again, LLC

Sat, 10:00 AM to 12:00 PM, 9/21
FH61017 Valley Forge Park 1 session, \$25
member \$19



» Awesome Abs and Thighs

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

Julie Seville, Julie Seville's Lifetime Fitness

Mon, 9:15 AM to 10:15 AM, starts 9/16
FH11022 Creutzburg 12 sessions, \$159
member \$139
Mon, 9:15 AM to 10:15 AM, starts 1/6/20
FH11023 Creutzburg 5 sessions, \$79
member \$69

» Water Aerobics

Use water's natural buoyancy and resistance for maximum results with minimum risk of injury. Includes water walking warm-up, aerobics and aqua abdominals. Trim and tone, improve endurance and increase flexibility. Excellent for those who find traditional, land-based exercise programs too stressful. Purchase water weights/floatation bars at class (\$30 pair) or bring your own.

Mitra Shamsmehr, Instructor, Julie Seville's Lifetime Fitness

Mon, 6:30 PM to 7:30 PM, starts 9/16
FH12036 The Quadrangle ... 10 sessions, \$149
member \$129
Julie Seville, Julie Seville's Lifetime Fitness
Wed, 6:30 PM to 7:30 PM, starts 9/18
FH32036 The Quadrangle.... 10 sessions, \$149
member \$129
Wed, 6:30 PM to 7:30 PM, starts 12/11
FH32037 The Quadrangle.... 7 sessions, \$109
member \$92

» Power Tone & Tighten

Blast away those soft spots! Sculpt a leaner, stronger body with resistance exercises using hand-held weights, Dynabands (\$5 from instructor) and your own body weight. This total body conditioning class is fun, easy-to-follow and effective. Enjoy more energy, stamina and looser clothes! Bring handheld weights (3-5 lbs) and exercise mat to class.

Julie Seville, Julie Seville's Lifetime Fitness

Wed, 9:15 AM to 10:15 AM, starts 9/18
FH31034 Radnor Township Municipal Building 12 sessions, \$159
member \$139
Wed, 9:15 AM to 10:15 AM, starts 1/8/20
FH31036 Radnor Township Municipal Building 5 sessions, \$79
member \$69

» 45-Minute Express Workout

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

Julie Seville, Julie Seville's Lifetime Fitness
Fri, 9:00 AM to 9:45 AM, starts 9/20
FH51054 Creutzburg 12 sessions, \$145
member \$125
Fri, 9:00 AM to 9:45 AM, starts 1/3/20
FH51055 Creutzburg 6 sessions, \$89
member \$75

» hipPOP fitness™

hipPOP fitness™ is dance cardio, strength and yoga all in one class! Dance the calories away to easy-to-follow pop star inspired routines. Gain strength from functional strengthening exercises, then stretch and restore with a yoga sequence. This class is for the non-dancer to find their inner pop star! All fitness levels welcome.

Deanna Santiago, Creator of hipPOP fitness™
Wed, 6:00 PM to 7:00 PM, starts 10/16
FH32023 Creutzburg 7 sessions, \$99
member \$89

MIND & BODY

» Medical Cannabis 101

Medical cannabis became legal in Pennsylvania starting 1/1/2018 and the details regarding its use can be challenging. Explore 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 a MMJ card, forms of consumption and which medical cannabis products are best suited for specific medical issues.

Franmar Kopko, RPh, Registered Pharmacist; Medical Cannabis Counselor

Thu, 6:45 PM to 8:45 PM, starts 9/26
FH42007 Creutzburg 2 sessions, \$59
member \$49
Sat, 9:00 AM to 1:00 PM, 11/9
FH61007 Creutzburg 1 session, \$59
member \$49

» Ayurvedic Principles for Enlightened Living

NEW Ayurveda means "knowledge of life" and is based on the art and science of keeping the body and mind in balance by understanding each individual's unique mental and physical characteristics. With historical roots in India, the system involves using diet, herbal remedies, oils, exercise and body alignment to support personal wellness. Learn how you can incorporate the principles of this 3,000 year-old system into your life to resolve imbalances and reduce stress. Includes meditation, yoga and more.

Hari Zandler, Master Yoga Instructor and Practitioner
Thu, 7:45 PM to 8:45 PM, starts 9/19
FH42077 Creutzburg 5 sessions, \$79
member \$69
Tue, 7:45 PM to 8:45 PM, starts 10/15
FH22079 Lower Merion HS..... 6 sessions, \$89
member \$79
Thu, 7:45 PM to 8:45 PM, starts 10/24
FH42078 Creutzburg 5 sessions, \$79
member \$69

» Healing your Gut

Healthy digestion is a fundamental foundation for good health. When the process of digestion is compromised, it often affects not just your gut, but also your immune, hormonal and nervous systems. Even if you eat a healthy diet, you may have impaired nutrient absorption and energy production that can lead to the development of inflammation and allergies. Learn about the Naturopathic 4 R program to cleanse your gut and resolve your digestion issues. Take away top naturopathic principles for digestive health. *The Foundational Cooking for Optimal Health Cookbook* by Dr. Lynn Feinman available for purchase (\$25).

Lynn W. Feinman, Board Certified Traditional Naturopath

Thu, 2:00 PM to 3:30 PM, 9/19
FH41052 Creutzburg 1 session, \$39
member \$30

» Building Natural Immunity

NEW Identify the fundamental principles that weaken our immunity. Learn effective tools and techniques of naturopathy: food, nutrition and therapeutic approaches that strengthen immunity. Explore the naturopathic interventions to protect and enhance immunity. Take away the 10 step naturopathic immune building protocol.

Lynn W. Feinman, Board Certified Traditional Naturopath

Thu, 2:00 PM to 3:30 PM, 10/3
FH41061 Creutzburg 1 session, \$39
member \$30

» Improve Your Spine Health with ELDOA

Do you spend your days sitting at a desk, working on your computer or texting on your phone? Some common causes of back pain include compression, injury and poor posture. If you are looking for a cutting edge method to reduce compression and pain, improve joint mechanics and posture — you may benefit from an ELDOA class. Created by renowned French osteopath, Guy VOYER DO, ELDOA poses are designed to "create space" between joints in the spine, hips and shoulders. In this interactive class, learn and practice these exercises and experience such benefits as reduced pain, better muscle tone, and increased well being. ELDOAs are great to practice in the evening to counterbalance the effects of daily life on the body.

Natalie Hirshorn, ELDOA Student - Practitioner

Tue, 7:30 PM to 8:30 PM, starts 9/17
FH22040 Lower Merion HS..... 5 sessions, \$79
member \$69

» Relax with LiquidBody Movement and Self Myofascial Release

NEW Unwind your body and mind exploring movement, touch, breath and posture to relieve tension in your muscles and soft tissues. Release fascial restrictions using foam rollers, balls, chairs and other techniques in this therapeutic movement class based on the principles of John F. Barnes' Myofascial Release Approach™ designed to release painful tightness in the connective tissues which support the muscles in your body. Learn and practice these functional movement patterns. Feel more relaxed as you restore energy, mobility and stability.

Emily Smith, LMT Myofascial Release™ Therapist

Tue, 7:30 PM to 9:00 PM, starts 10/15
FH22086 Lower Merion HS..... 2 sessions, \$55
member \$45

» DIY Self-Healing with Acupressure

NEW Acupressure is based on a traditional Chinese medical therapy used to relieve pain and other ailments by applying pressure to specific points in the body called meridians. It is related to acupuncture without the use of needles. Discuss acupressure points which you can use yourself for self-treatment to clear blockages to allow healing energy to flow more freely through the meridians. Learn other aspects of Chinese medicine used to treat a variety of common ailments such as relieving pain, emotional upsets, and even strengthening your immune system. Leave with the tools to help you and your family feel better.

Gabrielle Geib, L.Ac., Licensed Acupuncturist

Sat, 9:00 AM to 11:00 AM, 10/19
FH61042 Creutzburg 1 session, \$49
member \$39

Passes must be purchased on-site the day or evening of the first class, subject to space availability. The guest pass fee will be credited toward tuition if you enroll in the class. Call 610.687.0460 before you come to confirm availability. (Creutzburg and Lower Merion High School classes only)

Fall HERBALISM WORKSHOP SERIES

Mack McKamey, Professional Herbalist

Mon, 6:00 PM to 8:30 PM, 10/28, 11/4, 11/18

FH12030 Creutzburg

Full series 3 sessions, \$145
member \$125

» Discover the Apothecary in Your Kitchen

NEW Start on the path to natural wellness by learning about basic herbal remedies for common ailments using common kitchen botanicals and spices. From stomach soothing cardamom and ginger to anti-inflammatory turmeric, see how to create simple recipes to ease everything from headaches to sore throats and basic first aid. Discuss the differences between curative and culinary uses for these plant based products.

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

FH12031 Creutzburg 1 session, \$59
member \$49

» Ward Off Winter Ills Naturally

NEW Boost your immune system and relieve cold and flu symptoms with traditional plant based remedies. Learn how to make an energizing Fire Cider which includes ginger and other healing ingredients in an apple cider vinegar base. Whip up a tasty pine syrup for sore throats and create an infused joint salve to relieve aches and pains. Start your own batches of these natural remedies and take home the results.

Mon, 6:00 PM to 8:30 PM, 11/4

FH12032 Creutzburg 1 session, \$59
member \$49

» Flower Power for Self Care

NEW Keeping your body in balance is an important aspect of self care. Incorporating aromatherapy, essential oils and herbal teas into your daily routine is an effective way to mitigate life's stresses and resolve emotional imbalances. See how to use various botanicals like lavender, chamomile and skullcap to keep your stress levels under control. Mix up a tasty tea to calm your mind, a relaxing balm and a fragrant face wash.

Mon, 6:00 PM to 8:30 PM, 11/18

FH12033 Creutzburg 1 session, \$59
member \$49



» Connect with Earth Energy Through Crystals and Stones

NEW Ancient cultures used crystals and stones to promote healing and self knowledge. They frequently adorned their bodies with sacred stones as a way of connecting with the spiritual energy of inanimate objects. Discover how you can connect with the healing power of these objects. Bring a favorite stone or crystal and learn how to commune with the spirit of it.

Amy Mermaid Isakov, Shamanic Practitioner

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

FH61041 Creutzburg 1 session, \$45
member \$37

» Align Your Spine & Balance with Feldenkrais

Practice interesting and engaging patterns using the Feldenkrais Method to help you move with better balance and flexibility. Learn how to overcome debilitating habits that cause lower back pain, hip trouble and tension in your neck and shoulders. See how using the mind/body connection will improve your physical and emotional well-being. Not for students with existing back problems.

Valerie C. Grant, Best of Philly's Posture Coach; Certified Pilates Trainer

Ian Grant, Certified Anat Baniel Neuromovement Practitioner

Tue, 1:30 PM to 2:30 PM, starts 10/22

FH21038 Creutzburg 5 sessions, \$85
member \$75

» Posture Workshop

Identify causes for postural deficits and use exercises to begin correcting them, including stretching and/or strengthening supporting muscles.

Valerie C. Grant, Best of Philly's Posture Coach; Certified Pilates Trainer

Thu, 10:45 AM to 11:45 AM, starts 10/24

FH41047 Creutzburg 5 sessions, \$85
member \$75

» CPR Certification

Learn basic emergency response procedures for adults including, but not limited to, CPR, response to conscious and unconscious choking and Automatic External Defibrillator usage. Upon successful completion, you will receive a two year Red Cross CPR certification card.

Valerie C. Grant, Certified CPR Instructor

Sat, 10:00 AM to 3:00 PM, 11/2

FH61038 Creutzburg 1 session, \$120
member \$105

» Basic First Aid Certification

Get hands-on training including practical skills testing and a two-year basic first aid certification card. Course 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 Morris, State Certified EMT Instructor

Tue, 6:15 PM to 8:15 PM, starts 9/24

FH22053 Lower Merion HS 2 sessions, \$59
member \$49

» How to Kick the Sugar Habit

Sugar is one of the most addictive and unhealthy substances we can put in our bodies, and most of us consume far more than we realize! Detox from sugar and get support from this group program. Learn all the sneaky names for sugar, the surprising ways it gets into our diet, which foods cause those uncontrollable cravings and which foods help reduce them and ways to replace it with more fulfilling sweets. Leave with grocery store cheat sheets, reduced cravings and improved well-being as you kick the sugar habit!

Dianne Moore, Certified Nutrition & Wellness Coach

Tue, 7:00 PM to 8:30 PM, starts 9/17

FH22045 Lower Merion HS 3 sessions, \$59
member \$49

» Healthy Aging: Living Better, Not Just Longer

NEW Aging is a natural part of life. Research shows a strong link between how a healthy diet as part of a healthy lifestyle can help with lowering the risk of developing age-related diseases. In this class, gain an understanding of how food affects our bodies and how what you eat can change your life for the better as you age. Discover why exercise, healthy relationships, meditation, and fun are all essential for our bodies to stay youthful as well.

Dianne Moore, Certified Nutrition & Wellness Coach

Mon, 10:00 AM to 12:00 PM starts 10/7

FH11048 Creutzburg 2 sessions, \$55
member \$45

» Menu for Gluten-free Living

NEW This class will help make the transition to a gluten-free diet a simple and positive change. Learn how to select the right food and create a meal plan using the best gluten-free foods from an extensive product shelf. Discover how going gluten-free can be fun and delicious!

Dianne Moore, Certified Nutrition & Wellness Coach

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

FH22047 Lower Merion HS 2 sessions, \$55
member \$45

» Healthy Eating on a Budget

NEW More and more of our food decisions are being driven by two main things: budget and health. Learn practical tips to buying healthy food on a budget, from learning the top "Superfoods," "Dirty Dozen" and "Clean 15" lists of organic items to the healthy pantry products to stock up on when the price is low. Dianne will teach you how to get the most out of your groceries and the easy, affordable ways to eat healthily.

Dianne Moore, Certified Nutrition & Wellness Coach

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

FH22046 Lower Merion HS 2 sessions, \$55
member \$45

» Perform Daily Tasks Without Pain

NEW Your posture and how you move can cause discomfort and pain by putting pressure on your discs and joints. 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. In the first class, learn how to walk in a way that is easy on your joints and healthy for your back, hips, feet and knees. In the second class, focus on how to sit at your computer, kitchen table and car to make your back, neck and hips more comfortable. Come away with practical approaches you can use every day to relieve back, neck and musculoskeletal pain and avoid injury.

Roberta Cooks, MD, Gokhale Method® Teacher

Tue, 2:30 PM to 4:00 PM, 10/15

FH21045 Walk Creutzburg 1 session, \$39
member \$30

Tue, 2:30 PM to 4:00 PM, 10/29

FH21046 Sit Creutzburg 1 session, \$39
member \$30

» Reduce Pain and Inflammation with Castor Oil Packs

Discover this simple and inexpensive technique that has the ability to help promote the healing of various parts of the body, improves blood and lymph circulation and reduces inflammation and pain and digestive problems without ingesting the oil. Learn how to prepare the packs and when to use them.

Charo Cabello, Wellness Advocate; Reiki Master

Fri, 10:30 AM to 12:00 PM, 9/20

FH51060 Creutzburg 1 session, \$45
member \$37



» Power Up Your Brain! Improve Memory, Concentration and Focus

Learn how to improve and support strong brain function for a lifetime. Through the use of simple yoga postures, breathing techniques, hand mudras and meditation, improve your memory, concentration and focus. This class is for everyone, from young students, adults seeking brain wellness into their senior years and individuals with Down Syndrome, Alzheimer's or other developmental challenges and cognitive delays. Instructional manual included.

Charo Cabello, Certified Hatha Yoga Instructor; Reiki Master; Wellness Advocate

Fri, 10:30 AM to 12:30 PM, 10/18
FH51022 Creutzburg 1 session, \$49
member \$39

» Practice Mindfulness to Stress Less

Experience different aspects of mindfulness, a practice designed to bring calm and peace into your life. Discover how to live more in the moment and explore your experiences as sources of insight. Learn experiential practices of sitting, standing and even lying down to relieve stressful concerns about past issues and those which might occur in the future. Practice will be modified to accommodate individual needs.

Kimberly Beam, Licensed Clinical Social Worker
Sat, 11:00 AM to 1:00 PM, 10/19
FH61039 Creutzburg 1 session, \$45
member \$37

» Practice Mindfulness with Your Kids

NEW Parents as well as kids are more stressed than ever before. Practicing mindfulness is a way to cope with anxiety and other challenging emotions by helping you to be in the present moment without worrying about anything else. Recent research suggests that encouraging your children to engage in mindfulness can have such positive benefits as increasing concentration and improving self esteem. In this class, you along with your child (age 8 & up) will participate in exercises designed to get you started in sharing the path to becoming more peaceful and resilient in facing life's challenges. Registration includes 1 adult/1 child; additional child \$18.

Cindy Carter-Hopson, Certified Mindfulness Instructor; Founder of zafooz
Sat, 9:00 AM to 10:00 AM, 10/19
FH61040 Creutzburg 1 session, \$39
member \$30; Additional Child \$18



» Understand & Experience Your Energy Field

We all generate an energy field which surrounds us at all times. Understanding what it is and how it works can improve all phases of your life. In this introductory class for beginners, learn techniques to help you experience your energy field through exercises and quiet sensing. Gain insights into awakening positive, healthy and healing life energy for yourself and those around you.

Elizabeth F. Spicer, PhD, Professor Emeritus of Mathematics, City University of NY

Tue, 6:30 PM to 8:30 PM, 10/1
FH22062 Lower Merion HS..... 1 session, \$45
member \$37

» Weight Loss with Hypnosis

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

Todd Stofka, CH, MHNLP, Philly Hypnosis Performance

Tue, 7:00 PM to 8:00 PM, starts 10/15
FH22005 Lower Merion HS..... 3 sessions, \$79
member \$69

» Mindfulness Stress Management with Hypnosis

Discover powerful ways to physically relax, reduce stress and use mindfulness meditation and self hypnosis. A stress management mindfulness hypnosis MP3 audio file is included.

Todd Stofka, CH, MHNLP, Philly Hypnosis Performance

Tue, 8:00 PM to 9:00 PM, starts 10/15
FH22006 Lower Merion HS..... 3 sessions, \$79
member \$69

» Energy Medicine

Would you like to be able to harness the energy in your own body and mind to better manage your physical and emotional health? Using techniques drawn from the ancient wisdom of Asia and modern theories of quantum physics, you will learn practical ways to easily change moods, feelings, and physical distress to increase health and happiness.

Lee Bowers, PhD, Licensed Psychologist; Director, Suburban Psychological Services

Thu, 9:15 AM to 10:45 AM, starts 10/17
FH41004 Creutzburg 3 sessions, \$69
member \$59



» Whole30® and You: Dos and Don'ts for Eating Healthy

Find out how to change your relationship with food by participating in a program developed by Melissa and Dallas Hartwig in their best-selling book: *The Whole30®, The 30-Day Guide to Total Health and Food Freedom.** While in class, students will complete a round of the Whole30® program, learn which processed foods you should eliminate from your diet and discuss how removing these inflammatory food groups can have significant health benefits (including weight loss) by giving your body time to heal from the effects of gut damaging foods. Includes a cooking and tasting session, recipes and the development of a community for support. *Book is required. Students may purchase on their own or from the instructor (\$30).

Christine McCallum, Certified Whole30® Coach

Tue, 7:00 PM to 9:00 PM, starts 10/15
FH22080 Lower Merion HS... 6 sessions, \$139
member \$119

» Women and Teen Self-Defense

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

Jennifer Morris, State Certified EMT Instructor

Tue, 7:00 PM to 9:00 PM, starts 10/22
FH22058 Lower Merion HS..... 2 sessions, \$49
member \$39

» Live Longer & Stronger

NEW According to recent research, if you can find the optimal diet for your body, you can significantly improve your mental and physical health as well as your longevity. From cancer, heart disease and respiratory ailments to Alzheimer's and suicide among other health related issues, discuss the top ten causes of death in the U.S. and how they might be mitigated by taking control of what, how and when you eat. Learn about the "fasting diet" proposed in biochemist Dr. Valter Longo's nutritional breakthrough book, *The Longevity Diet*. Get insights into how you can also achieve your health goals by following the Blue Zones Diet based on Dan Buettner's study of regions of the world where people had the fewest health related diseases (blue zones). Find out which approach would work for you.

David Beruh, Paleolithic Lifestyle Advocate

Sat, 9:30 AM to 11:30 AM, 11/9
FH61091 Creutzburg 1 session, \$45
member \$37

» Mindful Meditation

Throughout the ages, meditation has helped people find peace of mind and balance in daily living. Today, modern medicine uses meditation to help reduce stress, lower blood pressure and improve mental outlook. Practice a variety of meditation techniques and find one that works for you.

Marie Roberts, MA, MS, Author

Fri, 11:00 AM to 12:00 PM starts 9/20
FH51082 Creutzburg 4 sessions, \$65
member \$55
Fri, 11:00 AM to 12:00 PM, starts 10/25
FH51083 Creutzburg 4 sessions, \$65
member \$55
Fri, 11:00 AM to 12:00PM, starts 11/22
FH51081 Creutzburg 4 sessions, \$65
member \$55

» Looking Within: Sheng Zhen Guided Meditation

NEW Besides relieving stress and quieting the mind, Sheng Zhen Union of Tree Hearts meditation connects you with the natural energies of heaven and earth to facilitate self-healing and a sense of well-being. It is a meditation practice that is easy to do and helps you balance your mind, emotions, body and spirit. Also practice the Taoist meditation of opening the Microcosmic Orbit which stimulates your internal energy flow to heal and purify your body both physically and mentally.

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

Thu, 11:20 AM to 12:20 PM, starts 10/3
FH41030 Creutzburg 8 sessions, \$119
member \$99

» Sheng Zhen Healing Qigong

NEW Qigong is a gentle yet powerful 5,000 year old tradition of practices for self-renewal, health and healing. Benefits include improved physical and emotional balance, calmed stress, better sleep patterns, relief from chronic conditions and increased flexibility. Learn the 10 movement form Shen Zhen Healing, Stage 1, begin Stage 2 and practice the Gathering Qi form. These series of seated movements are fun to learn yet challenging for your mind and body and are appropriate for those at all levels of health. New students welcome and returning students deepen their practice.

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

Tue, 11:30 AM to 12:30 PM, starts 10/8
FH21029 Creutzburg 8 sessions, \$119
member \$99

» Sleep 101: Optimizing Sleep Health

Why not just take a pill to help me sleep? Why does my brain wake up as soon as I hit the pillow? Sleep is as essential to our health as the water we drink and the food we eat. Integrating psychology and medicine, in this class a psychologist and physician bridge their expertise to help you better understand the fundamentals of sleep and sleep disorders in relation to health. Learn the basics of sleep and discuss the 10 top questions encountered in their practice.

*Jacqueline Kloss, PhD
Amanda Swain, MD*

Wed, 10:00 AM to 11:30 AM, 1/15/20
FH31050 Creutzburg 1 session, \$45
member \$37

PILATES, TAI CHI & YOGA

» Pilates for EveryBody

Incorporating the fundamentals of Pilates, this class is appropriate for all students. While Intermediate level exercises may be introduced as the class progresses, modifications are always provided. Small exercise props such as bands, balls and rollers are often utilized to engage specific muscle groups and assist with body positioning. Band and balls provided. Rollers available to purchase from instructor.

*Valerie C. Grant, Best of Philly's Posture Coach;
Certified Pilates Trainer*

Wed, 10:30 AM to 11:30 AM, starts 10/23
FH31039 Creutzburg 5 sessions, \$69
member \$59

» Tai Chi for Arthritis and Fall Prevention

In 1997, Dr. Paul Lam led a team of Tai Chi and medical specialists to create this program. It is easy, enjoyable and safe for people with arthritis to learn. Medical studies have shown the program to relieve pain for people with arthritis and improve their quality of life, as well as preventing falls for older adults. For this reason, arthritis foundations around the world and the Centers for Disease Control and Prevention in America are giving it their full support. Required DVD (\$30) payable to instructor.

Anthony Saguto, Board Certified Tai Chi Instructor
Mon, 3:30 PM to 4:30 PM, starts 9/16
FH11134 Creutzburg 12 sessions, \$149
member \$129

Mon, 3:30 PM to 4:30 PM, starts 1/6/20
FH11133 Creutzburg 5 sessions, \$69
member \$59

» Tai Chi for Arthritis and Fall Prevention 2

A sequel to Tai Chi For Arthritis for Fall Prevention, learn 9 new movements on both sides. Containing more sophisticated moves and subtle changes in direction, TCA2 is an ideal tool for beginners looking to expand their repertoire and develop their knowledge of the tai chi principles, and to gain more health benefits. Over the last decade, the Tai Chi for Arthritis program has touched over one million lives. People with or without arthritis have gained better health and enjoyment from practicing it. Dr. Lam has carefully selected 9 forms to add to the original TCA to create a more exciting set. Prerequisite: Tai Chi for Arthritis and Fall Prevention or knowledge of the form.

Anthony Saguto, Board Certified Tai Chi Instructor

Tue, 2:30 PM to 3:30 PM, starts 10/1
FH21034 Creutzburg 10 sessions, \$110
member \$95

Tue, 2:30 PM to 3:30 PM, starts 1/7/20
FH21035 Creutzburg 5 sessions, \$69
member \$59

» 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.

Beth Perry, Tai Chi Instructor

Tue, 6:45 PM to 7:45 PM, starts 9/17
FH22041 All Levels Lower Merion HS
..... 9 sessions, \$125
member \$110

Tue, 7:55 PM to 8:55 PM, starts 9/17
NEW FH22042 All Levels - Continuing
Lower Merion HS 9 sessions, \$125
member \$110

Andrew Heckert, Germantown Tai Chi Study Group

Thu, 9:15 AM to 10:15 AM, starts 9/19
FH41050 Beginner Creutzburg
..... 12 sessions, \$159
member \$139

Thu, 10:30 AM to 11:30 AM, starts 9/19
FH41051 Advanced Creutzburg
..... 12 sessions, \$159
member \$139

» Serenity Yoga with Charo

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

Charo Cabello, Certified Hatha Yoga Instructor

Tue, 10:15 AM to 11:15 AM, starts 9/17
FH21031 Creutzburg 12 sessions, \$169
member \$149

Tue, 10:15 AM to 11:15 AM, starts 1/7/20
FH21028 Creutzburg 5 sessions, \$79
member \$69

» Yoga Flow with Charo

NEW Experience the flows of gentle yoga which combines posture, breath, focus as well as mantra and meditation. With this practice, you will notice not only changes to your body but you will also become aware of a subtle change in your approach to life. Through persistently stilling the mind, toning and relaxing the body, you begin to experience a state of inner peace which is your true nature.

Charo Cabello, Certified Hatha Yoga Instructor

Tue, 8:45 AM to 10:00 AM, starts 9/17
FH21026 Creutzburg 12 sessions, \$169
member \$149

Tue, 8:45 AM to 10:00 AM, starts 1/7/20
FH21033 Creutzburg 5 sessions, \$85
member \$70

» Breath is Life – Pranayama for Beginners

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

Charo Cabello, Certified Hatha Yoga Instructor

Fri, 10:30 AM to 12:30 PM, 10/25
FH51019 Creutzburg 1 session, \$49
member \$39

» Yoga for a Healthy Back – Stretching the Pain Away!

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

Charo Cabello, Certified Hatha Yoga Instructor

Fri, 10:30 AM to 12:30 PM, 11/15
FH51032 Creutzburg 1 session, \$49
member \$39



» Yoga for Beginners and Beyond

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

Hari Zandler, Master Yoga Instructor and Practitioner

Tue, 6:30 PM to 7:30 PM, starts 9/17
FH22044 Lower Merion HS 9 sessions, \$129
member \$110

Thu, 6:30 PM to 7:30 PM, starts 9/19
FH42047 Creutzburg 10 sessions, \$139
member \$119

» Chair Yoga for Strength and Mobility

NEW Reclaim your joint mobility and strength in a gentle way regardless of your age and fitness level. These seated exercises that you can perform at home or in the office include simple stretches, deep breathing, and relaxation techniques designed to build body stamina, flexibility and balance. Enjoy this restorative yoga practice and see improvements in your body, mind and spirit.

Marie Roberts, MA, MS, Author

Mon, 12:45 PM to 1:30 PM, starts 10/28
FH11037 Creutzburg 5 sessions, \$75
member \$65

» Gentle Yoga

Practice a wide range of relaxing and energizing poses. Emphasis is on moving gently with deep, controlled breathing. This less physically demanding class is for all levels and ages.

Marie Roberts, MA, MS, Author

Wed, 3:45 PM to 4:45 PM, starts 9/18
FH31035 Creutzburg 12 sessions, \$169
member \$149

Fri, 9:50 AM to 10:50 AM, starts 9/20
FH51056 Creutzburg 12 sessions, \$169
member \$149

Fri, 10:00 AM to 11:00 AM, starts 1/3/20
FH51057 Creutzburg 6 sessions, \$90
member \$75

Wed, 3:45 PM to 4:45 PM, starts 1/8/20
FH31037 Creutzburg 5 sessions, \$75
member \$65

HOBBIES & CREATIVE ARTS

DRAWING, PAINTING & SCULPTURE

» Adventures in Painting and Drawing

Receive technical guidance, individual attention and coaching in the fundamentals of color, line and contrast. Choose subjects and method of development, and work at your own pace in a relaxed, supportive environment. Work with portrait models and still life set-ups.

Joe Krush, Philadelphia College of Art, Freelance Artist

Wed, 1:30 PM to 3:30 PM, starts 9/18
HC31010 Creutzburg 10 sessions, \$184
member \$159

» Drawing for Beginners

Translate your ideas into visual form. Learn the basics of line drawing, form, composition and proportion. Focus on special techniques with charcoal, pen and ink, and crayons.

Jack Stagliano, MFA, Associate Professor of Studio Art, Villanova University

Tue, 6:30 PM to 7:30 PM, starts 9/17
HC22052 Lower Merion HS 9 sessions, \$163
member \$143

» Drawing: Beyond Beginners

Bring your current project in any medium — pencils, watercolor, pastels, paints or choose from instructor's list of suggestions. Work on your own or with individual mentoring as requested.

Jack Stagliano, MFA, Associate Professor of Studio Art, Villanova University

Tue, 7:45 PM to 8:45 PM, starts 10/29
HC22053 Lower Merion HS 4 sessions, \$74
member \$63

» Draw Contemporary Botanical Art

NEW Learn about exciting forms, perspective, lighting and texture in botanical art. Using different techniques create accurate drawings with contrast, balance, layering and design. Work on developing your artistic eye, using a small range of graphite pencils. Demos given along with attention to individual needs. Supply list sent with confirmation.

Marylyn Waltzer, NY Botanical Gardens, Certified Botanical Illustrator

Tue, 10:00 AM to 12:30 PM, starts 9/17
HC21063 Creutzburg 5 sessions, \$169
member \$157

» Watercolor Painting for Botanical Art

NEW Following the same layering techniques learned in pencil drawing, move into watercolor. Learn how colors interact with each other in hue and value and how to select the right colors to mix correctly representing your subject. Demos given along with attention to individual needs. Supply list sent with confirmation.

Marylyn Waltzer, NY Botanical Gardens, Certified Botanical Illustrator

Tue, 10:00 AM to 12:30 PM, starts 10/22
HC21064 Creutzburg 5 sessions, \$169
member \$157

» Drawing Realistic Textures

Expand your drawing skills with a focus on learning to see. Have fun with a variety of exercises while working from textures such as ceramic, stone, wood, metal, glass or fabric. Explore different ways to draw with pencils by blending, toning, drawing with an eraser and working with light and shadow to create a sense of realism. Material list sent with confirmation.

Kathryn Noska, Award Winning Oil Painter

Mon, 9:45 AM to 11:45 AM, starts 10/21
HC11030 Creutzburg 3 sessions, \$78
member \$62

» Solvent-Free Oil Painting

NEW Play with solvent-free painting techniques in this fun introduction class with walnut oil paints. Explore "glazing" methods, less-toxic mediums, and basic brush cleaning, while avoiding the adverse effects of solvent exposure. Discover the health and environmental benefits of painting with these high-quality, non-toxic paints, as you complete your own painting. All skill levels welcome. Material fee (\$15) payable to instructor.

Kathryn Noska, Award Winning Oil Painter

Thu, 1:00 PM to 3:00 PM, starts 11/14
HC41001 Creutzburg 2 sessions, \$62
member \$51

» Sketchbook Drawing

Catch up and maximize your drawing skills as you explore still life and landscape subjects while using charcoal, pencils and ink. Study from direct observation learning measuring, and other sight-seeing techniques. Open to all levels.

Nancy Frankel-Halbert, MFA, Professional Artist

Thu, 10:15 AM to 12:30 PM, starts 9/19
HC41018 Creutzburg 5 sessions, \$114
member \$95

» Intro to Watercolor Painting

There are no hang-ups in this class because students will learn about this versatile medium in a supportive and nurturing environment. Focus will be on demonstrations and individual attention as we explore the basics of color mixing, brush handling and composition while painting a variety of subject matter. Drawing experience helps, but not required.

Nancy Frankel-Halbert, MFA, Professional Artist

Mon, 1:00 PM to 3:00 PM, starts 9/16
HC11016 Creutzburg 9 sessions, \$199
member \$182

» Secrets of Watercolor Painting: Intermediate

Develop confidence, fluidity, and consistency and your individual style in this instructional class. Through demonstrations, individual attention and critiques we will dive into developing colorful and strong compositions using a variety of watercolor techniques. Drawing and watercolor experience helpful.

Nancy Frankel-Halbert, MFA, Professional Artist

Mon, 10:30 AM to 12:40 PM, starts 9/16
HC11015 Creutzburg 9 sessions, \$212
member \$187

» Painting with Soft Pastels

NEW Learn to draw and paint expressively using chalk pastels. Pastels combine the immediacy of drawing with the fluidity of painting as seen in the work of Degas and other Impressionists. While working from still life and photographs, improve your drawing skills as you explore basic techniques such as color theory, composition, and how to protect and frame your finished paintings.

Nancy Frankel-Halbert, MFA, Professional Artist

Thu, 10:15 AM to 12:30 PM, starts 10/24
HC41020 Creutzburg 5 sessions, \$114
member \$95

» Guided Open Studio

Bring your favorite media and experiment with varied techniques and concepts. Learn how to develop a work into a unified composition as you strengthen your unique style. Take part in discussions about artists and their influences.

Nancy Frankel-Halbert, MFA, Professional Artist

Mon, 10:30 AM to 12:40 PM, starts 1/6/20
HC11017 Creutzburg 4 sessions, \$99
member \$84

» Oil Painting Workshop

Express yourself in oils. Learn about this rich medium, develop skills and paint in a supportive environment. Try your hand at a variety of subjects including still lifes and figures.

Alice Dustin, PhD, Professional Artist and Teacher

Tue, 6:30 PM to 8:30 PM, starts 9/17
HC22058 Lower Merion HS 9 sessions, \$171
member \$151

» Painters' Studio

Advance your painting skills while working at your own pace in your choice of subject matter and medium. Positive constructive direction from experienced painter. This is not a beginner class.

William Greenwood, Pennsylvania Academy of Fine Arts, Professional Artist

Mon, 1:00 PM to 3:00 PM, starts 9/16
HC11059 Creutzburg 12 sessions, \$202
member \$177

Mon, 1:00 PM to 3:00 PM, starts 1/6/20
HC11060 Creutzburg 5 sessions, \$101
member \$87

» Acrylic Pouring

Everyone has a creative spark within — it just needs to be tapped into! This form of making art is easy to learn since there is no wrong way to do it! Working on canvas, you will learn the flip cup, the dirty paint and circle methods of acrylic paint pours. All materials included.

Julie Potter, Artist

Tue, 6:45 PM to 8:45 PM, 9/24
HC22004 Lower Merion HS 1 session, \$59
member \$48

Sat, 10:00 AM to 12:00PM, 11/2
HC61006 Creutzburg 1 session, \$59
member \$48

» Acrylic Pouring: Advanced Techniques

NEW Take your skills further — with silicone added to your paint, make some beautiful cells while learning new techniques. Remember doing "spin art" when you were a kid? Our first method will be taking spin art to a whole new level. The second method is using a kitchen colander to make unusual patterns. Acrylic paint pouring class must be taken first. All materials included.

Julie Potter, Artist

Sat, 10:00 AM to 12:00 PM, 10/19
HC61003 Creutzburg 1 session, \$71
member \$61

Tue, 6:45 PM to 8:45 PM, 11/12
HC22006 Lower Merion HS 1 session, \$71
member \$61

» Mixed Media Magic: Secret Tricks, Tips and Processes

NEW Practice and learn a multitude of mixed media processes and tricks for creating beautiful, one-of-a-kind decorated papers to use in your art. Using various mediums, you will paint and alter tissue paper, magazine pages, plain paper to create an original collage or other project. Some materials provided (\$20) payable to instructor; additional supply list sent with confirmation.

Linnie Kerrigan-Greenberg, Artist

Tue, 6:30 PM to 8:30 PM, starts 10/22
HC22001 Lower Merion HS 4 sessions, \$77
member \$64

» Zentangle™ Essentials

Discover the meditative art form of Zentangle™. Learn the technique and explore this relaxing and inspirational art form by creating beautiful images drawing structured, repetitive patterns. It is a fun and lighthearted way to relax and intentionally facilitate a shift in focus and perspective. No prior art experience required. Material fee (\$10) payable to instructor.

Christine Reyes, Certified Zentangle™ Teacher
Sat, 9:15 AM to 12:15 PM, 10/19
HC61050 Creutzburg 1 session, \$51
member \$41



» Zentangle™: Advanced Techniques

“Black Tiles” provide a new medium for exploration and opportunity to remember, revisit, and reconnect with the basic messages and principles of Zentangle™: exploring something new and unfamiliar with curiosity, self-compassion and acceptance. Working with familiar tangles, focus on exploring new materials in this advanced class. Material fee (\$10) payable to instructor.

Christine Reyes, Certified Zentangle™ Teacher
Sat, 9:00 AM to 11:00 AM, 11/9
HC61051 Creutzburg 1 session, \$54
member \$44

» Clay Sculpture

Look at art in a new way as you work in three dimensions with the expressive medium of self-hardening clay. Practice alignment, proportion and the use of tools. No previous experience necessary; all levels welcome. Material fee (\$10) payable to instructor.

Vittia Horwitz, Tyler School of Art, Exhibited Sculptor
Tue, 1:30 PM to 3:15 PM, starts 10/15
HC21065 Creutzburg 7 sessions, \$107
member \$91



JEWELRY MAKING

» Fused Glass Jewelry Making

NEW Glass fusing is the joining of pieces of glass at a high temperature in a kiln. Learn the basics of glass fusing and explore a variety of techniques. We will cut and layer glass and have the opportunity to make multiple glass pendants, earring sets, cufflinks and more. Instructor will fire work in her studio kiln and return the pieces for students to add hardware and take home. Material fee (\$25) payable to instructor.

Jessica Liddell, Professional Artist; Owner, Bella Mosaic Art

Wed, 6:45 PM to 8:45 PM, starts 10/30
HC32001 Creutzburg 2 sessions, \$68
member \$55

» Jewelry Design & Silversmithing

Learn the basics of jewelry making using traditional methods: sawing, filing, cold joining and soldering. Beginners and advanced students welcome. Individual help available. Material fee (\$20) payable to instructor.

Dori McClenen, Teaching Artist; Member, Haverford Guild

Tue, 7:00 PM to 9:00 PM, starts 9/17
HC22063 Lower Merion HS ... 9 sessions, \$153
member \$142

» Jewelry Making: Soldering Made Simple

Create jewelry designed from silver and other metals with inset stone. Learn the basic skills of sawing, filing, soldering, forging, and stone, beads and pearl setting. Develop four different pieces during class. Material fee (\$25) payable to instructor.

Pat Halsey, Member, PA Guild of Craftsmen

Thu, 6:30 PM to 8:30 PM, starts 9/26
HC42067 Creutzburg 8 sessions, \$139
member \$124

» Jewelry Repair & Refurbishing Workshop

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

Pat Halsey, Member, PA Guild of Craftsmen

Thu, 1:15 PM to 3:45 PM, starts 10/17
HC41072 Creutzburg 3 sessions, \$69
member \$57

» Lapidary Workshop: Gemstone Cutting

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

Staff, Tuscarora Lapidary Society

Sat, Sun, 9:00 AM to 5:00 PM, 10/19, 10/20
HC61068 Tuscarora Lapidary Society
..... 2 sessions, \$179

NEEDLECRAFTS & FIBER ARTS

» Needle Felting

Needle felting is the art of sculpting wool using a special barbed needle. By stabbing wool roving repeatedly the wool fibers interlock making an object. Learn the basics and create your own sculpture. All materials included.

Jenne Dudrear, Fiber Artist

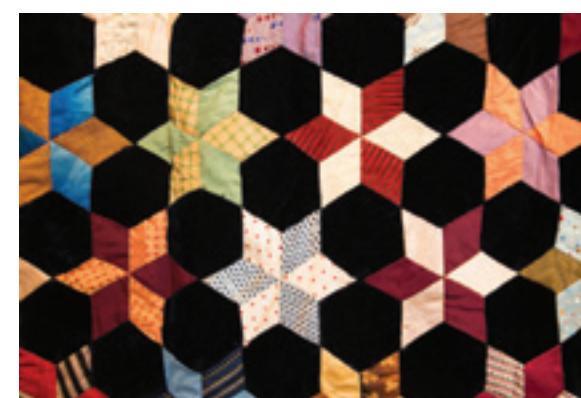
Sat, 2:00 PM to 4:00 PM, 11/2
HC61060 Creutzburg 1 session, \$55
member \$45

» Let's Quilt Together! Make a Barn Star Quilt

NEW Make your own Barn Star Quilt. Learn proven techniques for more 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 picking colors, fabrics, threads, batting and everything else related to quilting! Supply list sent with confirmation.

Tania Perelberg, Quilter

Tue, 6:30 PM to 9:00 PM, starts 10/15
HC22072 Lower Merion HS ... 6 sessions, \$119
member \$101



» Crochet

For beginners and those who know the basics of crochet and would like help in reading directions and completing a project. Discover the basic stitches and learn to make shells, vs. ripple stitches and motifs, including the classic granny square.

Sue Hilger, Knitting and Crochet Designer

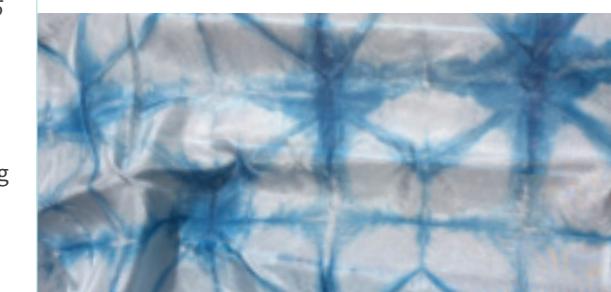
Tue, 1:00 PM to 2:30 PM, starts 9/24
HC21062 Creutzburg 10 sessions, \$159
member \$136

» Indigo Dyeing

NEW Come play and explore with Shibori folding techniques and indigo dye. Fashion your own silk scarf using indigo dye, an ancient and natural plant dye, to transform fabric with beautiful blue hues. All materials included. Optional: Bring your own white or light colored items to dye and purchase additional silk scarves in class.

Heather Exley, Owner, Sky Soup Art Studio; Art Instructor, Friends' Central School

Thu, 6:30 PM to 8:30 PM, 11/7
HC42001 Sky Soup Art Center... 1 session, \$62
member \$51



» Marbling Silk Handkerchiefs

NEW Discover the age old art of marbling (floating paint and color), a craft that ties together history, science and art as it allows anyone's creativity to flourish. Learn about traditional patterns and more abstract design techniques. Apply what you've learned to create one-of-a-kind silk handkerchiefs and practice the technique on paper in class. All materials included.

Heather Exley, Owner, Sky Soup Art Studio; Art Instructor, Friends' Central School

Sat, 9:30 AM to 11:30 AM, 11/16
HC61002 Sky Soup Art Center... 1 session, \$62
member \$51

» Knitting Workshop

Bring a project and enjoy the company of other knitters in a relaxed setting--with an experienced teacher to help you when the need arises. Get going on your holiday knitting, start a baby blanket that's suddenly needed, begin the sweater you've been wanting to make, or try a new technique that looks intriguing or intimidating -- anything goes, as long as it's knitting! Prerequisites: must know how to cast on, knit, purl, perform basic increases and decreases, and bind off.

Elizabeth Durand, Knitting Coach

Thu, 9:15 AM to 10:45 AM, starts 10/3
HC41002 Creutzburg 6 sessions, \$91
member \$78

Thu, 10:00 AM to 11:30 AM, starts 1/9/20
HC41003 Creutzburg 4 sessions, \$69
member \$61

KNITTING PROJECT SERIES

Elizabeth Durand, Knitting Coach

» Knitting Projects Full Series

NEW Sometimes you just need to knit something fast. This series offers small projects that can be completed in just two sessions. Sign up for just one or two, or take the whole series. Classes are informal and friendly, with a knowledgeable instructor to help you past the hard parts. Prerequisite: must know how to cast on, knit, purl, perform basic increases and decreases, and bind off.

Mon, 10:00 AM to 11:30 AM, starts 10/21
HC11003 Creutzburg 6 sessions, \$173
member \$152

» Cabled Mittens in Bulky Yarn

NEW Fill up your winter gift basket with bulky cabled mittens. This project is fun and fast. The pattern is clear and easy to follow, and comes in many sizes, so you can fit your entire family. There is just one cable, so if you're new to cables, it's an easy way to start. The yarn is bulky and the needles are big, so newcomers to double-pointed needles can manage easily. Prerequisite: know how to cast on, knit, purl, perform basic increases and decreases, and bind off.

Mon, 10:00 AM to 11:30 AM, starts 10/21
HC11004 Creutzburg 2 sessions, \$66
member \$54



» Knitting

Discover the joys of knitting. Create your own blanket, sweater or scarf. Learn all the basics you need to get started. Enjoy the benefits of individual instruction in a relaxing setting. All levels welcome.

Sue Hilger, Knitting and Crochet Designer

Mon, 6:30 PM to 8:00 PM, starts 9/23
HC12061 Creutzburg 10 sessions, \$159
member \$136

Wed, 10:00 AM to 11:30 AM, starts 9/25
HC31063 Creutzburg 10 sessions, \$159
member \$136

Wed, 11:35 AM to 1:05 PM, starts 9/25
HC31064 Creutzburg 10 sessions, \$159
member \$136

Elizabeth Wright, Knitting Coach

Tue, 6:30 PM to 8:00 PM, starts 9/17
HC22075 Lower Merion HS ... 9 sessions, \$141
member \$124

Tue, 8:00 PM to 9:30 PM, starts 9/17
HC22076 Lower Merion HS ... 9 sessions, \$141
member \$124



PHOTOGRAPHY

» Photographing Your Pet

NEW Learn how to capture your pet in the best light possible, how to stop your pet in motion and how to shoot beautiful backlit portraits. Bring your smartphone, compact or DSLR camera to learn what settings to use.

Kathy Peoples, Owner, Katydid Photography

Tue, 7:45 PM to 9:00 PM, 10/22
HC22002 Lower Merion HS 1 session, \$59
member \$49

» Digital SLR Photo Workshop

Explore the creative possibilities offered by digital technology and improve your ability to produce high-quality photos. Focus on color management, image acquisition and manipulation. Discuss menus, settings, shutter speed, and aperture. Practice shooting on the Creutzburg Center grounds and review results. You should be familiar with the user manual.

Greg Cazillo, Cazillo Photography

Mon, 7:00 PM to 8:30 PM, starts 11/4
HC12080 Creutzburg 3 sessions, \$73
member \$61

» The Art of Smartphone Photography

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

Anthony Wood, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 9/17
HC22020 Lower Merion HS 2 sessions, \$71
member \$61



» Photography: Advanced Composition

NEW Composition is a lifetime study. We'll cover 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 many more ideas for organizing the frame. Discuss the seminal ideas introduced by Gestalt psychology, including: Proximity, Similarity, Closure, Good continuation, Common fate, Good form. Discover how artists before photography formed the basis for how many modern photographers use sophisticated compositions of complex subjects.

Anthony Wood, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 10/22
HC22021 Lower Merion HS 2 sessions, \$71
member \$61

» Flash/Speed-lite Photography

NEW Explore the many uses of Speed-lights. The modern on-camera flash is a sophisticated and robust tool for photographing portraits, events and lighting whatever you need to light. Look at a range of flash controls, modifiers, fill light, color control, remote sync, combining strobe with ambient and much more.

Anthony Wood, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 11/12
HC22022 Lower Merion HS 2 sessions, \$71
member \$61

» Art on Your iPhone: Impressionist Photography

Walk Chanticleer grounds while learning techniques, including multi and long exposure for photography. Spend a fun, interactive afternoon creating painterly movement in your photographs and then add a new dimension to your images using mobile apps. Additional fees for entrance to Chanticleer and for apps. An app list supplied with confirmation.

Jane Schultz, Mobile Artist and iPhotography Instructor

Thu, 10:30 AM to 1:00 PM, 9/19
HC41004 Chanticleer 1 session, \$64
member \$53

» iPhone Photography 101

The best camera is the one that is with you! Learn how easy it is to take photos with your iPhone, how to touch them up and how to share them with your friends and family. Beginners welcome.

Jane Schultz, Mobile Artist and iPhotography Instructor

Tue, 11:00 AM to 12:30 PM, starts 9/24
HC21006 Creutzburg 2 sessions, \$69
member \$61

» Art on Your iPhone: Fall Foliage at Jenkins Arboretum

Photograph the beautiful colors of fall as you walk through Jenkins Arboretum. Learn about light, composition, and other photography techniques and then create artistic images with your photographs using mobile apps. Fees for apps; an app list supplied with confirmation.

Jane Schultz, Mobile Artist and iPhotography Instructor

Sun, 2:00 PM to 4:30 PM, 11/3
HC71010 Jenkins Arboretum . . . 1 session, \$64
member \$53

» iPhone Art: Painting with Light

Walk through downtown Wayne, learning to take long exposure photographs and paint with light on your iPhone. Capture the motion of the town and create fantastic double exposure images, light traits, and abstract images. All skill levels welcome. Fees for apps; an app list sent with confirmation.

Jane Schultz, Mobile Artist and iPhotography Instructor

Wed, 5:45 PM to 7:45 PM, 11/6
HC32017 1 session, \$61
member \$50

» Digital Photography: DSLR & Mirrorless Camera

Get the most from your camera using lighting, composition and background and light. Discover professional techniques for great color shots. DSLR cameras required (no point-and-shoot digitals).

Owen Biddle, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 9/17
HC22035 Lower Merion HS . . . 3 sessions, \$79
member \$68

NEW Mon, 1:15 PM to 2:45 PM, starts 11/4
HC11011 Creutzburg 4 sessions, \$79
member \$68

» DSLR Applications – The Next Step

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

Owen Biddle, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 10/15
HC22036 Lower Merion HS . . . 3 sessions, \$79
member \$68

» Lighting for Impact

NEW Explore sophisticated means of controlling both natural and artificial continuous light for portraits, interiors and still life for products. Bring your headshots, eBay shots or baby pics and learn how effective lighting can sculpt form and reveal texture. Discover the exceptional beauty of high key and low key photography. Apply these new methods to setting up and lighting a "Film Stills" scene, just like a movie cinematographer using the least expensive equipment possible.

Owen Biddle, Professional Photographer

Tue, 6:30 PM to 8:30 PM, starts 11/12
HC22037 Lower Merion HS 3 sessions, \$79
member \$68

» Photography Field Trip: Chestnut Hill

NEW Chestnut Hill, one of the most charming neighborhoods in Philadelphia, is a feast for the photographer's eye. As cobble Germantown Avenue winds up the hill, intimate scenes are discovered, one after the other. Pedestrians, shop windows, front steps, wrought iron fences, old churches and small tucked-in gardens all add to the atmosphere and make exciting subjects. Leave your tripod at home and get ready to be on the move! SLR and DSLR cameras recommended.

Owen Biddle, Professional Photographer

Sun, 3:00 PM to 5:00 PM, 10/13
HC71038 1 session, \$61
member \$50

OTHER HOBBIES & CREATIVE ARTS

» Intro to Remote Control Airplanes

NEW Gain a step-by-step approach to building both fuel and electric-powered RC airplanes. Progress from unboxing the new four-foot wingspan plane airframe to the installation of electronics, some minor carpentry work and putting in the engine. You will be confident building your own RC airplane and have an understanding of FCC regulations and how to join a local RC club! Model information sent with confirmation.

Andrew Campbell, Former Instructor and Board Member, Valley Forge Signal Seekers Club

Tue, 6:45 PM to 8:15 PM, starts 10/15
HC22099 Lower Merion HS 3 sessions, \$71
member \$59



» Tempered Glass Mosaics

This is a no-fail mosaic class! Creating a collage-layering project where you may bring small momentos to embed in your art project. The board we'll be working on is approximately 8"X10", so it's optional to bring beads, broken pottery, wordage, photos or anything printed flat (laser printer) to work with. Lots of materials will be supplied and grouting will be done in the second session.

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

Tue, 6:45 PM to 8:45 PM, starts 9/24
HC22007 Lower Merion HS 2 sessions, \$105
member \$93

» Astronomy: The Night Sky

Ever wondered what that "bright star" is or tried to find an asterism other than the Big Dipper? Learn all about the night sky and its many wonders, from the moon and planets, to far-away star clusters, nebulae and galaxies. Astronomical equipment is also discussed.

Mike Tucker, Observing Chair, Delaware Valley Amateur Astronomers

Mon, 7:15 PM to 8:45 PM, starts 10/7
HC22037 Creutzburg 3 sessions & 1 field trip, \$87
member \$75



» Blacksmithing: From Colonial Times to the Present

Practice blacksmithing at Harriton House and learn about the history of the craft. Enjoy making your own ironwork hardware, using a coal-fired forge, a leg vise, an anvil and all the necessary tools. All materials included.

Bruce Gill, Executive Director, The Harriton Association

Sat, 9:00 AM to 3:00 PM, 11/9
HC61085 Harriton House 1 session, \$109

» Turn, Turn, Turn: Intro to the Lathe

Everything from salad bowls to staircase spindles can be made on the lathe with a little instruction. Turn a ballpoint pen or candlestick to take home and gain experience in tool sharpening. All materials included.

Bruce Gill, Executive Director, The Harriton Association

Sat, 10:00 AM to 3:00 PM, 11/16
HC61092 Harriton House 1 session, \$85

» Juggling for Beginners

Always wanted to learn to juggle? Alice will launch you on your juggling journey, starting with three balls in the traditional "cascade" as you learn the fundamentals of juggling. Open to all ages from 9 to 100. Bring juggling balls to class. New material for returning students.

Alice Dustin, PhD, Professional Artist and Teacher
Mon, 5:50 PM to 6:50 PM, starts 10/14
HC12059 Creutzburg 3 sessions, \$57
member \$46

» Scrapbooking Your Photos

NEW Do you have a box of photos or hundreds of them on your phone or digital camera? Make a book that you and your family will cherish by getting your photos out of the box or off your device with an easy to follow simple system. Learn how to organize with this project and stay organized for the next one. Bring photos or your laptop to the first class where tools and supplies will be discussed and basic items available for purchase.

Julie Potter, Artist

Tue, 6:30 PM to 8:30 PM, starts 10/1
HC22005 Lower Merion HS 4 sessions, \$69
member \$58

» Origami: Halloween Star Wreath

Make a star shaped wreath folding sixteen pieces of Halloween themed paper and then decorate with ghosts and goblins to let trick-or-treaters know they are welcome. These stars are a bright, colorful and unique addition for your Halloween decor and/or Halloween party. All materials included.

Doris Torigoe, Owner, Etsy shop EverydayOrigamiGifts

Sat, 1:30 PM to 3:00 PM, 10/19
HC61096 Creutzburg 1 session, \$44
member \$33

» Origami: Mandala Stars

NEW Learn how to make three mandala stars to decorate your home for the holidays. Each star is made of eight pieces of folded paper and can be arranged to display on your front door. All materials included.

Doris Torigoe, Owner, Etsy shop EverydayOrigamiGifts

Sat, 1:30 PM to 3:00 PM, 11/2
HC61097 Creutzburg 1 session, \$49
member \$36

» Calligraphy: Copperplate

Copperplate is the graceful, flowing alphabet often seen on wedding invitations and wherever formality and elegance are required. Cover such basics as: layout, materials, correcting mistakes, color, place cards and envelopes. For beginning and continuing students with reasonably steady hands. Bring supplies or purchase at first class (~\$40).

Deborah Kaplan, Calligrapher; Illustrator

Fri, 11:00 AM to 12:30 PM, starts 9/20
HC51087 Creutzburg 10 sessions, \$161
member \$141

» Calligraphy: Foundation Hand

NEW For beginning and continuing students, this alphabet, also known as Bookhand, is a good choice for occasions where legibility, as well as beauty, is necessary. Cover such basics as materials, color, layout and correcting errors that can be applied to creating invitations, place cards, envelopes and more. Bring supplies or purchase at first class (~\$45).

Deborah Kaplan, Calligrapher; Illustrator

Fri, 12:30 PM to 2:00 PM, starts 9/20
HC51088 Creutzburg 10 sessions, \$161
member \$141

» Natural Soap Making

Make your own cold-processed soap from oils available in your local grocery store. Stir up a big batch, scent and color it with natural ingredients and take home about two pounds of soap. All materials included.

La Shonda Tyree, The Handmade Soap Coach

Sat, 11:00 AM to 12:30 PM, 10/19
HC61089 Creutzburg 1 session, \$66
member \$55



» Candlemaking

Learn the art and science of making candles while having fun in this interactive class. Leave with your creations and the skill to make your own candles at home. All materials included.

La Shonda Tyree, Owner, Nyah Beauty

Sat, 1:00 PM to 2:30 PM, 10/19
HC61090 Creutzburg 1 session, \$66
member \$55

» Floral Design for Autumn & the Holidays

NEW Every season has special flowers and decorations to offer, especially autumn and the holidays. In this hands-on class, learn how to design and create arrangements for small intimate gatherings and large scale holiday parties. Discover the "tricks of the trade" and develop an eye for the perfect specimen and design. Take home your own flower arrangement made in each class. All materials included.

Ossi Qualli, Flower Designer

Fri, 12:15 PM to 1:45 PM, starts 10/25
HC51092 Creutzburg 5 sessions, \$139
member \$119

» Homemade Holidays: DIY Essential Oils Gifts

There is nothing sweeter than a gift from the heart. Relax and spend some time creating homemade gifts using high-quality essential oils and other ingredients. These gift ideas are great for friends, family, teachers and others. When you add essential oils to homemade recipes you are truly adding "drops of love" into your gift. All materials included.

Charo Cabello, Certified Hatha Yoga Instructor, Reiki Master, Wellness Advocate

Sat, 11:00 AM to 1:00 PM, 11/9
HC61020 Creutzburg 1 session, \$49
member \$39



» Know Your Birds

Bird sightings can happen anywhere whether you're looking out your kitchen window or traveling to far-away places. But can you actually tell one from another? Don't despair, there are clues you can use to identify many species. Cover the art and science of bird identification when you discuss such field marks as overall size and shape, bill structure, basic/alternative plumage, sex differences, distinctive postures when feeding or resting and much more. Learn a process to identify birds that includes their behaviors, the time of day, the time of the year and the locations seen. Leave with the visual skills and auditory skills to enhance your enjoyment of the avian world around you.

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

Sat, 2:00 PM to 4:30 PM, 11/2
HC61100 Creutzburg 1 session, \$45
member \$35



HOME & GARDEN

HOME

» Composting for Beginners

NEW 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 when they are composted. Find out what you need to know to get started from creating usable compost, containers vs. pile options to managing your various raw materials and what to compost, timing and temperature.

*Gwenn Nolan, Composter; Owner, Mother Compost
Colleen Falicki, Founder and Owner, Back to Earth
Compost Crew*

Sat, 10:30 AM to 12:30 PM, 10/19
HG61005 Creutzburg 1 session, \$45
member \$35

» Backyard Birding

Learn the joys of watching birds in your backyard and the keys to identifying the birds you see. Explore techniques for attracting a wide variety of birds, methods for providing a safe habitat for our feathered friends and tools for enhancing the experience.

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

Fri, 11:30 AM to 1:30 PM, starts 11/8
HG51099 Creutzburg 2 sessions, \$59
member \$49

» Creative Floral Arranging with Herban Design

Learn the secrets of creating unique floral designs that express your passion. Jim demonstrates the latest trends and shows you how to combine old favorites with newer arrivals. Make a variety of arrangements and take home results. Materials fee (\$30) payable to instructor.

Jim Bevlock, Owner, Herban Design

Tue, 7:00 PM to 8:30 PM, starts 11/12
HG22053 Lower Merion HS 2 sessions, \$59
member \$49

» DIY: Basic Household Repairs

Learn to fix annoying household problems such as leaky toilets, clogged drains, loose door knobs and holes in the walls. Which tools you should own, plus when and how to use them will be highlighted. Materials fee (\$10) payable to instructor.

Mike Zavorski, Home Repair Expert

Sat, 9:00 AM to 12:00 PM, 10/19
HG61003 Creutzburg 1 session, \$55
member \$45

» DIY Home Staging: Preparing Your Home to Sell

Staging is an important part of showcasing your home for potential buyers but not every home needs a professional. Discover some easy DIY tricks to highlight the best aspects of your home that will help sell it quickly!

Mary Ann Kleschick, Interior Designer

Tue, 6:30 PM to 8:30 PM, 10/15
HG22008 Lower Merion HS 1 session, \$45
member \$35

» The ABC's of Interior Design for Your Home

Not sure where to start your interior design project for your home? With so many choices for furnishings, artwork, drapery and accessories for your home, learn the steps of what a professional interior designer would take to create functional and beautiful spaces. From floor plan to artwork display, discover how to create a great room!

Mary Ann Kleschick, Interior Designer

Tue, 7:00 PM to 8:30 PM, starts 11/12
HG22053 Lower Merion HS 2 sessions, \$59
member \$49

» Good Dog, Great Pet!

Training dogs is easy — the tough part is training ourselves! Learn how to motivate your dog so he'll want to do what you're asking, along with handling specific behavioral issues such as pulling on or biting the leash during walks, jumping on visitors, excessive barking, and what to do with a dog who doesn't like other dogs. Two class sessions WITHOUT YOUR DOG will highlight practical techniques you can use right away, followed by an in-home visit (to be arranged with instructor) where the trainer will work with you and your dog.

Carin Ford, CPDT-KA; Co-Founder & Trainer, DogsHome

Thu, 6:30 PM to 8:00 PM, starts 10/17

HG42002 Creutzburg

.....2 sessions & one in-home visit, \$119
member \$99

» Speed Cleaning

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

Leslie Robison, Certified Professional Organizer; Certified Coach

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

HG61077 Creutzburg 1 session, \$39
member \$30

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

It's easier when YOU choose the move, than having the move choose you. Do you find the whole concept overwhelming? Learn how to plow through a lifetime's worth of possessions with a clear head and a real plan. Set concrete goals and discuss the options: sell, consign, eBay, yard sale or donate. Learn how to make the most of what you decide to keep and how to store those things safely. Make peace with the fact that the entire process is NOT erasing history, it's preparing for a great future!

Carol Seelaus, Professional Organizer

Sat, 9:30 AM to 12:30 PM, 11/2

HG61010 Creutzburg 1 session, \$59
member \$49



» Home Modifications for Your Retirement Years

NEW Your home will be an essential ingredient to your happiness and safety as you reach retirement age and beyond. Susan will show you the home design features and modifications that will help make it safer and more enjoyable to stay in your home longer as you "age in place." Whether it be the home you've had for many years, a 55+ community you just moved into, or a cottage in an independent living community, homeowners and supportive family members will benefit from discovering these empowering design strategies.

Susan Rains, Interior Designer; Owner, Susan Rains Design

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

HG61098 Creutzburg 1 session, \$39
member \$30

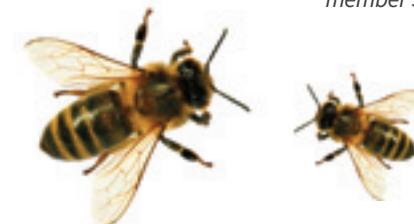
» How to Live a Zero Waste Lifestyle: Ending Plastic Pollution

Discuss the realities about the trash and pollution issues on our planet and what you can do to help now! Find out how you can organize your home, lifestyle, and business to produce zero or as little waste as possible!

Megan Kelly, Founder and Director, Sunset Moon Wellness Center

Sat, 12:30 PM to 2:30 PM, 11/2

HG61012 Creutzburg 1 session, \$39
member \$30



» Honeybees, You & the Environment

NEW Honeybees are important pollinators and their role is essential to the health of our environment yet their existence is now threatened. Research studies of hive survival report 40% of hives die each year for reasons known and unknown. Without their profound contribution to our ecosystem, we may not be able to enjoy fresh fruits, vegetables or even flowers in our future. Take a look at how the colony is organized, the life cycle of honeybees, their environmental threats and what steps you can take to assist in their survival. Find out what it takes to become a backyard beekeeper.

Jane E. Tausig, Backyard Beekeeper

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

HG61002 Creutzburg 1 session, \$39
member \$30

GARDENING

» The Enjoyable Garden

All creative outlets should be enjoyable; gardening is no exception. Learn how a thoughtful, well-designed garden can enhance the enjoyment of all who interact with it. From the birds and bees and the soil microorganisms to you the gardener, the potential for a garden to enrich has no bounds. Wrap up the season at the Creutzburg Center garden with this reflective class on why we garden and how we can do it better.

Chris Fehlhaber, Assistant Horticulturist, Chanticleer Garden

Thu, 5:30 PM to 7:00 PM, 9/26

HG42003 Creutzburg 1 session, \$39
member \$30

» All About Bulbs

Learn how to create and maintain a beautiful succession of bulbs with dramatic compositions of color, texture and heights. Find out which varieties will naturalize and spread and how to extend your spring display by selecting early, mid and late bloomers. Discover new and unusual bulbs.

Andrea Hallmark, MLA, BSA, Landscape Architect

Thu, 9:30 AM to 11:30 AM, 9/26

HG41099 Creutzburg 1 session, \$45
member \$35



» Gardening for Fall and Winter Color

Discuss fall planting of trees, shrubs and perennials for wonderful color, texture, variegation and berries to attract birds. Find out what to prune, divide, transplant and feed now.

Andrea Hallmark, MLA, BSA, Landscape Architect

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

HG22096 Lower Merion HS 1 session, \$45
member \$35

» How to Design Your Dream Garden

See your garden through new eyes and discover how you can make it the garden you envision by turning problems into assets. Find out how to lower maintenance without losing beauty by creating eye-catching plant combinations and focal points like water features, seating areas and patios. See how a "garden room" can extend your living area outdoors and evaluate which options would be appropriate for your landscape. Bring photos of your garden to class.

Andrea Hallmark, MLA, BSA, Landscape Architect

Tue, 6:00 PM to 7:30 PM, starts 10/15
HG22093 Lower Merion HS 3 sessions, \$79
member \$69

» Fall Planting Guide: Trees, Shrubs, Perennials

NEW Go behind the scenes at a locally owned nursery and learn which plants can be effectively planted in the fall. Look at an interesting variety of nursery stock including ornamental trees, shrubs and perennials and find out which ones would do well in your location. Discuss sizing, transport and proper planting and maintenance. The time to act is now when the weather is cool and the soil is still warm enough for root development.

John Rockwell Hosbach, Jr, Registered Consulting Arborist; Certified Arborist; Landscape Consultant

Wed, 10:00 AM to 12:00 PM, 10/16

HG31067 Sam Brown's Wholesale Nursery 1 session, \$39
member \$30

» Growing Plants Indoors

NEW Having indoor plants not only improves the look of your living spaces but will cleanse your household air when winter sets in. Learn the basics of growing plants indoors from soil, light, temperature, watering and pruning to propagating, repotting, selecting plants which will thrive in your conditions and most importantly, treating plants as individuals, not as a collection. Bring a potted plant to class for repotting.

Emily Smith, Indoor Gardening Instructor

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

HG61087 Creutzburg 1 session, \$39
member \$30



INVESTING & MONEY MANAGEMENT

» Medicare 101

The Medicare process can be extremely confusing and getting into 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, we discuss how to save on your Medicare insurance, using real life examples.

Allen Heffler, ChFC; CLU; President, MyMedicareAdvisor

Mon, 6:45 PM to 8:45 PM, 9/16
IM12001 Creutzburg 1 session, \$45
member \$35

Tue, 6:45 PM to 8:45 PM, 10/15
IM22001 Lower Merion HS 1 session, \$45
member \$35



» How to Have Fun on a Budget: Free and Affordable Local Events and Activities

Would you like to take advantage of the wide range of educational, cultural and social offerings in our richly diverse region without breaking your budget? Whether it's history, theater, sports, music, cooking, outdoor activities, museums, or educational opportunities, you will discover the means to access these for free or at a low cost. Explore the many opportunities available to you as you leverage your time and talents to enjoy an array of activities, meet new people and expand your interests.

Lorri Sarosy, BA, MBA, Finance & Marketing; Entrepreneur; Public Speaker

Thu, 7:00 PM to 9:00 PM, 10/3
IM42006 Creutzburg 1 session, \$45
member \$35

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» Bedazzled! A Facts & Facets Primer on Estate Jewelry

Learn what the professionals know during this unique, behind the scenes exploration of estate jewelry. Gain an understanding of gold, diamonds and colored gems, how they are graded and the nuances of value and price. Discover jewelry motifs from the Victorian Era to modern times. Discuss selling and buying, what you need to know about the market, insurance and appraisals and "fair market value" for IRS tax purposes. Expert appraiser and guest speaker, David Atlas, will explain how a well done appraisal impacts your ability to recover in case of loss, estate appraisals and taxes you may pay on inherited items. Bring your own personal treasures — no question will go unanswered.

Steven Schiffman, CEO, D. Atlas Estates

Thu, 6:00 PM to 8:00 PM, starts 10/3
IM42025 Creutzburg 3 sessions, \$59
member \$49

» Budgeting Basics for Teens

In this interactive class, your teenager will be challenged to create a budget and manage money. Starting with choosing a profession from a list of possibilities along with their average salary, the typical tax and social security deductions and how to spend the remainder which may include saving for college, living expenses, pets and entertainment, students will learn the value of "living below your means," the importance of education and maintaining a good credit score for achieving financial success. Appropriate for those in late middle school and early high school. Price includes 1 adult/1 teen. Must be accompanied by a parent.

Cindy Yovanov, VP, Service Manager, Bryn Mawr Trust

Tue, 6:00 PM to 8:00 PM, 10/15
IM22051 Lower Merion HS 1 session, \$39
member \$30
Additional Teen \$18

» Travel for Less

Turn your dream trip into reality when you learn to use miles and credit card points to your advantage, general travel tips and tricks and the secret apps and websites. Unravel the mysteries of earning and redeeming points. Find the "free" travel programs which offer the best benefits for all budgets.

Suzanne Wolko, Travel Expert

Sat, 1:30 PM to 4:00 PM, 10/19
IM61041 Creutzburg 1 session, \$49
member \$39



» Active vs. Passive Investing

Have you wondered why index funds have become so popular in the past few years? What is the difference between active and passive investments? Is one type of investment better than the other and, if so, which should you emphasize in your investment portfolio? Learn the pros and cons of each of these investing styles and if the higher costs associated with active management result in higher returns. Discover a number of important investing concepts, explore expected returns from different investment approaches, and discuss how each is impacted by the financial markets and industry practices.

Steven Blum, Esq, Author, Negotiating Your Investments; Lecturer, Wharton School

Tue, 7:00 PM to 9:00 PM, 10/22
IM21013 Lower Merion HS 1 session, \$55
member \$45

» 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.

Kara Klaiber, Associate Attorney, David Bennett Spiess & Livingood

Wed, 9:30 AM to 11:00 AM, 11/6
IM31013 Creutzburg 1 session, \$45
member \$35

» 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.

Kara Klaiber, Associate Attorney, David Bennett Spiess & Livingood

Wed, 9:30 AM to 11:30 AM, 11/13
IM31012 Creutzburg 1 session, \$49
member \$39

» Social Security: How to Maximize Your Benefits

This is a must-attend class for anyone thinking about retiring or claiming Social Security. In fact, some of the claiming strategies have recently changed. Whether you are married, single, divorced or widowed, know your options. Many people end up leaving money on the table because they were not well prepared to make this decision. Learn the basics of Social Security, what has recently changed and strategies to maximize your benefits. Each attendee will be offered a complimentary analysis that will examine your specific benefits and outline the most efficient ways to claim Social Security for your situation.

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

Tue, 6:30 PM to 8:30 PM, 9/24
IM22013 Lower Merion HS 1 session, \$49
member \$39

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

As you approach retirement, it is common to find yourself overwhelmed with many financial decisions. Learn the five most important topics every retiree must consider: Social Security, Medicare, Housing, Income Replacement and Taxes. We will use state-of-the-art software to illustrate the impact and importance these decisions can have on your retirement. Discover a simple yet effective way to consolidate your retirement planning decisions to one page. Take control of your finances, avoid costly mistakes and get ready to enjoy retirement!

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

Wed, 6:30 PM to 8:30 PM, starts 10/30
IM32014 Creutzburg 2 sessions, \$59
member \$49



» Retirement Income and Withdrawal Strategies

For decades you have diligently saved money for retirement, and now you face the daunting decision of how to replace your income when you stop working. This is one of the most important and least talked about issues in personal finance. Discuss the common withdrawal strategies and identify the benefits and risks that are involved as well as advanced strategies such as 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 and more! These decisions can have a lasting impact on your ability to maintain your current lifestyle and retire without worry.

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

Tue, 6:30 PM to 8:30 PM, starts 11/12
IM22015 Lower Merion HS 2 sessions, \$59
member \$49

» Investing with Social Impact

NEW Are you interested in selecting investments which match your beliefs? Learn how to invest to create positive economic, social and environmental change and align your financial goals that are driven by your personal values and mission. Discover effective strategies for charitable giving.

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

Wed, 6:30 PM to 8:30 PM, 12/4
IM32016 Creutzburg..... 1 session, \$49
member \$39

» Patent & Profit from Your Invention

Learn how to patent and successfully market an invention or new idea. Be forewarned of the many pitfalls in the world of inventing, including "invention companies" and marketing agencies.

Eric LaMorte, Registered Patent Attorney, LaMorte & Associates

Tue, 7:00 PM to 9:30 PM, 10/29
IM22021 Lower Merion HS 1 session, \$49
member \$39

REAL ESTATE

» 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 9/17
IM22033 Lower Merion HS 3 sessions, \$69
member \$59

» Be A Smart Home Buyer

NEW Whether it's your first home or last home, learn the critical aspects of buying a home starting with preparing for and understanding the financial aspects of the purchasing process. Discuss how to avoid the five most common mortgage mistakes that typically cost home buyers thousands of dollars! Find out how your credit history works, the most up-to-date loan programs, develop a home loan action plan, get creative down payment ideas as well as tips to get your offer accepted plus more. Worksheets included.

Benjamin Witmer, 5 Year Philadelphia Magazine Five Star Mortgage Professional

Mon, 6:30 PM to 8:30 PM, 9/23
IM12017 Creutzburg..... 1 session, \$39
member \$30

» Building a Financial Fortress with Apartments

Are you still working, saving for retirement and worried that you still won't have enough money in your golden years to support your family and lifestyle? Find out how to prepare for retirement and create a stream of income by investing in apartment buildings. Learn how buying commercial real estate, such as apartment buildings, is actually a better option than buying single family rentals, and you don't have to be a millionaire to get started!

Eleena de Lisser, Apartment Investor

Tue, 7:00 PM to 9:00 PM, starts 10/15
IM22031 Lower Merion HS 3 sessions, \$69
member \$59



LANGUAGE & CULTURE

ESL

» ESL: Conversation

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

Harrington Crissey, ESL Instructor

Tue, 7:00 PM to 8:15 PM, starts 9/17
LF22097 Lower Merion HS 9 sessions, \$118
member \$101

» ESL: Grammar & Composition

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

Harrington Crissey, ESL Instructor

Tue, 8:15 PM to 9:30 PM, starts 9/17
LF22098 Lower Merion HS 9 sessions, \$118
member \$101

FRENCH

» French Language & Culture: Advanced Beginners

Through the combination of reading a variety of short stories, interactive conversations and written exercises, classes aid the use of practical everyday vocabulary, the teaching of grammar (adjectives, direct and indirect pronouns and more), the use of verb tenses (présent, passé composé, imparfait, futur) with the purpose of improving skills in mastering the language.

Michele Archawski, Native Speaker; French Instructor

Fri, 9:30 AM to 11:00 AM, starts 9/20
LF51010 Creutzburg 12 sessions, \$212
member \$185



» French Language & Culture: Intermediate

Students with previous knowledge of French will improve their speaking, writing, and listening skills, as they learn new tenses and develop grammar points.

Muriel Harmon, Native Speaker; French Instructor
Thu, 9:30 AM to 10:45 AM, starts 9/19
LF41073 Creutzburg 10 sessions, \$162
member \$143

» French Language & Culture: Advanced

If you are familiar with the seven major French verb tenses and some of the complex aspects of the grammar, but need reinforcement and practice, this might be the class for you. Receive in-class instruction, handouts and worksheets to do at home. Also read a novel selected by the instructor with students' input. Several chapters will be assigned each week and will be discussed during the following class. Conversation and paragraph writing are also part of this class. French will be exclusively spoken.

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

Thu, 11:30 AM to 1:00 PM, starts 9/19
LF41012 Creutzburg 12 sessions, \$212
member \$185

» French I: Beginners

Learn to speak French covering basic sentence structure, grammar and vocabulary in an engaging, supportive environment.

Muriel Harmon, Native Speaker; French Instructor
Tue, 6:00 PM to 7:00 PM, starts 9/17
LF22016 Lower Merion HS ... 10 sessions, \$151
member \$133

» French I: Continuing Beginners

Expand French vocabulary and knowledge of basic grammar. Develop confidence in speaking and listening.

Muriel Harmon, Native Speaker; French Instructor
Tue, 7:00 PM to 8:00 PM, starts 9/17
LF22017 Lower Merion HS ... 10 sessions, \$151
member \$133

» 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.

Muriel Harmon, Native Speaker; French Instructor
Tue, 8:00 PM to 9:00 PM, starts 9/17
LF22018 Lower Merion HS 10 sessions, \$151
member \$133

» French II: Continuing Beginners

Improve your speaking and listening skills while gaining more vocabulary and a more detailed grammar review.

Muriel Harmon, Native Speaker; French Instructor
Wed, 6:30 PM to 7:30 PM, starts 9/18
LF32026 Creutzburg 10 sessions, \$151
member \$133

» 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 skills in grammar will be covered.

Muriel Harmon, Native Speaker; French Instructor
Wed, 7:30 PM to 8:30 PM, starts 9/18
LF32027 Creutzburg 10 sessions, \$151
member \$133

» 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. Learn to express yourself in the present, past, and future tenses. Prerequisite: solid knowledge of grammar.

Muriel Harmon, Native Speaker; French Instructor
Wed, 8:30 PM to 9:30 PM, starts 9/18
LF32028 Creutzburg 10 sessions, \$151
member \$133

Lawrence Minisci, Corporate Language and Intercultural Trainer
Thu, 5:30 PM to 6:30 PM, starts 9/19
LF42036 Creutzburg 10 sessions, \$154
member \$134

» French IV: Advanced Conversation & Reading

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

Vincent Lartigue, Native Speaker; Cultural Trainer
Tue, 9:30 AM to 11:00 AM, starts 9/17
LF21024 Creutzburg 12 sessions, \$209
member \$189

Lawrence Minisci, Corporate Language and Intercultural Trainer
Thu, 6:30 PM to 7:30 PM, starts 9/19
LF42037 Creutzburg 10 sessions, \$154
member \$134

» French: Grammar Review

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 MSLN French class.

Muriel Harmon, Native Speaker; French Instructor
Thu, 11:00 AM to 12:00 PM, starts 9/19
LF41075 Creutzburg 10 sessions, \$151
member \$133

» 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, 5:30 PM to 6:30 PM, starts 9/18
LF32025 Creutzburg 10 sessions, \$151
member \$133

» French Club: Un Peu de Tout

Read, write, speak and listen to French in this advanced class. Sample a variety of contemporary materials, short stories, full-length French films and articles from leading publications to improve your communication skills. Modest fee for materials payable to instructor.

Nancy Gabel, MA, French
Wed, 9:30 AM to 11:00 AM, starts 9/11
LF31046 Creutzburg 7 sessions, \$146
member \$133

Wed, 9:30 AM to 11:30 AM, starts 12/4
LF31047 Creutzburg 3 sessions, \$101
member \$87

GERMAN

» German Conversation & Culture

Enjoy lively discussions "auf Deutsch" as we explore current events, history, travel, culture, literature and the arts. Read in and outside of class taught by a native speaker. Share and debate movies, theater visits, concerts, exhibits, personal experiences, and acquire the vocabulary needed while using it. Some previous knowledge of German is required; questions of grammar and idiomatic usage will be discussed to enrich the language experience.

Helga Halbfass, PhD, University of Pennsylvania
Mon, 11:45 AM to 1:15 PM, starts 9/16
LF11027 Creutzburg 12 sessions, \$186
member \$168

» German: Advanced Beginners

NEW Refresh what you know and then improve your grammar and develop an energizing vocabulary in interactive question and answer sessions focusing on well-known German speaking cities. These cultural language 'visits' will include Freiburg in the Black Forest, Hamburg, Leipzig and Basel in Switzerland. Practice speaking about their attractions and improve your skills. Machen Sie mit!

Renate Losoncy, MA, MAT, DonauSchule
Thu, 5:45 PM to 7:00 PM, starts 10/3
LF42004 Creutzburg 8 sessions, \$149
member \$131

» German II

Have you learned German in school, spoken German at home, or taken a MSLN German class? Improve your listening and speaking, build your grammar skills and expand your vocabulary by travelling to German speaking cities. We will visit Vienna's famous coffee houses and plan a weekend excursion in Zuerich.

Anne Harris, MEd; MA, German, Duke University
Mon, 6:00 PM to 7:30 PM, starts 9/16
LF12017 Creutzburg 10 sessions, \$175
member \$155

» German III

NEW Join our Stammtisch if you are looking for an opportunity to hone your well established conversation and grammar skills. Conducted in German, class offers practice in listening, speaking, reading and writing. Expand your understanding of German culture and history by visiting two German cities. Wir reisen nach Stuttgart und Hannover.

Anne Harris, MEd; MA, German, Duke University
Mon, 7:35 PM to 9:05 PM, starts 9/16
LF12018 Creutzburg 10 sessions, \$175
member \$155

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 9/20
LF51029 Creutzburg 10 sessions, \$149
member \$128



» Italian: Beginners

If you are new to the language, learn practical vocabulary and phrases you'll find useful in real life situations. Covers basic grammar, simple vocabulary, pronunciation and conversation.

Lawrence Minisci, Corporate Language and Intercultural Trainer
Wed, 6:00 PM to 7:00 PM, starts 9/18
LF32004 **Beginners** Creutzburg
..... 10 sessions, \$154
member \$134

Thu, 12:25 PM to 1:25 PM, starts 9/19
LF41017 **Continuing Beginners** Creutzburg
..... 10 sessions, \$154
member \$134

Thu, 8:35 PM to 9:35 PM, starts 9/19
LF42022 **Continuing Beginners** Creutzburg
..... 10 sessions, \$154
member \$134

Thu, 7:35 PM to 8:35 PM, starts 9/19
LF42021 **Advanced Beginners** Creutzburg
..... 10 sessions, \$154
member \$134

» Italian: Intermediate Conversation & Grammar

Develop language and communication skills with an emphasis on situational conversations and discussion of cultural and literary texts. Improve fluency in the present, past, future, and conditional tenses through conversation, role-play, reading and writing.

Lawrence Minisci, Corporate Language and Intercultural Trainer
Wed, 7:05 PM to 8:05 PM, starts 9/18
LF32005 Creutzburg 10 sessions, \$154
member \$134



» Italian: Intermediate Conversation

In this intermediate class, learn everyday Italian vocabulary, idioms and grammar through listening to, reading and discussing a mystery novel that takes place in Rome. This class is conducted entirely in Italian and students are encouraged to actively participate. Take this class alone or in conjunction with any other Italian class at MLSN.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 11:10 AM to 12:10 PM, starts 9/19
LF41016 Creutzburg.....10 sessions, \$154
member \$134

» Italian: Advanced Intermediate Conversation & Reading

This conversation class is for those with well established Italian skills who wish to improve listening, speaking, vocabulary and knowledge of grammar and idioms. Includes discussion of cultural topics, current events and issues using various texts such as short stories, fables, music, cultural readings and/or newspaper articles.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Wed, 8:10 PM to 9:10 PM, starts 9/18
LF32006 Creutzburg.....10 sessions, \$154
member \$134

» Racconti italiani e conversazione

In this advanced class, practice Italian by reading and discussing short stories written by contemporary Italian authors. Class is conducted entirely in Italian and can be taken alone or in conjunction with any other MLSN Italian class.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 9:00 AM to 10:00 AM, starts 9/19
LF41014 Creutzburg.....10 sessions, \$154
member \$134

» Italian: Grammar Review

In this advanced intermediate class, learn more complex grammar points such as the subjunctive (present, past, imperfect) and its uses, agreement of tenses in the indicative and subjunctive, as well as other common pitfalls through oral drills, conversation, translation and written exercises. Take this alone or in conjunction with any other MLSN Italian class.

Lawrence Minisci, Corporate Language and Intercultural Trainer

Thu, 10:05 AM to 11:05 AM, starts 9/19
LF41015 Creutzburg.....10 sessions, \$154
member \$134

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. Text (\$15) available from instructor.

Lissa-Marie Cunillera, M.Ed, Native Speaker

Tue, 6:00 PM to 7:00 PM, starts 9/17
LF22052 Lower Merion HS 9 sessions, \$136
member \$119
Cynthia Foxworth, Retired HS Language Teacher
Wed, 9:45 AM to 11:00 AM, starts 9/18
LF31041 Creutzburg.....11 sessions, \$171
member \$151
Laura Kanavy, Medical and Legal Interpreter
Wed, 7:20 PM to 8:20 PM, starts 9/18
LF32012 Creutzburg.....10 sessions, \$151
member \$133

» 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. Text (\$15) available from instructor.

Lissa-Marie Cunillera, M.Ed, Native Speaker

Tue, 7:05 PM to 8:05 PM, starts 9/17
LF22053 Lower Merion HS 9 sessions, \$136
member \$119
Cynthia Foxworth, Retired HS Language Teacher
Wed, 11:15 AM to 12:30 PM, starts 9/18
LF31042 Creutzburg.....11 sessions, \$171
member \$151
Laura Kanavy, Medical and Legal Interpreter
Wed, 6:15 PM to 7:15 PM, starts 9/18
LF32013 Creutzburg.....10 sessions, \$151
member \$133

» Spanish II

Ideal class for those who have taken a beginners or continuing beginners class. Improve your listening and speaking abilities starting with the past tenses and review object pronouns while introducing new vocabulary and grammar. Gain confidence with your communication skills.

Lissa-Marie Cunillera, M.Ed, Native Speaker

Tue, 8:10 PM to 9:10 PM, starts 9/17
LF22054 Lower Merion HS 9 sessions, \$136
member \$119
Cynthia Foxworth, Retired HS Language Teacher
Wed, 12:45 PM to 2:00 PM, starts 9/18
LF31043 Creutzburg.....11 sessions, \$171
member \$151

» Spanish II: Beginning Conversation

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

Cynthia Foxworth, Retired HS Language Teacher
Wed, 2:10 PM to 3:25 PM, starts 9/18
LF31044 Creutzburg.....11 sessions, \$171
member \$151

» 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.

Lissa-Marie Cunillera, M.Ed, Native Speaker
Mon, 6:00 PM to 7:00 PM, starts 9/16
LF12055 Creutzburg.....10 sessions, \$151
member \$133



OTHER LANGUAGES & CULTURE

» American Sign Language: Beginners

Take the opportunity to gain knowledge about Deaf Culture and the principles of American Sign Language. Acquire skills to meet, communicate, and improve fluency with people in the Deaf Community from an accomplished ASL user.

Amanda Morrone, Certified ASL Educational Interpreter

Tue, 6:00 PM to 7:30 PM, starts 9/17
LF22007 Lower Merion HS 8 sessions, \$152
member \$135

» Insights into Arab Culture

 **NEW** Explore the rich heritage of Arab society in the Middle East and North Africa and learn about their traditions, contributions to world culture and views shaped by centuries of cultural mingling. Discuss the importance of the modern Arabian countries and why they matter in maintaining the stability of the region. Become familiar with common misconceptions and join in a fascinating interchange of ideas and perceptions.

Juliet Najdawi, PhD, Native Speaker

Tue, 6:30 PM to 7:45 PM, starts 9/24
LF22006 Lower Merion HS 2 sessions, \$63
member \$51

» Chinese Language and 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. Text (\$40) available from instructor.

*Yuming Si, Native Speaker; Author; Former Principal
Haiying Li, Native Speaker*

Tue, 7:30 PM to 8:45 PM, starts 9/17
LF22065 Lower Merion HS 9 sessions, \$136
member \$119

» Portuguese Language & Culture

Acquire basic speaking, reading and writing skills while learning about the captivating Portuguese culture — including music, food and society within a cultural context.

TBA

Mon, 7:00 PM to 8:15 PM, starts 10/7
LF12005 Creutzburg 8 sessions, \$119
member \$101



LITERATURE, HISTORY, CURRENT AFFAIRS & SCIENCE

CURRENT EVENTS

» Media Literacy and Comparative Ethics

NEW In this age of polarized politics and antagonism-as-agenda, how do we understand the world and engage in constructive dialogue? This class begins with a refresher in critical thinking (logic) and moves to a comprehensive critique of the media. Finally, key issues of the students' choosing, such as "gun rights" vs. "gun safety," and "Antifa" vs. "Alt-Right," etc., will be thoughtfully examined and discussed. (Optional reading material will be provided.)

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

Tue, 7:15 PM to 8:45 PM, starts 9/17
LH22001 Lower Merion HS.... 8 sessions, \$109
member \$92

» Politics on the Porch

Join us as we take a hard look at three current issues: Healthcare: Medicare for All and other healthcare proposals; Public and Charter School Education in Pennsylvania: funding, performance and other issues; and Racism: the changing face of an unresolved problem. We will explore the issues and discuss the best ways forward.

Jerry Henige, Former Corporate Manager

Wed, 5:30 PM to 7:00 PM, starts 9/18
LH32005 Creutzburg 3 sessions, \$101
member \$85

Includes appetizers, wine and beer



» Topics in the News

Join our discussion group that continues to wrestle with issues of the day. Whether it is the health care crisis, immigration, climate control, the Middle East, China, Russia, or overall U.S. role in the world, no issue is off limits. We try to understand the complexities of the issues, and then consider what could or should be done and what probably will be done. Interesting advance readings will be provided from journals such as *Foreign Policy*, *The Economist*, and *The Atlantic*.

Tom Bang, Former Corporate Executive

Ken Sklar, Retired Radnor HS Teacher of Global Issues

Thu, 9:00 AM to 10:30 AM, starts 9/26
LH41050 Creutzburg 8 sessions, \$156
member \$134

» Culture Wars: Politics vs Principles

In this moderated but loosely structured class we wrestle with values-based issues and debate whether, in our complex democracy, seemingly irreconcilable views can be addressed in a civil manner. Weigh in with your views on immigration policies, integration and assimilation of different cultures, the interaction of religion and politics, acceptance of scientific advances, political correctness and other topics suggested by members of the class.

*Stephen Cohen, Formerly Public Affairs, ARCO
Jerry Henige, Former Corporate Manager*

Tue, 1:00 PM to 2:00 PM, starts 10/15
LH21006 Creutzburg 7 sessions, \$144
member \$123

» Forensic Psych and the Serial Killer

Everyone seems fascinated by the serial killer, who is popularized in novels, television, and film. What makes this tiny number of killers unique? What features do they have in common? What is the truth vs. fiction? Find out by exploring the psychological evidence and the information gleaned about these killers by psychologists and FBI profiles. Examine the common links across childhood, genetic and biological factors. This material may be intense for some, though we shall not focus on the gore, but the scientific research and its application.

*Jill McCracken, Retired Teacher of History,
International Relations & AP Psychology;
Mandel Fellow*

Tue, 7:00 PM to 8:30 PM, starts 10/15
LH22029 Lower Merion HS.... 3 sessions, \$71
member \$58

» 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? Was Wayne Williams the only one killing in Atlanta from 1979-1981? 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, Retired Teacher of History,
International Relations & AP Psychology;
Mandel Fellow*

Tue, 7:00 PM to 8:30 PM, starts 11/12
LH22030 Lower Merion HS.... 3 sessions, \$71
member \$58

HISTORY

» Tradition & Innovation in French Fashion and Culture

NEW It has been said the French fashion industry "bears the traditions of the country's past and defines its future." Therese, a native Parisian, reflects on these influences as well as how famous designers of Haute Couture become an integral part of the country's economic, cultural and social life. PowerPoint presentation gives a historical survey of French character, society and lifestyle as reflected in gastronomy, fashion and the arts.

*Therese Casadesus Rawson, PhD, French
Language and Literature*

Mon, 1:30 PM to 2:30 PM, starts 9/16
LH11040 Creutzburg 5 sessions, \$76
member \$64

» Frontier Feminists

NEW Women in 18th-century America are usually seen as powerless and pushed to the margins of decision making. Discover three women who found their voices to rise above their circumstances during very difficult times. Marie Chouteau built a family dynasty by shrewdly using French-American laws which empowered widows to inherit. Elizabeth Freeman, an African-American slave successfully challenged the legality of slavery, and in so doing, put one of the first "nails in the coffin" of slavery. Molly Brant, an Iroquois, who was a champion of her people, inspired women to write the documents that launched the struggle for women's rights in early America.

Jeff Heller, Historical Novelist

Tue, 11:15 AM to 12:30 PM, 10/22
LH21004 Creutzburg 1 session, \$45
member \$35

» Italy – A Culinary and Geographical Study in Diversity

Take a virtual tour of this gorgeous peninsula through video presentations and discussion. Despite being no larger in square miles than Arizona, each of Italy's 20 regions differ so greatly as to be individually unique in their customs, topography, dialects, and of course, cuisine.

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

Fri, 12:30 PM to 1:45 PM, starts 9/27
LH51039 Creutzburg 6 sessions, \$91
member \$76



» How the Supreme Court Emerged as the Independent Judiciary

NEW "The independent judiciary is something we should be thankful for." (Chief Justice Roberts, November 2018) How did a court of law emerge as the supreme judge of the constitutionality of acts of Congress and the Executive branch? Follow the long path of "righteous resistance" as it developed through the history of the English-speaking peoples from the Anglo-Saxon Witangemot through the Anglo-Norman Magna Carta to the English and American Bills of Rights, consider the challenges of the civil rights movements and all that confronts us today and perhaps tomorrow.

George D. Wrangham, MA, Cambridge University; Former Head, History Department, The Shipley School

Wed, 11:00 AM to 12:15 PM, starts 10/2
LH31074 Creutzburg 6 sessions, \$91
member \$79

» Ancient Greece: From Homer to Alexander

NEW The Ancient Greeks have provided us with democracy, philosophy, epic poetry, classical architecture, history, theatre, geometry, and the Pythagorean Theorem. One wonders how these people, living in a rather stark habitat, surrounded by hostile enemies, could have produced so much of what becomes Western Civilization. In this class, we will discover how.

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

Mon, 3:30 PM to 4:30 PM, starts 10/7
LH11011 Creutzburg 5 sessions, \$76
member \$64

» Religion vs. Science: Copernicus to Dawkins

NEW Medieval thinkers believed that the observation of the natural world lead to a stronger understanding of God. That confidence began to break down during the beginning of the modern era and increasingly some science appeared to conflict with strongly held religious beliefs. We will trace the growing struggle between science and religion from the sixteenth century to the present. To some it represents an irreconcilable split; to others the two approaches to understanding of the world are compatible.

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

Mon, 3:30 PM to 4:30 PM, starts 11/11
LH11012 Creutzburg 5 sessions, \$76
member \$64

» The Enlightenment

We in the West are a product of the Enlightenment. We think and act quite differently from those who lived before this eighteenth-century intellectual revolution. Beginning with a discussion of the seventeenth-century Scientific Revolution, we will explore the intellectual transformation that resulted and shaped the modern world. How did Galileo and Newton inspire the Declaration of Independence?

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

Tue, 6:45 PM to 8:30 PM, starts 10/15
LH22011 Lower Merion HS 5 sessions, \$86
member \$72



» Gangsters, Movies & Music: Legacy of the 1920's

NEW The National Prohibition Act made liquor illegal, but the country was far from dry. Speakeasies abounded, gangsters took over the bootlegging business and Al Capone and Bugs Moran made it a dangerous and violent enterprise. Meanwhile gangster films were all the rage while melodramas and westerns featuring Valentino, Garbo, Swanson, Gish and others drew millions to the movies each week. Louis Armstrong, Jelly Roll Morton, Bix Beiderbecke and Sidney Bechet were among musicians who created a lasting musical legacy. Remember the 1920's? Explore the best and worst aspects of this fascinating decade and see how cultural clashes simmering beneath the surface offer historical perspectives on issues resonating in American society today.

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

Mon, 1:30 PM to 3:00 PM, starts 10/21
LH11041 Creutzburg 4 sessions, \$72
member \$59

» WWII in the Pacific: Victory by the Slimmest of Margins

NEW Whether you're a veteran, have a relative who is, or are simply interested in naval history, here's your chance to learn what you don't know about how victory almost eluded the Americans. Course includes a brief introduction to Japan's pre-war cultural history, the economic factors which led to Pearl Harbor, the Japanese occupation of Asia and some of the ensuing iconic battles in the Pacific. Consider MacArthur's island hopping campaign across the Solomon Islands, New Guinea and the Philippines plus other battles where victory was in the balance. Each session includes light reading and an engaging PowerPoint presentation.

Richard S. Sperry, Former US Naval Officer; (Ret.) VP Marketing, Comcast

Thu, 12:30 PM to 1:45 PM, starts 9/26
LH41016 Creutzburg 6 sessions, \$91
member \$79

» Impact of the Korean War: Past to Present

NEW It's been called "a forgotten conflict that shaped the modern world." It was a conflict which marked the beginning of decades of tension between the U.S., North and South Korea. Trace the origins of the war starting with Stalin's plans to seize as much Japanese territory at the end of World War II as Russia could. Gain a perspective on the dilemmas facing the U.S. over the last decades starting with the Yalta Conference, Russia's invasion of Manchuria and, backed by Russia and primarily China, North Korea's invasion of South Korea. Discuss MacArthur's role in the struggle to regain U.S. control of South Korea including the battles of Pusan and Inchon among others. Conclude with a discussion of North Korea today and American strategy over the years. Each session includes light reading and an engaging PowerPoint presentation.

Richard S. Sperry, Former US Naval Officer; (Ret.) VP Marketing, Comcast

Thu, 12:30 PM to 1:45 PM, starts 11/7
LH41017 Creutzburg 4 sessions, \$66
member \$54



» World Religions

Examine the world's religions with an emphasis on the great monotheistic/Abrahamic traditions (Judaism, Islam, Christianity and Zoroastrianism). Also explore those religions founded in India (Hinduism, Buddhism, Jainism) and the religious philosophies of China, Japan and Korea (Taoism, Confucianism, Shinto). Surveying the histories, doctrines, traditions, conflicts and present situations of each will offer an appreciation of the relationship between religion and culture, politics, ethics, and the deepest desires of the human heart. New material for returning students.

Rev. David A. Fisher, Faculty Member, Philosophy and World Religions, Rosemont College

Tue, 2:15 PM to 3:45 PM, starts 10/22
LH21077 Creutzburg 6 sessions, \$78
member \$65

» Buddhist Practices for Modern Life

NEW Buddhist guidance for understanding who we are, how our minds work, how we make decisions, and what brings contentment are as valid and useful today as they were in ancient India. Learn about American secular Buddhist principles and how they can be applied in improving family, friendships and romantic relationships. This session will be an introduction to practices to cultivate three skills for modern life: (1) embodied presence, (2) gratitude, and (3) compassion (for yourself and for others).

Rob Eames, Founder, Path to Freedom Buddhist Meditation Center

Mon, 6:30 PM to 8:00 PM, starts 10/7
LH12013 Creutzburg 3 sessions, \$63
member \$51



LITERATURE**» The Ghost of Edgar Allan Poe**

NEW Edgar Allan Poe's haunting poems, prose, and unforgettable short stories long ago established him as the undisputed "Master of the Macabre" — which he remains to this day. Yet, underneath his eventual worldwide popularity and acclaim lay a graveyard of loss and personal tragedy. Meet the "real" Poe, as Dr. Covington "channels" the writer and the man — through inspired readings of some of Poe's most famous poems, prose, and select excerpts from his most spine-chilling stories.

Jack Covington, *Living Historian; Actor; Educator*
Mon, 6:45 PM to 8:00 PM, 10/28
LH12001 Creutzburg 1 session, \$45
member \$35

» Wilkie Collins: A Pioneer of the "Sensational Novel"

NEW The author of *The Woman in White* and *The Moonstone* led a life almost as dramatic as some of the characters in his crime/detective fiction. Who was this Victorian iconoclast, whose work was devoured by the public but who was denied a memorial at Westminster Abbey because of his unorthodox lifestyle? We'll explore the author's life, including some sites you can visit for a Wilkie Collins tour today, with a nod to his Celtic heritage.

Roslyn Blyn-LaDrew, *PhD, Irish Literature Specialist*
Tue, 10:15 AM to 12:15 PM, 11/12
LH21078 Creutzburg 1 session, \$49
member \$39

» Southern American Literature

NEW Explore the remarkable literary revolution that took place in the American South in the mid-20th century. Focus on the short stories of William Faulkner, Carson McCullers, Eudora Welty and Flannery O'Connor, and examine *The Heart Is a Lonely Hunter* by Carson McCullers.

Margot Soven, *English Dept, La Salle University*
Tue, 1:15 PM to 2:30 PM, starts 10/22
LH21003 Creutzburg 6 sessions, \$79
member \$65

» American/Irish Poetry

NEW Start with a presentation of recent trends in Irish and Irish-American poetry, including the Gaelic tradition, inspired by the Irish landscape, language and artifacts. We'll conclude with a reading by the instructor from her new publication, *Open-eyed, Full-throated: An Anthology of American/Irish Poetry*.

Roslyn Blyn-LaDrew, *PhD, Irish Literature Specialist*
Sat, 1:00 PM to 2:15 PM, 10/19
LH61066 Creutzburg 1 session, \$43
member \$39

» Thurber vs. Kafka: The Paradox of Humor

NEW Author Drew Zimmerman will lead you through close readings of two titans of literature whose works are never considered side-by-side but ought to be. The hilarity in Thurber's short stories and cartoons obscures what the author called "the damp hand of melancholy." Kafka's place in the literature of existential dread is often asserted, but his skill as a humorist is unappreciated. With the assistance of attendees, the lecturer hopes to rehabilitate deficits in the scholarship on two of the twentieth century's great masters of the short story.

Drew Zimmerman, *Professional Artist; Novelist*
Mon, 9:45 AM to 10:45 AM, starts 10/28
LH11007 Creutzburg 4 sessions, \$66
member \$54

» Beyond Willa Cather: Legacy of Midwestern Women Writers

NEW Women writers in the Midwest are often overlooked or not considered important as part of the region and literary landscape. Look in detail at writers who represent and embody literature in "Middle America" through short stories, novels, and other forms of writing. Some writers we will explore include: Toni Morrison, Willa Cather, Dawn Powell, Marilynne Robinson, and Bonnie Jo Campbell. By using the places of the Midwest, these authors are able to reveal key underlying themes of prejudice and racism, often shielded by the beautiful landscapes.

Katherine Ann Baker, *MFA, Assistant Professor of Writing, Rosemont College*
Fri, 11:15 AM to 12:30 PM, starts 10/18
LH51058 Creutzburg 4 sessions, \$66
member \$54

» Existentialism and the Absurd in 20th Century Literature

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

Olive Ledlie, *PhD, Former Chair, English Department, The Baldwin School*
Thu, 10:00 AM to 11:15 AM, starts 10/3
LH41053 Creutzburg 6 sessions, \$86
member \$71

**» Homer: *The Iliad***

NEW *The Iliad*, a story of the Trojan War, still speaks to us 3,000 years later with a compelling story and characters. Told and retold over many generations, it is a vehicle for exploring numerous themes, including the effects of war, the inevitability of death, family ties and what it means to be human.

Alice Garrett, *MA, Latin Teacher (Ret.), Lower Merion High School*
Thu, 12:30 PM to 2:00 PM, starts 10/10
LH41100 Creutzburg 6 sessions, \$89
member \$74

» Jane Austen: *Mansfield Park*, the Book and the Films

NEW *Mansfield Park* is different from other Austen novels. There is no lively heroine like Elizabeth Bennet or Emma Woodhouse and Fanny Price is a puzzle. The girl-gets-boy plot is barely there. Nevertheless, this novel has much to love and to think about with its many themes - parental influence, the virtue of patience, slavery, adultery, and the inheritance of the estate. View film clips from the two newest versions. It will be richer for those who have read other Austen novels because of the implicit comparisons, but all are welcome.

Susan Weisgrau, *MA, English Literature; Regional Board Member, Jane Austen Society of North America*

Tue, 10:30 AM to 11:45 AM, starts 10/1
LH21066 Creutzburg 5 sessions, \$99
member \$86

» Best American Short Stories of the 20th Century

Enjoy lively discussions as you gain new insights into the minds of American writers. Read selected stories from *The Best American Short Stories of the Century*, 1999 edition, selected and edited by the late John Updike. It promises happy as well as lugubrious stories; food for thought, discussion and laughter.

Anne Slater, *Circulation Librarian (Ret.), Canaday Library, Bryn Mawr College*
Wed, 10:00 AM to 11:00 AM, starts 9/18
LH31066 Creutzburg 8 sessions, \$124
member \$104

SCIENCE**» The Chemistry and Economics of Recycling Plastics**

NEW As the efficacy of plastics recycling has recently gained broad attention, explore waste handling strategies in the United States and abroad, with particular attention paid to the current handling of plastic waste. U.S. strategies will be compared to those in Europe and China, with a review of the technical aspects of plastic recycling for specific types of plastics. The economic and ecological values of landfilling, incineration, and recycling of plastic waste will also be examined.

Kevin C. Cannon, *PhD, Professor of Chemistry, Penn State Abington*

Thu, 7:00 PM to 9:00 PM, starts 10/24
LH42010 Creutzburg 2 sessions, \$55
member \$44

» The Science of Sleep and Dreams

NEW Until recently, human sleep has been little studied and less understood. What evolutionary advantage and benefits for the brain and body does sleep have? What are some common sleep disorders? Are sleeping pills helpful or harmful? What problems does sleep deprivation cause; can too little cause death? And how do scientists understand dreams? Dr. Kent Bottles provides an in-depth update on the latest discoveries of neuroscience and psychology that will not put you to sleep.

Kent Bottles, *MD, Lecturer at The Thomas Jefferson University College of Population Health*
Mon, 11:00 AM to 12:30 PM, starts 10/14
LH11013 Creutzburg 2 sessions, \$63
member \$51

» Wolves Demystified-Stories of Gray Wolf Rescue and Conservation from Wolf Sanctuary of PA

NEW Wolves have long been both feared and admired by humans, whether in nature, on the page or on the silver screen. There are no wild wolves known to exist in PA today, but The Wolf Sanctuary in Lititz, PA, provides a lifelong safe haven to over 50 rescued gray wolves and wolf-dogs from outside the state. The sanctuary also strives to educate the public about gray wolf conservation and biology. Hear stories about the sanctuary and the unique lives of the wolves that live there, and learn about gray wolf biology and conservation. Wolf Sanctuary of PA is a nonprofit animal sanctuary.

Russ Stavig, *Wolf Sanctuary of PA Animal Care Volunteer and Tour Guide*

Fri, 12:30 PM to 2:00 PM, 11/8
LH51040 Creutzburg 1 session, \$33
member \$25

MUSIC, FILM & PERFORMING ARTS

MUSIC APPRECIATION

» A History of Philly Jazz, Pop, Rock & Soul Music

NEW Explore the history of several musical genres for which Philadelphia is world-renowned: popular music, jazz, rock and roll, and soul. Using archival images, photographs, and audio examples, trace their evolution and how the city played a key role in their development. Philadelphia has been at the forefront of many significant developments in American music — from the ground-breaking jazz innovations of Dizzy Gillespie and John Coltrane, to the enormous popularity of the TV show American Bandstand in the 1950s and 1960s, to the enduring Philly soul style of the 1970s.

Jack McCarthy, Archivist; Historian

Tue, 7:15 PM to 8:45 PM, starts 10/22
MT22003 Lower Merion HS 4 sessions, \$82
member \$68

» The Beatles' Musical Roots and Early History

NEW What was the Beatles' early history, years before they came to the U.S.? What caused the Beatles' early success? Who orchestrated their "invasion" of America? What were their earliest singles in England, as well as in the U.S.? What series of events made them the biggest musical success since Elvis Presley? Find out in this class using music and videos to get the answers.

Jerry Gordon, Founder, Third Street Jazz Record Store; Radio Host, WPRB
Wed, 7:00 PM to 8:30 PM, starts 9/18
MT32040 Creutzburg 5 sessions, \$78
member \$66



60

» Jazz Instrumentalists: Who Were the Greatest?

NEW Focus on the best jazz musicians at a particular instrument in jazz — tenor saxophone, trumpet, piano, bass, drums, alto saxophone, clarinet, flute, vibraphone, and more. The music and history of these giants of their instruments will be presented, two instruments covered per class. Each session will feature plenty of the classic songs and videos of these artists, mostly in performance.

Jerry Gordon, Founder, Third Street Jazz Record Store; Radio Host, WPRB

Wed, 7:00 PM to 8:30 PM, starts 10/30
MT32041 Creutzburg 5 sessions, \$78
member \$66



» Symphonic Ovations: The Fabulous Philadelphia Sound!

Preview classic and new works from the Philadelphia Orchestra's 2019-20 season, which features a celebration of 250 years of Beethoven's music. Class will also focus on the forms, instrumentation and other stylistic elements of the music. Understanding great music is much easier when you know what to listen for!

Elizabeth Cochran, AB, Bryn Mawr; New School of Music

Mon, 1:30 PM to 3:00 PM, starts 9/16
MT11069 Creutzburg 10 sessions, \$159
member \$137

FILM & PERFORMING ARTS

» Lerner and Lowe

NEW So, you think you know *My Fair Lady* and *Gigi*? But don't forget *Paint Your Wagon*, *Brigadoon*, *Carmelina*, *Lolita*, and *Camelot*. Study the musicals of this marvelous pair, Alan Jay Lerner — book and lyrics, and Frederick Loewe — music. Drawing on a huge library of historic video material, we'll encounter these works as never before.

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

Thu, 11:15 AM to 12:45 PM, starts 10/17
MT41005 Creutzburg 5 sessions, \$79
member \$67

» 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, Experienced Teacher; Classically Trained Coloratura

Tue, 6:30 PM to 8:00 PM, starts 9/24
MT22015 Lower Merion HS ... 7 sessions, \$136
member \$122

» Improvisation

Whether you are a beginner or a seasoned improviser, there's always more to learn about the improv structure. In a relaxed and supportive environment work with an instructor to continue your comedic practices as you engage in improv games, practice character development and learn the power of saying "yes".

Staff, Wolf Performing Arts Center

Thu, 7:00 PM to 8:30 PM, starts 9/26
MT42086 Wolf Performing Arts Center
..... 8 sessions, \$189
member \$163

» Make Money in Voice-Overs

Break into the lucrative field of commercial voice-overs. Get pointers on preparing your voice, inflection, pacing, using the microphone and marketing your talents. Learn how to create your demo. Material fee (\$12) payable to instructor.

Ted Feldenkreis, Advertising and Private Video Coach and Manager

Tue, 6:45 PM to 8:15 PM, starts 10/15
MT22069 Lower Merion HS 3 sessions, \$89
member \$76

» Getting Paid to Talk: An Intro to Professional Voice Acting

Explore numerous aspects of voice-over work for television, film, radio, audio books, documentaries and the internet. Cover all the basics, including how to prepare a demo and earn income in this exciting field. Hear professional demos and then record a commercial script in class.

Staff, Creative Voice Development Group

Mon, 6:30 PM to 9:00 PM, 10/28
MT12004 Creutzburg 1 session, \$49
member \$39

» Tune Up Your Bow

Playing a musical instrument demonstrates elements of Gestalt Psychology, with string players frequently ignoring subtleties of bowing (right hand) because of concerns with intonation (left hand's responsibility). Focus on bowing issues while keeping left hand issues much simpler. Appropriate for string players of all skill levels. Bring your instrument and bow to class.

Deborah Reeder, Cellist; Former Member, Philadelphia Orchestra

Tue, 7:00 PM to 8:30 PM, 10/29
MT22007 Lower Merion HS 1 session, \$45
member \$38



» Harmonica for Beginners

Learn to play simple traditional folk songs and elementary blues on one of America's most popular, portable instruments. Basic techniques such as bending, trilling, tongue-blocking, vibrato and wah-wah will be covered. No musical background required. Bring a 10-hole diatonic key of C-major harmonica (such as the Hohner Special 20) to class. Text (\$9) payable to instructor.

Seth Holzman, BA, Music, Studio and Performing Musician

Tue, 7:45 PM to 9:00 PM, starts 9/17
MT22001 Lower Merion HS 6 sessions, \$94
member \$82

» The Comedy Cure: Learn to Turn Your Frustrations into Funnies!

NEW They say that “laughter is the best medicine”, but creating the comedy that causes the laughter is even better! Learn the benefits of humor and discover the simple steps for creating comic ideas. This fun and engaging class will have you turning your own frustrations into funnies in no time when you create your own cartoon or comic piece. Come embrace your inner Seinfeld or Silverman and spin your stressors into comic gold.

Margie Cherry, Career Counselor; Reinvention Coach; Cartoonist

Sat, 12:30 PM to 1:30 PM, 11/9
SE61030 Creutzburg. 1 session, \$39
member \$30

» Self-Compassion: A Critical Skill for Creating and Sustaining a Life You Love

Have you gotten in the habit of criticizing yourself as a way to cope with the stresses of living? Self-criticism can have a variety of negative consequences. Being kind, gentle and understanding with yourself is a critical skill for living well. Practicing the art of self-compassion can help you cultivate the inner resources you need to meet life's challenges. Putting problems in perspective and silencing your inner critic are effective ways to catalyze change, allow for self-transformation and diminish anxiety and depression.

Tami Berry, MD

Tue, 7:00 PM to 8:30 PM, starts 11/12
SE22043 Lower Merion HS. 3 sessions, \$59
member \$49

» 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 together exploring what will work for you to be less cluttered, on time and more confident.

Leslie Robison, Certified Professional Organizer; Certified Coach

Thu, 6:00 PM to 8:00 PM, 11/21
SE42077 Creutzburg. 1 session, \$39
member \$30

» Living with Resilience in 2020

NEW Looking for a roadmap for managing change? Start the New Year by learning what no one taught you in school..the secrets of how to live your life with resilience. Whether you're struggling with accepting changes in your career, finances, a difficult relationship, a loss or a chronic illness, in this interactive class you will take 5 concrete steps to more effectively manage the change that has altered your world. Discover how positive versus negative energy impacts your life and how to handle setbacks in ways that foster strength and growth. Leave feeling more balanced, energized and with the ability to overcome challenges of all kinds.

Jan Zacharjasz, Certified Life Coach

Wed, 10:00 AM to 12:00 PM, starts 1/15/20
SE31083 Creutzburg. 2 sessions, \$59
member \$49



» Your Dreams: Secret Wisdom and Guidance for Daily Life

Ever wondered about your nighttime dreams and the secret wisdom they contain? Learn simple techniques for dream recall and how to analyze your dreams for guidance on relationships, health, creativity, and your career. We'll study symbols, characters, beliefs and decode their lessons. Discover how famous artists, filmmakers, inventors and healers harness the power of dreams — and how you can too. Bring a dream and an open mind — and get ready for adventure while you sleep!

Sharon Pastore, CDP, Founder, Dream Girl Power

Tue, 10:00 AM to 11:30 AM, starts 1/21/20
SE21030 Creutzburg. 2 sessions, \$49
member \$39



PROFESSIONAL DEVELOPMENT

» LinkedIn: The Basics and Beyond™

Novice LinkedIn members will learn critical profile secrets, drill deep into settings to optimize personal exposure, communications and security, use a variety of custom communications and networking strategies that deliver great results. Finish up with Q&A time. Students are best served by bringing their own laptops (no mobile devices). This IS NOT a profile writing workshop. It is a personal optimization process to maximize networking results.

Thomas M. Firchow, LinkedIn Trainer; Marketing Strategist

Tue, 6:00 PM to 9:00 PM, 9/24
ES22012 Lower Merion HS. 1 session, \$79
member \$67

» Job Seekers: Networking & Developing Your Career

NEW Are you looking for a job that best suits your skills, interests, goals and personality? Join other job seekers for mutual support, encouragement, inspiration and empowerment. Discuss networking strategies, resume writing, and other valuable career search techniques and strategies. Find out how to identify employment opportunities and ways to customize your interview based on an understanding of each prospective employer. Leave with the energy, motivation and confidence to manage your job search. Prior to class, enjoy refreshments while networking with others on the beautiful Creutzburg porch.

Sharon Edwards, Principal, Brandywine River Consulting

Mike Mayer, Richmond Hazleton Group

Thu, 5:30 PM to 7:30 PM, starts 10/10
ES42041 Creutzburg. 2 sessions, \$49
member \$39

» Going Back to Work After Having Your Baby

NEW Returning to your job after having a baby can be a challenge, and once there, you may be struggling with the changes you are facing. Learn about ways to successfully deal with this transition phase in your life. Discuss the new dynamics of work-life balance and how to manage personal and family related challenges. Interact with class members to exchange ideas and insights.

Stefania Baita, Life & Career Coach

Thu, 7:00 PM to 9:00 PM, 11/14
ES42008 Creutzburg. 1 session, \$39
member \$30



BUILD YOUR BUSINESS

ES22041 Lower Merion High School

Tue, 10/1, 10/15, 10/22

Full series 3 sessions, \$125
member \$105

» How to Get Media Coverage

NEW Do you own a business or represent a community organization and want to get media coverage? Getting the word out to the media can increase your chances of success. Learn what to do to get coverage in newspapers, broadcast news and blogs. Bring a brochure about your business or information on your organization for an in-class assignment. Materials fee (\$5) payable to instructor.

Ilenna Di Toro, MBA, APR

Tue, 6:00 PM to 9:00 PM, 10/1

ES22042 Lower Merion HS 1 session, \$49
member \$39

» Instagram for Business

NEW Creating a social media presence is a necessity for most successful businesses. Learn how to leverage the power of Instagram and develop a social media strategy that gets results. Bring a laptop, tablet or mobile device with an Instagram account.

*Thomas M. Firchow, LinkedIn Trainer;
Marketing Strategist*

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

ES22238 Lower Merion HS 1 session, \$49
member \$39

» Twitter for Business

NEW Whether your business is small or large, your marketing can benefit from using Twitter. Learn how to increase brand awareness and keep up with the latest trends. Bring a laptop, tablet or mobile device with a Twitter account.

*Thomas M. Firchow, LinkedIn Trainer;
Marketing Strategist*

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

ES22239 Lower Merion HS 1 session, \$49
member \$39

» How to Run for Political Office

NEW If you are passionate about issues in your community, running for political office might give you the chance to make a difference. Before you make the decision, consider the pros and cons of running a campaign including the financial and time commitments required. This step-by-step guide will help you be an informed potential candidate by covering the logistics of how to register, creating a campaign team, raising money, the importance of creating visibility, connecting with a political party and other key topics. Leave with the knowledge about what it takes to develop a path to victory.

Timothy Brown, Professional Political Organizer

Tue, 7:00 PM to 9:00 PM, starts 10/15

ES22291 Lower Merion HS 2 sessions, \$59
member \$49

» Grant Writing 101

This beginner's class is for anyone interested in learning more about grant writing. We will cover foundation research, the value of developing relationships, components of the letter of intent and grant proposals, as well as an introduction to the logic model with an emphasis on outcome measurements.

*Lorri Sarosy, BA, MBA, Finance & Marketing;
Entrepreneur; Public Speaker*

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

ES42007 Creutzburg 3 sessions, \$59
member \$49

» How to Plan the Perfect Event

NEW Whether it's a small personal gathering, company meeting or major event, there are some basic planning strategies you can use to make your event successful. Discuss how to manage a budget, select a location, create a schedule, as well as factors that will influence your choice of menu items such as the number of guests and the type of occasion. Get tips on the appropriate amount of food, beverages and supplies you should order, how to set the room to assure a smooth flow throughout the occasion and adding that special touch for your guests to enjoy.

*Lou Marrocco, CMP, President and Founder of
Brandywine Events*

Tue, 7:00 PM to 8:30 PM, starts 11/12

ES22040 Lower Merion HS 2 sessions, \$49
member \$39

SPORTS, GAMES & OUTDOOR ADVENTURES

GAMES

» Play Pool!

NEW The classic game of pool is a lot easier to pick up than you think. Learn or improve your skills under the guidance of Michael, a certified pool instructor with over 30 years experience. To get you started, he'll cover the proper stance and stroking techniques, where to hit the cue ball, shot selection, positioning and other fundamentals of the game. Discuss strategies including how to pocket balls, safeties and banking. Explore all the popular variations of the game and find out how to set up and run tournaments. Try what you learned with a field trip.

Michael Lizzio, Certified Pool Instructor

Tue, 7:00 PM to 9:00 PM, starts 10/15

SP22001 Lower Merion HS 1 session & 2 field trips, \$85
member \$71

» Pinochle 101

NEW Learn to play pinochle, a game developed in the U.S. and one of the country's most popular games. Pinochle uses a 48 card deck and each hand is played in three phases: bidding, meld and tricks. Pinochle is fun, fast moving and encourages social interaction. Each student receives a pinochle deck of cards to spend many enjoyable hours playing the game.

Marebeth Conard, Experienced Pinochle Teacher

Thu, 2:00 PM to 4:00 PM, starts 11/7

SP41004 Creutzburg 3 sessions, \$65
member \$53

» Canasta: Beginners

Learn the fundamentals of play and strategy of this form of rummy established in South America in the 1930's. Gain a strong foundation and enough knowledge to spend many enjoyable hours playing with friends.

Donna Bronstein, Experienced Canasta Teacher

Tue, 7:00 PM to 9:00 PM, starts 9/24

SP22044 Lower Merion HS 8 sessions, \$129
member \$111*Sue Laskin, Experienced Canasta Teacher*

Mon, 1:00 PM to 3:00 PM, starts 10/28

SP11010 Creutzburg 8 sessions, \$129
member \$111

Tue, 1:00 PM to 3:00 PM, starts 10/29

SP21012 Creutzburg 8 sessions, \$129
member \$111

» Canasta: Supervised Play & Strategy

This class is for those who already know how to play Canasta. Socialize and have fun while playing with others as you practice your skills and work on strategy.

Donna Bronstein, Experienced Canasta Teacher

Thu, 1:00 PM to 3:00 PM, starts 9/19

SP41046 Creutzburg 5 sessions, \$99
member \$88

Thu, 1:00 PM to 3:00 PM, starts 10/24

SP41047 Creutzburg 5 sessions, \$99
member \$88



» Bridge: Beginners

If you've always wanted to learn how to play Bridge, this class is for you! Ideal for those interested in updating their game to modern bidding techniques. Learn the basics of evaluating a hand, making bids, communicating with a partner, and playing the hand. Defensive bidding such as overcalls and takeout doubles will also be covered. No previous experience necessary. Textbook (\$15) payable to instructor.

Anne Morris, Silver Life Master, ACBL Certified Instructor

Tue, 6:15 PM to 7:45 PM, starts 9/17
SP22086 Lower Merion HS....9 sessions, \$159
member \$148

Linda Smith, Certified Bridge Instructor

Wed, 1:30 PM to 3:00 PM, starts 9/18
SP31004 Creutzburg9 sessions, \$159
member \$148

» Bridge: Continuing Beginners

Designed for advancing bridge players, focus on rebids by opener and responder, defensive bidding such as overcalls and takeout doubles, with appropriate responses by partners. Discuss strong opening bids, preemptive (weak) bids, and slam bidding. Play several hands during each class to reinforce the lessons. Textbook (\$15) payable to instructor.

Linda Smith, Certified Bridge Instructor

Wed, 3:05 PM to 4:35 PM, starts 9/18
SP31005 Creutzburg9 sessions, \$159
member \$148

» Bridge: Advanced Beginners

If you have some knowledge of bidding, and would like to expand your skills in playing the hand as declarer, this class is for you. Review the concepts of bridge bidding, and concentrate on ways to play the hand so you can best fulfill your contract. At each session, there will be hands to play. Having fun is our first priority! Textbook (\$16) payable to instructor.

Sharon Segal, ACBL Certified Instructor

Fri, 10:00 AM to 11:30 AM, starts 9/20
SP51014 Creutzburg8 sessions, \$121
member \$105

» Bridge: Supervised Play

NEW Designed for advanced beginners and intermediate players who want more play time to strengthen their skills. All tables will play the same hand with supervision to ensure you get to the proper contract. Each hand will be put on the board for review and offer tips for both declarer play and defensive play.

Linda Smith, Certified Bridge Instructor

Tue, 6:00 PM to 7:30 PM, starts 9/17
SP22088 Lower Merion HS....9 sessions, \$159
member \$148

» Mah Jongg: Beginners

This ancient Chinese tile game involves skill, concentration and luck. Learn the rules of the game and winning strategies, then play the game with hands-on instruction. Official large-print Mah Jongg card included.

Leah Feigenbaum, The Mah Jongg Mentor

Wed, 1:30 PM to 3:30 PM, starts 9/18
SP31006 Creutzburg5 sessions, \$115
member \$99

Wed, 7:00 PM to 9:00 PM, starts 9/18
SP32008 Creutzburg5 sessions, \$115
member \$99

» Mah Jongg: Supervised Play

This class is for those who already know the game. Come play with others who enjoy the game while honing your skills and working on strategy. Official large print Mah Jongg card included.

Leah Feigenbaum, The Mah Jongg Mentor

Wed, 1:30 PM to 3:30 PM, starts 11/6
SP31007 Creutzburg3 sessions, \$89
member \$79

Wed, 7:00 PM to 9:00 PM, starts 11/6
SP32009 Creutzburg3 sessions, \$89
member \$79



SPORTS

» Beginner Horseback Riding

Learn ground handling and basic riding skills. The riding ring at Valley Forge Academy is indoors and spacious and home to the most convenient riding school on the Main Line. Non-refundable horse facilities fee (\$400) payable to the instructor.

Maria Metz, Director of Horsemanship, Valley Forge MA & C

Mon, 6:30 PM to 7:30 PM, starts 9/9
SP12012 Valley Forge MA&C .10 sessions, \$123

Tue, 6:30 PM to 7:30 PM, starts 9/10
SP22012 Valley Forge MA&C .10 sessions, \$123

» 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

Thu, 8:45 AM to 9:45 AM, starts 9/19
SP41095 Paxon Hollow Country Club
.....6 sessions, \$154
member \$134

Thu, 10:00 AM to 11:00 AM, starts 9/19
SP41096 Paxon Hollow Country Club
.....6 sessions, \$154
member \$134

Thu, 11:15 AM to 12:15 PM, starts 9/19
SP41097 Paxon Hollow Country Club
.....6 sessions, \$154
member \$134

» Squash Clinic

Learn or brush up on the basics of this fast-paced game including: stroke technique, strategy, drills in groups and solo, rules and scoring methods. Facilities usage included in class fee. Protective eyewear, rackets and balls provided.

Staff, Berwyn Squash & Fitness Club

Wed, 7:45 PM to 9:00 PM, starts 10/16
SP32084 Berwyn Squash5 sessions, \$145
member \$129

» Tennis at Narberth Tennis Club

Improve your strokes through drills and skill-building exercises. Practice footwork and see results in your on-court movement. Focus on improving your game versus simply changing it. Class is for students who play at a modest level.

Teaching Professionals, Julian Krinsky School of Tennis

Thu, 11:00 AM to 12:00 PM, starts 10/3
SP41025 Narberth Tennis Club.. 6 sessions, \$155
member \$134

» Indoor Golf Simulator Workshop

Whatever your game, this class will take you to the next level — rain, snow or shine! Hit a ball in front of a simulated course screen designed to calculate your clubhead speed, clubface angle, ball carry and swing path. Golf teaching professionals provide analysis and instruction to improve your game. Class size limited to three students.

Teaching Professionals, Julian Krinsky School of Tennis

Mon, 2:15 PM to 3:00 PM, starts 10/7
SP11004 Narberth Tennis Club
.....6 sessions, \$197

Tue, 2:15 PM to 3:00 PM, starts 1/7/20
SP21005 Narberth Tennis Club
.....6 sessions, \$197



» Pickleball Clinic and Play – Beginner

Start your lifelong love of Pickleball with this informative Beginner class. Learn the basics of the game including what equipment is right for you, the rules, basic shot techniques, court positioning and basic strategy.

Carl Richard, Pickleball and Tennis Coach

Mon, 7:00 PM to 8:00 PM, starts 9/16
SP12021 Upper Merion Community Center
.....6 sessions, \$85
member \$81

Mon, 7:00 PM to 8:00 PM, starts 11/4
SP12022 Upper Merion Community Center
.....6 sessions, \$85
member \$81

MainLineSchoolNight.org 69

» 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 postpones if weather issues.

Brannon Johnson, Head Coach & Owner, BLJ Community Rowing

Mon, 5:30 PM to 7:00 PM, starts 9/9
SP12004 Public Dock. 6 sessions, \$195

» Boating Safety Certification

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 (\$10 fee) State Operator Certification. Official manual and exam included.

Staff, U.S. Coast Guard Auxiliary

Tue, 7:00 PM to 9:00 PM, starts 9/17
SP22006 Lower Merion HS. 4 sessions, \$93
member \$79

» Ice Skating

Learn basic skating skills. It's great fun and terrific exercise. Half-hour lesson then practice what you've learned on the rink during each session. Fee includes admission and skate rental.

Certified Staff Professionals, Rated USFS and PSA Members, The Skatium

Sun, 4:05 PM to 5:05 PM, starts 1/12/20
SP71007 Skatium. 6 sessions, \$129

OUTDOOR ADVENTURES

» Kayaking Adventure through the Batsto River

Experience the ultimate Pine Barrens kayaking adventure winding your way through the heart of Wharton State Forest from Quaker Bridge to Batsto Lake viewing white cedar forests surrounded by the pristine habitat and silence. Be prepared for 3-4 hours of paddling on the river. Students will meet at Pinelands Adventures. Bring your lunch. Equipment included.

Staff, ACA Certified Instructors, Philadelphia Canoe Club

Fri, 10:00 AM to 5:00 PM, 9/20
SP51018 Pinelands Adventures. 1 session, \$69

» Birding with MLSN & Radnor Conservancy

Experience the exciting hobby of bird watching. Find out what you need and what's new in 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. Any skill level welcome.

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

Sat, 8:00 AM to 10:00 AM, 9/21
SP61067 The Willows. 1 session, \$19
member \$12

» MLSN Hiking Club

Experience the richness and diversity of Delaware Valley's natural environment. Make new friends while exploring nearby 3 to 5 mile scenic and historic trails. First class meets at the Creutzburg Center to get acquainted and learn hiking procedures, then caravan to first hike. Subsequent classes meet at designated trail.

Paul & Ellen McCabe, Hike Leaders

Bill & Cathy Siegl, Hike Leaders

Tue, 9:30 AM to 12:00 PM, starts 9/17
SP21027 Creutzburg. 5 sessions, \$65
member \$55

» Hiking with MLSN & Radnor Conservancy

Go "off the beaten path" and hike hidden trails right in Radnor! Learn about wild plants along the way and explore some of the historic mill ruins along Darby Creek.

Mary Coe, Friends of Radnor Trails

Sat, 1:00 PM to 3:00 PM, 11/2
SP61069 Fall Foliage The Willows
..... 1 session, \$19
member \$12

Sun, 1:00 PM to 3:00 PM, 11/17
SP71070 Tree Identification The Willows
..... 1 session, \$19
member \$12

Sat, 1:00 PM to 3:00 PM, 12/7
SP61071 Radnor Ruins The Willows
..... 1 session, \$19
member \$12



LOCAL TOURS & BUS TRIPS

LOCAL TOURS

» Boathouse Row Walk and Tour



NEW Dotty Brown, former editor at the *Philadelphia Inquirer*, brings Boathouse Row to life during this walking tour by telling 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 did women win real estate on the Row? (Join us for a special event 9/27 — Unknown Stories of Boathouse Row, Page 3)

Dotty Brown, Former Editor, Philadelphia Inquirer; Author, Boathouse Row: Waves of Change in the Birthplace of American Rowing

Wed, 10:30 AM to 11:30 AM, 10/2
TT31021 Boathouse Row. 1 session, \$45
member \$35

WALKING SCALE



MILD



MODERATE

EXTENSIVE



» Tour of Ardrossan

NEW View one of the last remaining great estates of the Main Line. This MLSN exclusive first floor tour of Ardrossan will be given by Joan Mackie, the granddaughter of the Montgomerys. Horace Trumbauer designed the house and it was lived in by the Montgomery extended family from 1912 to the present. Playwright Philip Barry, a family friend, based *The Philadelphia Story* on members of the Montgomery family, Ardrossan and Radnor township. Tracy Lord, played by Katharine Hepburn, was loosely based on Helen Hope, the oldest Montgomery child.

Joan Mackie

Sat, 10:00 AM to 11:30 AM, 10/26
TT61024 Ardrossan. 1 session, \$59
member \$49



» Chanticleer: A Garden Worth Seeing

Chanticleer was a gift to the public from the Rosengarten family, which began planning the garden a century ago. It's a contemporary garden in an historic setting. The garden has been called one of the most romantic, imaginative, and exciting gardens in America. A tour of the Rosengarten mansion is included along with a guided tour of the gardens.

Anne Sims, Director of Chanticleer

Wed, 5:15 PM to 7:30 PM, 9/11
TT32131 Chanticleer. 1 session, \$46
member \$38

BUS TRIPS» **Intrepid and Hudson Yards**

NEW The Intrepid aircraft carrier served in the U.S. Navy for over three decades and played a role in World War II, the Cold War, the Space Race and the Vietnam War. Intrepid now serves as a museum on Pier 86 in New York City. After a docent-led tour, we will visit Hudson Yards, New York's newest neighborhood. After lunch on your own, you can climb Vessel, visit The Shed, or look out of the Observation Deck — a thousand feet in the air.

Bonni Shinfeld, Coordinator

Sat, 7:30 AM to 6:00 PM, 9/14

TT61017 Radnor Financial Center

..... 1 session, \$159
member \$137

» **Grounds for Sculpture**

Grounds For Sculpture is a 42-acre public sculpture park located in Hamilton, NJ. It was founded in 1992 and displays works by established and emerging American and international sculptors in a variety of styles. A docent-led tour will highlight a select number of sculptures. Following the tour, you may choose to continue exploring the grounds and indoor exhibitions. Lunch is on your own.

Bonni Shinfeld, Coordinator

Wed, 8:30 AM to 5:00 PM, 9/25

TT31016 Radnor Financial Center

..... 1 session, \$129
member \$110

» **Fall in Hudson Valley: Octagon House, Sleepy Hollow Cemetery and Lyndhurst**

NEW Join us in the Hudson Valley as we visit three iconic properties. Sleepy Hollow Cemetery is the final resting place of many of the region's most famous inhabitants. Lyndhurst, a gothic mansion, is decked out in fall splendor. The Armour-Stiner House, the last remaining home in the shape of an octagon, has very recently opened its doors to visitors. Lunch will be on your own.

Bonni Shinfeld, Coordinator

Sat, 7:00 AM to 7:00 PM, 10/12

TT61019 Radnor Financial Center

..... 1 session, \$185
member \$159

» **Renwick Gallery and Tour and Tea at Washington Cathedral**

NEW Visit the Renwick Gallery, a museum in Washington, DC devoted to contemporary craft and decorative art. After a docent tour, there will be time for a light lunch on your own. After lunch an in-depth guided Cathedral tour will be followed by a traditional English high tea and a scenic view of Washington. The Cathedral has been the location of funerals and memorial services for nearly all U.S. presidents since 1893.

Bonni Shinfeld, Coordinator

Wed, 7:00 AM to 7:00 PM, 10/23

TT31020 Radnor Financial Center

..... 1 session, \$169
member \$145

» **Basquiat at Guggenheim and American Folk Art Museum in New York**

NEW The Guggenheim's exhibit of Jean-Michel Basquiat focuses on his "Defacement" painting about police brutality. The painting depicts the fate of African American artist, Michael Stewart. Six white police officers faced charges related to Stewart's death. All six were acquitted. After a docent tour, lunch on your own. After lunch, a guided tour of the American Folk Art Museum will introduce you to folk and self-taught art.

Bonni Shinfeld, Coordinator

Tue, 7:15 AM to 6:30 PM, 11/5

TT21021 Radnor Financial Center

..... 1 session, \$149
member \$129

» **National Museum of African American History and Culture**

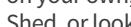
NEW The Smithsonian National Museum of African American History and Culture in Washington, DC is a state-of-the-art building opened in 2016 that addresses nearly every aspect of the African American experience, covering the arts, slavery, the Civil Rights Movement, athletics and much more. A self-guided, timed museum tour will be followed by lunch on your own and the ability to continue to tour the museum or explore the Mall on your own.

Bonni Shinfeld, Coordinator

Thu, 7:00 AM to 7:00 PM, 11/14

TT41025 Radnor Financial Center

..... 1 session, \$125
member \$105

» **St. Patrick's Catacombs and Grand Central Station**

NEW Just recently, the Basilica opened the underground crypts in Old St. Patrick's Cathedral in New York for public touring. The docent-led tour includes the history of Old St. Patrick's, the interior of the Basilica, the cemetery and, of course, the catacombs. The tour will be followed by a visit to Grand Central Station. After lunch on your own at the many restaurants in the station, a docent-led tour will give you the history and significance of this magnificent building and its iconic celestial ceiling as shown on the front cover. You will also have a chance to see Grand Central's holiday train show.

Bonni Shinfeld, Coordinator

Tue, 7:15 AM to 7:00 PM, 11/19

TT21018 Radnor Financial Center

..... 1 session, \$169
member \$145

» **Fractured Fairy Tales at Brandywine and Holiday Displays at Longwood**

NEW Brandywine River Museum of Art exhibits *Cinderella & Co.: Three Fairy Tales Reimagined*, an examination of traditional and unconventional illustrations for three well-known and beloved fairy tales—*Cinderella*, *Goldilocks and the Three Bears*, and *The Three Little Pigs*. After lunch on your own, we will visit Longwood Gardens to see the fabulous holiday and light display and have a guided tour to discuss the garden legacy of Longwood's founder, Pierre S. du Pont.

Bonni Shinfeld, Coordinator

Thu, 8:45 AM to 6:00 PM, 12/5

TT41022 Radnor Financial Center

..... 1 session, \$139
member \$119

» **Bethlehem and Christkindlmarkt for the Holidays**

Few cities are as beautiful as Bethlehem when decorated for Christmas. The 1741 Gemeinhaus, home of the Moravian Museum of Bethlehem is believed to be the largest 18th-century log structure in continuous use in the U.S. This guided tour gives us the earliest history of the Bethlehem community. Take a bus tour of Bethlehem followed by lunch in town on your own. Afterwards travel to Christkindlmarkt, one of the best holiday markets in the U.S.

Bonni Shinfeld, Coordinator

Sat, 8:00 AM to 6:00 PM, 12/14

TT61026 Radnor Financial Center

..... 1 session, \$129
member \$110

» **Vogue Knitting LIVE New York**

NEW *Vogue Knitting* magazine is the fashion leader in the knitting industry. Now you can experience *Vogue Knitting LIVE*, bringing together thousands of knitting enthusiasts for a show filled with fashion, fiber, and education. The day will feature master-level hand-knitting classes, a high-end shopping experience, knit-couture fashion shows, knit art gallery, and more to engage and inspire every knitter. Lunch will be on your own.

Bonni Shinfeld, Coordinator

Sat, 8:30 AM to 6:30 PM, 1/18/20

TT61030 Radnor Financial Center

..... 1 session, \$125
member \$105

» **Bryn Athyn**

Nestled in Huntingdon Valley is the community of Bryn Athyn, featuring Cairnwood Estate, an extraordinary country home in the Beaux Arts style. After a guided tour of Cairnwood, we can forget about winter as we eat box lunches (included in price) served in the garden room of the mansion. After lunch we will take a guided tour of Bryn Athyn Cathedral, and Cairnwood Museum, a museum of religious art and history.

Bonni Shinfeld, Coordinator

Sat, 9:00 AM to 5:00 PM, 2/8/20

TT61027 Radnor Financial Center

..... 1 session, \$129
member \$110

WRITING & COMMUNICATION

WRITING

» Autobiographical Writing

I've never met anyone who didn't have at least one good story to tell, and usually quite a few more. But how best to tell those stories? In this class, you will work at bringing your stories to life. Your learning and teaching material will be primarily your own written work and teacher and student reactions and commentary. Some of the class will be returning students, and some will be new. All voices contribute uniquely, and all are valued. Bring to class your curiosity, your qualities of perception, your bravery, and a piece of writing to be read and discussed.

Kate Varley, Published Author

Mon, 9:30 AM to 11:30 AM, starts 9/16
WC11094 Creutzburg.....12 sessions, \$189
member \$163



» Crafting Poetry

Tap into your inner poet! In this class you will use writing prompts and examples from contemporary poetry as starting points for creative inspiration. Students will also share their own writing in a supportive workshop that encourages the development of one's unique poetic voice. New and returning students are welcome.

Kate Varley, Published Author

Mon, 1:00 PM to 3:00 PM, starts 9/16
WC11009 Creutzburg.....8 sessions, \$136
member \$116



» A Fiction Writer's Boot Camp

Explore the elements and processes of creating fiction from short stories to novels and from contemporary to genre fiction. Classes combine lectures, writing prompts, and assigned readings. Topics covered include writing fully realized characters, creating compelling beginnings, selecting the right point of view for your story, and narrative strategies for editing and revising, as well as publishing. Come prepared to write.

Gregory Frost, Award-winning Author; Faculty, Swarthmore College

Tue, 7:00 PM to 8:30 PM, starts 9/24
WC22022 Lower Merion HS ... 8 sessions, \$150
member \$128

» The Art of Writing Fiction

Examine the characteristics of great fiction and discover why our favorite stories are so appealing to us. Each week, a different topic will be discussed, such as dialogue, point of view, character development, etc., and writing prompts will be given to further explore each topic. We'll also spend time reading one another's creative writing and offering feedback to interested students on their own short stories, novel excerpts or flash fiction pieces during each class.

Maria Ceferatti, Published Author; Creative Writing Teacher

Wed, 10:00 AM to 12:00 PM, starts 9/25
WC31002 Creutzburg.....8 sessions, \$136
member \$116
Mon, 6:30 PM to 9 PM, starts 11/4
WC12002 Creutzburg.....5 sessions, \$112
member \$95

» The Craft of Writing Novels for Young Readers

NEW Find your voice as a "kidlit" author. Begin writing your chapter book, middle grade, or young adult novel. Class covers concepts such as plot, character development and voice as well as ways to help you read critically (and become a more critical writer). Enjoy a hands-on approach as you engage in writing prompts designed to educate and spark the imagination. Come away with a greater understanding of how to write for young people.

Eric Bell, Juvenile Fiction Author

Fri, 9:15 AM to 10:45 AM, starts 10/4
WC51001 Creutzburg.....6 sessions, \$89
member \$74



» Fundamentals for Writing a First Draft

NEW Whether you want to write a small- or large-scale project, this workshop will help you stop talking, start writing, and finish the first draft of any creative writing project. Explore methods to being accountable to your craft: overcome procrastination, find tools to build consistency in your writing practice, and understand what a "first draft" actually is, as well as the mental gymnastics needed to finish one. Bring pen and paper or a laptop. Writing exercises included!

Beth Goldner, Published Author; Creative Writing Instructor; Writers Conference Lecturer

Sat, 9:00 AM to 1:00 PM, 10/19
WC61005 Creutzburg.....1 session, \$55
member \$44

» Creative Writers Bootcamp: A No-Nonsense Guide to Building a Creative Writing Practice

Fiction and creative nonfiction writers of all levels — gain the knowledge and skills to create and/or maintain a writing life. Discover methods to create a writing practice that fits your life; incorporate tools to avoid procrastination and maintain focus; create schedules for your projects; keep yourself accountable to getting writing accomplished; and find a suitable writing community. Explore first drafts, approaching revisions, crafting a book outline, writing a synopsis, submitting your work, and finding an agent. In-class writing exercises included.

Beth Goldner, Published Author; Creative Writing Instructor; Writers Conference Lecturer

Thu, 7:00 PM to 8:30 PM, starts 10/31
WC42004 Creutzburg.....5 sessions, \$78
member \$65

» Anatomy of a Picture Book: A Look at Story Structure

NEW Many story structures are available to the picture book writer, which can make it confusing to select the best match for your story. In this class for advanced beginner through intermediate level picture book writers, discuss the pros and cons as well as the popularity of a variety of story structures specifically used for picture books and explore each structure through example picture books. Students will receive a reading list for further study.

Nancy Kotkin, Professional Writer; Editor; Writing Instructor

Sat, 9:00 AM to 5:00 PM, 11/2
WC61001 Creutzburg.....1 session, \$82
member \$68

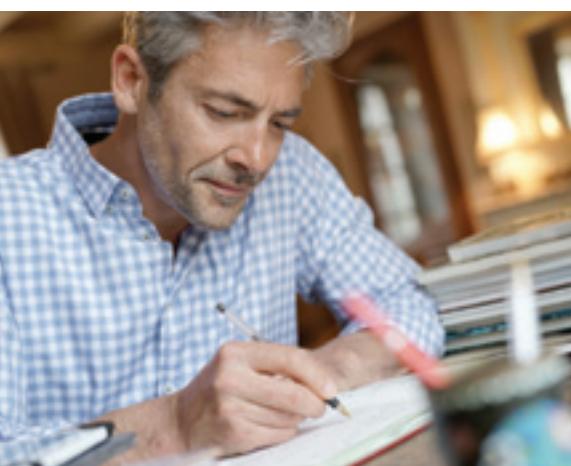


» Give Your Characters Voice: Writing Dialogue

NEW Dialogue must convey the story, deepen characterization, advance the plot, and create dramatic tension. Through exercises, learn to write natural-sounding dialogue that serves more than one purpose, the difference between direct and indirect dialogue and when to use each and, most important, how to infuse their dialogue with conflict and subtext, creating page-turning stories.

Nancy Kotkin, Professional Writer; Editor; Writing Instructor

Sat, 9:00 AM to 1:00 PM, 11/9
WC61002 Creutzburg..... 1 session, \$55
member \$44



» Getting Started in Non-Fiction Freelance Writing

Interested in freelance writing but don't know where to start? Magazines? Blogs? Marketing communications? This class will provide an overview of the various markets for non-fiction freelance writers and how to approach them. We will discuss where to find potential markets for 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, Founder of Project Marketing; Public Relations and Freelance Writer

Tue, 10:00 AM to 11:30 AM, starts 1/7/20
WC21001 Creutzburg..... 4 sessions, \$77
member \$64



COMMUNICATION

» Public Speaking: Becoming the Speaker You Want to Be

Working with instructors from Valley Forge Toastmasters and using a reliable model for preparing and delivering effective presentations, you will learn how to organize talks clearly, write them memorably and deliver them confidently. Gain skills to significantly reduce your fear of public speaking, use techniques to develop your speaking voice and perform speeches with dynamic movement and gestures. The speech model that you will practice is useful for briefings, elevator talks and interviews.

Rich Lucia, Business Development Specialist, Speaker & Author

Don Wallace, Immediate Past President, Valley Forge Toastmasters

Tue, 7:00 PM to 8:30 PM, starts 10/15
WC22021 Lower Merion HS 6 sessions, \$89
member \$74

» What's So Funny?

NEW Boomerist Fred Lavner takes you back for a fun-filled retrospective of American humor, from Will Rogers to Bill Maher. The course offers both audio, video and print examples of the best and brightest clowns, comics, and comedians that made America laugh for almost 100 years. While times and tastes have changed wildly over the years, the basic premise of the class is what makes people laugh and why. Come with an open mind, get into the minds of some of the greats, and get ready to laugh.

Fred Lavner, Boomerist; Author; Award-winning Writer-Producer; Stand-Up & Sit-Down Comic

Fri, 12:30 PM to 2:00 PM, starts 11/8
WC51002 Creutzburg..... 4 sessions, \$82
member \$68



Supporting education in our community.



Helping to make our community stronger.

Our UGI companies UGI Energy Services, AmeriGas and ServiceMark are responsible for meeting the energy needs of millions of people in Pennsylvania and across the nation.

But our responsibility doesn't end there. We also support lifelong learning in the communities we serve on the Main Line and beyond.

Strong community involvement. It's another example of how UGI is using our energy to do more.

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As the only cooperatively owned and governed Life Plan community in the nation, Beaumont actively supports lifelong learning for its residents, and wishes Main Line School Night success with its fall programming.



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seic.com/privatewealth

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 School Night**



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Monika M. Panger, CFA
 Principal
 (215) 854-7266

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 REGIONAL HOSPITALS
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For almost 130 years, the professionals at Bryn Mawr Trust have proudly supported the communities where we live and work. Our commitment to community and family is what defines our Company and what has made us an invaluable partner to generations who have been banking with us since 1889.

bmtc.com

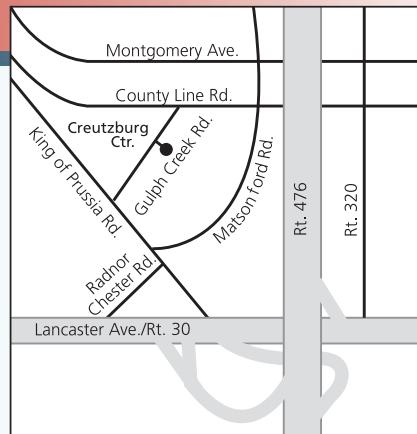
Member FDIC

LOCATIONS

Creutzburg Center at Harford Park

Headquarters of Main Line School Night
260 Gulph Creek Road, Radnor, PA 19087
610-687-0460

Directions: On Lancaster Ave. going west from Villanova, pass on-ramp to Rt. 476 North. Take the next right onto King of Prussia Rd. Cross Matsonford Rd. At the bottom of hill, turn right onto Gulph Creek Rd. Go 1/2 mile then turn right at sign for Harford Park and Creutzburg Center. Follow road for 1/4 mile to Center.



Class Locations

Ardrossan Estate
807 Newtown Road
Villanova, PA 19085

Beaumont Retirement Community
601 N Ithan Ave
Bryn Mawr, PA 19010

Berwyn Squash & Fitness Club
625 Cassatt Rd
Berwyn, PA 19312

Boathouse Row
1 Boathouse Row
Philadelphia PA 19130

Chanticleer
786 Church Rd
Wayne, PA 19087

First Position Dance
19 W Lancaster Ave
Ardmore, PA 19003

Harriton House
500 Harriton Rd
Bryn Mawr, PA 19010

Italian Market
S 9th & Carpenter Street
Philadelphia, PA 19147

Jenkins Arboretum & Gardens
631 Berwyn Baptist Road
Devon, PA 19333

Lower Merion High School
315 E Montgomery Ave
Ardmore, PA 19003

Madsen Design Center
2901 Springfield Rd
Broomall, PA 19008

Narberth Tennis Club
614 Montgomery Ave
Narberth, PA 19072

Paxon Hollow Country Club
850 Paxon Hollow Rd
Broomall, PA 19008

Pinelands Adventures
1005 Atsion Road
Shamong, NJ 08088

Pour Richard's Coffee Company
36 Berkley Rd
Devon, PA 19333

The Quadrangle
3300 Darby Rd
Haverford, PA 19041

Radnor Financial Center
150 N Radnor Chester Rd
Radnor, PA 19087

Radnor Twp Municipal Building
301 Iven Avenue
Wayne, PA 19087

Savona Restaurant
100 Old Gulph Road
Gulph Mills, PA 19428

Skatium
1002 Darby Road
Havertown, PA 19083

Sky Soup Art Center
203 Bala Avenue
Bala Cynwyd, PA 19004

Tuscarora Lapidary Society
24 Upland Rd
Brookhaven, PA 19015

Upper Merion Community Center
431 W Valley Forge Rd
King of Prussia, PA 19406

Valley Forge Military Academy & College
1001 Eagle Rd
Wayne, PA 19087

Valley Forge Park
1400 N Outer Line Drive
King of Prussia, PA 19406

Wayne Ballet & Center for Dance Arts
335 W Lancaster Ave
Wayne, PA 19087

The Willows
490 Darby Paoli Road
Villanova, PA 19085

Wolf Performing Arts Center
1240 Montrose Ave
Bryn Mawr, PA 19010

Check MainLineSchoolNight.org for maps and directions.

STAFF AND BOARD MEMBERS

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Wendy Greenfield.....Executive Director
Chris Boyland.....Technology Program Coordinator
Renae Buono.....Program Director
Susan Cohen.....Registration/Volunteer Manager
Amy Conard.....Operations/Program Director
Caroline Cuthbert.....Program Consultant
Arlene Kaufman.....Special Projects Director
Kathy MacKnight.....Registration Associate
Esther McGill.....Program & Strategic Partnerships Director
Kathleen Pollack.....Information Services Director
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Bonni Shinfeld.....Trips & Travel Director
Chris Smith.....Development/Membership Director
Mike Zavorski.....Creutzburg Site Manager

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Harvard C. Wood IV.....Berwyn
Cindy Yovanov.....West Chester
Wendy Greenfield (ex officio)

WANT TO...
TEACH?

JOIN THE
MLSN FACULTY

Do you have an idea for a class that you would like to teach? Do you have a special skill or talent you would like to share? Please visit MainLineSchoolNight.org and complete the teach a class proposal form for your class to be considered for an upcoming semester.



WANT TO...
VOLUNTEER?

MLSN
VOLUNTEER
PROGRAM

Be Engaged, Be Enriched, Be Part of MLSN

MAIN LINE SCHOOL NIGHT has a dedicated and growing team of volunteers. We depend on volunteers to perform a variety of tasks including answering phones, data entry, helping students find their classrooms and assisting with special projects. The benefits of becoming a volunteer are many — you will meet new friends, be an advocate for lifelong learning and be a vital part of MLSN's success! If you would like to contribute your time, enthusiasm and skills to MLSN, please visit MainLineSchoolNight.org and complete the volunteer form or call 610.687.0460.

OUR THANKS to the dedicated volunteers who have contributed their time, talent and energy over the years. You are truly the heart of our school and **we could not do it without you!**

EASY WAYS TO REGISTER

1. Online: MainLineSchoolNight.org
2. In person at the Creutzburg Center
3. Mail in registration form
4. By phone: (610) 687-0460

Administrative Offices
Creutzburg Center | 260 Gulph Creek Road
Radnor, PA 19087-4519 | (610) 687-0460

General Policies

Non-Discrimination

MLSN is committed to providing equal opportunities to all, without discrimination, regardless of race, color, sex, 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.

Liability

Students take classes at their own risk and agree to waive and release MLSN administrators and staff from any and all claims.

MLSN instructors come from a wide range of professions including education, business, arts, sciences and those whose hobbies have given them exceptional insights into a subject. MLSN makes no guarantees, expressed or implied that classroom instruction will result in specific gain. The content of classes is the responsibility of the instructor. Any opinions, suggestions, recommendations or advice given during these courses are those of the instructor and not those of MLSN.

Access

Access for students with disabilities varies by venue. Please let us know if you have limitations climbing stairs or have difficulty walking. Alerting us will help us make adjustments to the extent possible.

Financial Assistance

Financial assistance is available for some classes but does not cover fees for books or supplies.

Snow/Emergency Closing Information

If Radnor School District is closed, classes at the Creutzburg Center are cancelled. If Lower Merion School District is closed, classes at Lower Merion HS are cancelled. Check MainLineSchoolNight.org, MLSN's Facebook page or call 610-687-0460 for updates.

4 WAYS TO RECEIVE MLSN INFORMATION

- **Web:** MainLineSchoolNight.org
- **Facebook:** facebook.com/MLSchoolNight
- **Twitter:** twitter.com/MLSchoolNight
- **Sign up for our email alerts** on our website

Office Hours:

Monday-Thursday.....9 am – 4 pm
Friday.....9 am – 2 pm

Registration Policies

Withdrawal and Refund Policy

MLSN does not issue refunds as a result of illness, personal emergencies or any other event beyond our control. To qualify for MLSN credit, call 610-687-0460. MLSN credit is transferable and is valid for one year. It may be used toward any of our classes. To register using MLSN credit, call 610-687-0460.

Withdrawals before class begins: You will receive MLSN credit (less a \$20 processing fee), only if we are notified 3 business days before the start of the class.

Withdrawals after class begins: If you must withdraw after the first session has met but before the start of the second session, you will receive a MLSN credit for 50% of the class fee. No credit will be issued for one session classes.

Trips and Travel: You will receive MLSN credit (less a \$20 processing fee) only if we are notified by the withdrawal date listed on your registration confirmation.

Cancellation Policy

MLSN reserves the right to cancel classes. If MLSN cancels a class, a full refund will be issued by check within 30 days of cancellation. Cancellation of classes is often decided based on the number of registrations. Please do not wait until the last minute to register. Your timely registration may make the difference as to whether or not a class runs.

Make-up Classes

Every effort will be made to reschedule classes cancelled due to weather or other emergencies beyond our control.

Textbooks and Supplies

Textbook and supply purchases are non-refundable.

Guest Passes

Guest passes (\$20) are available for classes of 4 sessions or more at the Creutzburg Center and Lower Merion High School. Passes must be purchased on-site the day/evening of the first class, subject to space availability. The guest pass fee will be credited toward tuition if you register for the course. Some restrictions apply.

MAIL: Main Line School Night | 260 Gulph Creek Road | Radnor, PA 19087



STUDENT NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE (_____) _____

EMAIL _____

Male Female Age 18-19 20-29 30-39 40-49 50-59 60-64 65+

COURSE NUMBER _____

COURSE TITLE _____

COURSE FEE _____

1. _____

2. _____

3. _____

4. _____

Yes! I would like to support MLSN's program with a tax-deductible gift \$ _____
(Your gift will help keep life long learning affordable).

I would like to discuss a bequest and/or planned giving opportunities. I have mobility issues.

Enclose check payable to MLSN or use Amex Discover MC Visa

Total \$ _____

CARDHOLDER _____

CARD NUMBER _____

EXP. DATE _____

MAIL: Main Line School Night | 260 Gulph Creek Road | Radnor, PA 19087



BECOME A MEMBER OF MLSN!

MEMBER NAME _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

PHONE (_____) _____

EMAIL _____

General Membership

\$60 Scholar \$115 Scholar (couple) \$55 Senior Scholar (65+) \$105 Senior Scholar Couple (65+)

Sustaining Membership

\$250 Artisan \$500 Discoverer \$1000 Circle of Learners and Leaders

Membership Dues \$ _____

Additional Gift \$ _____

Enclose check payable to MLSN or use Amex Discover MC Visa

Total \$ _____

CARDHOLDER _____

CARD NUMBER _____

EXP. DATE _____

See page 2 for description of benefits. If your membership extends to others, please attach contact information for each additional name. Questions? info@mainlineschoolnight.org

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Wendy Campbell
Diane and Peter Classen
Helene and Steve Cohen
Bill Cumby III
Harlene and Ken DeMarco
Judy and Luigi DiFilippo
Dunwoody Village
Sharon Edwards
Kathleen and Jay Einspanier

Thomas A. Fillippo
Gerry and Marshall Fisher
Carrie Frey
Janet and John Haas
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MLSN Knitting Classes
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Rona and Neal Satten

Joanne and
Christopher Schell

Steve Schiffman
Anne and John Sly
Esther and Bernard Sobel
Loretta Spadafora
Joan Segal Trachtenberg
Anne Warner
A. Morris Williams
Wendy Wilson
Hari Zandler

MLSN Art Class
in honor of Joe Krush
Joseph Boyer
Harris Clearfield
Karen Cuzzolino
Rachel Dalinka
Nancy B. Davis
April and Joseph Denny
Denise Dolan
Janet Dreher
Leah Feigenbaum
Ellen G. Frost
Julie B. Gold
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ON A LOVELY SUMMER EVENING LAST JUNE,
MAIN LINE SCHOOL NIGHT PROUDLY UNVEILED THE
WELCOME GARDEN
AT CREUTZBURG CENTER.

A beautiful expression of strong community collaboration, the garden was created with the generous support of Chanticleer Garden, the Otto Haas Charitable Trust, UGI/AmeriGas and Radnor Township. The garden pathway with its many engraved pavers and boulders offers a new space that serves as a “learning lab” and place to reflect on the natural beauty of Harford Park. We are very grateful to all our donors who generously supported the Welcome Garden initiative and hope to add many more names in the years to come.



THE PATH DOES NOT END HERE.

Please support MLSN with the purchase of an engraved paver
in honor of a special loved one, pet, instructor or event.

INTERESTED? PLEASE CALL 610.687.0460.



MLSN

MAIN LINE SCHOOL NIGHT

260 GULPH CREEK ROAD
RADNOR, PA 19087-4519

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Bellmawr, NJ

FALL/WINTER

2019



19 | HOW TO GIVE A SMASHING
(NO STRESS) TAILGATE PARTY



9 | TRANSFORMATIVE
SCULPTURE SINCE RODIN

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