

HAVERFORD TOWNSHIP ADULT SCHOOL

In Person



In Person

Fall 2020

Online



In Person



Online



All are Welcome!
You do NOT need to be a
Haverford Township resident
to enjoy HTAS.

Fight Covid boredom with a class from HTAS

Registration Begins: **Monday, August 17**
Classes Begin: **Monday, September 21**
Information: **610-853-5919**
email: **support@haverfordadultschool.org**
www.**haverfordadultschool.org**

htas
Haverford Township Adult School
Learn, Grow, Connect!

There will be no mailed brochures OR in-person registration this semester

Mission Statement

The mission of the Haverford Township Adult School is to provide quality education, information, community development and recreation programs that are convenient and affordable. Our programs reflect developing values and needs of a diverse community in a changing world. We serve adults from all backgrounds and educational levels. Participants from all communities are welcome. The Adult School strives to offer programs that enrich personal and professional development, as well as a sense of community spirit and participation.

Administration and Board

Officers

President: Marcia Wiker
Vice-President: Stefanie Hahn
Treasurer: Laretta Blaine
Secretary: Lynn Beckwith

Administration

Coordinator: Barbara Harrison
Registrar: Joyce Sachs
Secretary/Registrar: Martha Drew
Building Coordinators: Joan McCaul,
Marcia Wiker

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Advisors

Patricia Biswanger	Paul Ferguson
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We know this has been a difficult time for many, and we appreciate the generosity of our instructors who donated their salaries and those students who donated their course fee rather than take a credit or refund for cancelled classes due to the Covid-19 shutdown.

Thanks to the instructors who donated their Spring 2020 salaries: Eric Hartline, Andrea Gamber, Lucy Coren, Eileen Stephey, Jean Burke, Haley Purdy, Sherrie Jenkins, Tiziana DeStephanis Murray, Sheron Brown-Greene, Jeanne Burke

Please Support Haverford Township Adult School

The Haverford Township Adult School (HTAS) is a private, non-profit educational organization which normally provides over 100 low-cost classes each semester on adult education, recreation, and wellness for citizens of Haverford Township and the surrounding communities. You do not need to be a resident of Haverford Township to take classes.

The HTAS receives no financial support from The Haverford Township school district, recreation department, or taxpayers.

To support us in keeping the classes affordable, and help us survive through the pandemic, please consider making a tax-deductible contribution to help us continue to offer the quality classes that you have come to expect!

WAYS to DONATE:

1. SMILE.AMAZON.COM Add Haverford Township Adult School as your charitable organization of choice on your Amazon Smile account. Amazon donates a fraction of the total of your purchase to HTAS at NO additional cost to you.
2. **Add your donation** to the registration form in this brochure.
3. Visit our website (www.haverfordadulthoodschool.org) and click on the **DONATE** button.

Community Sponsors

Haverford Township Adult School (HTAS) is grateful for the support of the following community sponsors:

Gold Sponsors:

- Commissioner Andy Lewis
- The Philadelphia Contributionship

Silver Sponsors:

- The Bryn Mawr Trust Company

Bronze Sponsors:

- Accredo
- Network for Good
- United Health

Gift In Kind

- Jim Segrave-Daly
- Mark Semerad
- School District of Haverford Township
- Union Methodist Church

It may look a little different...but HTAS is still here for you!

The last few months have proved to be challenging for us all. The most challenging aspects for us at HTAS were the complete cancellation of our classes this spring and the continuing uncertainty making it difficult to plan ahead. And still, no one knows what lies ahead in the next few months.

Now, more than ever, it is a time for us to stay connected. Although we have made the decision not to hold any classes in the school district buildings, many of our teachers have made the commitment to stay connected with you. We will be offering many of the classes you have grown to love through the virtual Zoom platform. And, we are grateful to some of our off-site instructors for providing opportunities for students who feel safe to come out to classes.

For those of you not familiar with Zoom, we will be happy to provide some technical support. It's easy – and such a great way to stay connected to the adult school community.

We are excited to be able to offer you so many ways to...Learn, Grow, Connect! Join us this semester!

Classes Begin: Monday, September 21

General Information

The **ONLY** number to call for Adult School information is **610.853.5919**. Starting Monday, August 17 through Friday, September 25, you may call the registrars weekdays from 10:30 AM- 12:30 PM. At other times you may leave your detailed message on the answering machine. **DO NOT CALL SCHOOLS OR SCHOOL DISTRICT OFFICES.** HTAS is an independent organization.

Now Register on-line 24 hours, 7 days a week starting Monday, August 17 at:
www.haverfordadultschool.org

(Please note: Golden Agers and other discounted classes will not be available on-line. Please register by mail or phone to receive these discounts.)

EMERGENCY SCHOOL CLOSING NUMBER 2480

The school closing number will be posted on kyw.com in the event of an emergency closing. You can also check on the homepage of our website (www.haverfordadultschool.org), your email, or the office answering machine (**610.853.5919**)

You do not need to be a Haverford Township resident to enjoy our classes!
For assistance in online registering, call 610.853.5919.

There will be **NO** in-person registration and **NO** mailed brochures.

For virtual classes, your zoom invitation will be emailed to you; watch for it!

Covid 19 Statement

In an effort to keep our students and staff safe during these trying times, most of our classes this semester will be on line. Any courses that are held in person will require masks and social distancing per CDC and PA state requirements in effect at the time of the classes.

Class Locations

Haverford Middle School

1701 Darby Rd., Havertown 19083

Haverford Senior High

200 Mill Rd., Havertown 19083

Havertown Health & Fitness

34 Brookline Blvd., Havertown 19083
610-449-1717

Movements in Motion

17 Mifflin Ave., Havertown 19083
610-853-1468

Mudroom Studio

11 Station Ave., Ardmore 19003
610-896-3887

DIRECTIONS:

Go to www.mapquest.com and type the address of the facility

Like:
Haverford Township Adult School
on Facebook



Online

301 Introductory Level: The Sacred Journey —A Spiritual Discussion Group I

Wed. 7:00-9:00

Online

5 Wks. 9/23-10/21

\$50

Something we all have in common is a spiritual life, whether anchored to an organized religion, to a more universal philosophy or to a collection of personal beliefs. We also share a long list of perplexing questions about the meaning of life and how we fit into it. Having just published an inspiring, non-fiction book about his aunt's 50 years as a spiritual/mystical channel and about the inspiring messages and lessons which came through her, the presenter will facilitate an open discussion group (not a lecture series) about such topics as: Who are we? What are we doing here? Is there sensibility to the concept of reincarnation? What is the truth about psychic and mystical phenomena? Are our dreams a source of help? What does it mean to live a more spiritual life? Is there such a thing as coincidence or is that the Universe's way of trying to help us? Having another opportunity to meet with other souls, to share ideas and questions, to swap book recommendations, and to discuss spiritual issues is a rare and wonderful opportunity. Join us for a series of inspiring evenings.

Presenter: **Conrad M. Follmer**, 30-year Haverford Township S.D., career educator, author of the spiritual book, "Death By the Potter's Wheel," Balboa Press, 2016.

creative arts, hobbies, leisure

All times are PM unless AM is noted

401

Online

Absolute Beginner Watercolor

Thurs. 6:30-8:00

8 Wks. 9/24-11/12

Online

\$85

Explore the joy of watercolor and the medium's limitless range of possibilities in this online class. Students will start with the very basics and a limited palette. Learn about the history of watercolor, the technical properties of supplies and most importantly how to control the ratio of pigment to water which is a key to watercolor success. Students will receive a pdf of instructions and each zoom session will have a demo and critique plus time to paint. Students may have some homework to get ready for the next class.

Materials extra, for supply list – go to:

<https://www.dickblick.com/lists/blicku/JPF2CDLQRWW66/publicview/>

Instructor: **Deena S. Ball**, nationally renowned landscape painter known for her innovative use of watercolor in combination with a textured ground and specialized surfaces. She received her BA in Art history and Studio Art from Colby College in Waterville, Maine and continued her studies at the Pennsylvania Academy of Art and Tyler School of Art.

Get Involved!

Become an HTAS Board Member! If you are committed to life-long learning, community service or have a desire to serve on a non-profit, all-volunteer Board of Directors, visit our website and click on "Download HTAS Board Application" at the bottom of the home page, or fill out the slip at the back of this brochure and include it in with your registration. Any questions, email support@haverfordadultschool.org.

Instructors and Ideas Wanted!

We are always looking for ideas and instructors.

Visit: www.haverfordadultschool.org

Click "**Get Involved**" to make a suggestion or volunteer. Or write to:

HTAS, Box 806, Havertown, PA 19083-0806

The Mudroom Studio is ready to host you

with social distancing guidelines in place. A face mask is required while walking around the studio, but will not be required while sitting and working on your project.

402 In Person Halloween Painting Party

Tues. 7:00-9:00 1 Nt. 9/29
Mudroom Studio \$30
11 Station Ave., Ardmore 19003 (610) 896-3887

Come have a ghoulish good-time! Join us for a two-hour session and create a unique hand painted Halloween project! The Mudroom Studio staff will help you paint a fun Halloween pumpkin lantern. It will be Spooktacular!

Instructor: **Meg Thompson**, owner, The Mudroom



403 In Person Thanksgiving Serving Dish

Tues. 7:00-9:00 1 Nt. 11/3
Mudroom Studio \$35
11 Station Ave., Ardmore 19003 (610) 896-3887

Come join us for a two-hour session and paint a unique Thanksgiving inspired piece. Create a one of a kind painted platter or serving bowl. Your family recipes will taste even better being served from your new bisque ware. A fun way to take your favorite dish to your hostess on Thanksgiving or keep for yourself!

Instructor: **Meg Thompson**, owner, The Mud Room



405 In Person Holiday Paint-Your-Own Ornaments

Tues. 7:00-9:00 1 Nt. 12/1
Mudroom Studio \$30
11 Station Avenue, Ardmore 19003 (610) 896-3887

Come join us for a two hour session and paint your own set of 4 ornaments. Great to give as thoughtful hand created gifts or keep for your own tree. Dozens of different ornaments to choose from.

Instructor: **Meg Thompson**, Owner, The Mudroom Studio



404 In Person Holiday Paint-Your-Own Pottery

Tues. 7:00-9:00 1 Nt. 11/17
Mudroom Studio \$40
11 Station Ave., Ardmore 19003 (610) 896-3887

Come join us for a two hour session and paint a Light Up Ceramic Tree. Create a one of a kind piece to add to your holiday décor or to give as a unique gift. Why have the party at home, come enjoy the fun atmosphere of the studio and leave the clean up to us!

Instructor: **Meg Thompson**, owner, The Mudroom Studio

406 In Person Make Your Own Votive Village

Wed. 7:00-9:00 2 Nts. 11/11-11/18
Mudroom Studio \$75
11 Station Avenue, Ardmore 19003 (610) 896-3887

Come create your very own Village Set. We will paint a combination of a gingerbread house, houses and/or church. Customize your set to look like Santa's Village or a specific house or store!

Instructor: **Meg Thompson**, Owner of The Mudroom Studio

Register On-line
www.haverfordadultschool.org

www.haverfordadultschool.org • **610.853.5919**



407 Online

Crafting with Cricut® 101

Wed.. 6:30-8:00

Online

3 Wks. 10/7-10/21

\$50

Have you just purchased a Cricut machine? Dying to use it but don't know how? Or, thinking of buying a machine but afraid to? This introductory class teaches the basics of making and designing projects with a Cricut© machine. This virtual class will be a demonstration of how to make projects, from t-shirts to cards to stickers. Learn how to design your projects using the Cricut© Design Space software, and make the projects yourself. No experience necessary.

Instructor: **Arielle Chard**, Cricut® enthusiast

408 Online

**Preserve Your Legacy
Physical & Digital Photos & More**

Tues. 6:30-8:00

Online

2 Wks. 10/20-10/27

\$40

Are you the family historian? Do you want to preserve your family/business/society's photo history? This overview seminar will discuss the DOs and DONTs of preservation. The course will help turn your overwhelm to joy and teach you how best to archive your physical and digital memories. The seminar offers project guidance so you can delve in and preserve the memories that matter most to you. Learn methods for categorizing, organizing, handling and storing photos, slides, negatives, videos, film, memorabilia etc. Get an introduction to scanning and digitizing. Learn and understand more about digital photo organization, cloud storage, file metadata, backup and archive systems. Digital information will address both MAC and PC systems and programs. Course allows Q & A time so you can "Ask the Organizer" specific questions about your collection. No supplies or hands-on needed for this seminar.

Instructor: **Sherrie Jenkins**, Owner of Preservation Pix, LLC, Photo Management Services.



409

Online

**Understanding
Digital Photography**

Thurs. 7:30-9:00

Online

4 Wks. 10/8-10/29

\$65

Don't let the "auto" feature limit your creativity! Learn the primary features of your digital camera inside and out so you can achieve amazing portraits, breathtaking candids and true-to-life landscape images. Class includes an in-depth digital tutorial for advanced point-and-shoot and D-SLR cameras, transfer methods and more.

Instructor: **Peter Kerasavich**, wedding, portrait and fashion photographer

410

Online

**Home Design and
Modifications for
Your Retirement Years**

Tues. 7:00-9:00

Online

1 Nt. 10/27

\$25

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.

Instructor: **Susan Rains** www.susanrainsdesign.com

Register On-line
www.haverfordadultschool.org



411 **Online** **Back to Work After Having a Baby**

Mon. 7:00-8:30 **Online** **1 Nt. 10/12** **\$25**

Getting ready to go back to work after having a baby and worrying about the changes that this is going to bring to your personal and family life? Or, did you recently go back to work and find yourself struggling with the changes that you are facing? Learn a successful way to deal with this transition phase in your life! Discover a new approach that will guide you step by step in how to choose what to change as well as how to change it. You will be able to ask questions and learn from the questions and experience of other participants that are in your same situation.

Instructor: **Stefania Baita**, life and career coach focused on work-life balance for busy parents

412 **Online** **Tips and Tricks to Becoming Self-Employed**

Mon. 7:00-8:30 **Online** **1 Nt. 10/26** **\$25**

Are you considering transitioning to being self-employed, or did you just open your business and can use some guidance in moving the first steps in this new journey? Then this workshop is for you! We will look at the 3 MUSTS to be successfully self-employed: manage yourSELF, manage your TIME and manage your MONEY. You will learn ready-to-implement techniques that will give you the structure you need in order to successfully enjoy the freedom and flexibility that being self-employed allows.

Instructor: **Stefania Baita**, life and career coach focused on work-life balance for busy parents

413 **Online** **Time Management In Times of Uncertainty**

Mon. 7:00-8:30 **Online** **1 Nt. 10/19** **\$25**

If managing time is hard when life is "normal," things get really crazy when a big change comes our way. If during the lockdown experience you told yourself "Something has to change," join this live Q&A session with a Life&Career Coach who specializes in Time Management. Bring your questions, get ready to see new possibilities opening up for you and be sure that you will learn from other participants' questions too!

Instructor: **Stefania Baita**, life and career coach focused on work-life balance for busy parents

414 **Online** **Ron Howard: Cinema and Sentiment**

Tues. 6:30-8:00 **Online** **6 Wks. 9/22-10/27** **\$65**

Few directors in the history of American cinema have been as adept at creating emotionally moving films as Ron Howard. Be his theme fantasy ("Cocoon"), human challenge ("A Beautiful Mind"), courage ("Apollo 13," "Cinderella Man") or societal humor ("Parenthood), his stories evoke our visceral identification with his characters -- and substantial extractions from our tissue boxes. This course will explore his life, career, sensibility and the tools he employs to achieve these results.

Instructor: **Gene Terruso**, a former president of the American Academy of Dramatic Arts, Director of the University of the Arts' School of Theatre and Fulbright awardee, has taught film studies and acting for camera in NYC, LA and Europe.

Register On-line
www.haverfordadultschool.org


415

Online

**African-American Icons
of the Screen**

Wed. 6:30-8:00

6 Wks. 10/28-12/2

 Online

\$65

From Sidney Poitier to Denzel Washington, from Hattie McDaniel to Regina King, from Spike Lee to John Singleton, the contributions of Black artists to the American cinema have been profound, far-ranging and culturally significant. This class will take a closer look at the impressive talents of these artists and how their impact helps trace the evolution of our film history and social culture.

Instructor: **Gene Terruso**, a former president of the American Academy of Dramatic Arts, Director of the University of the Arts' School of Theatre and Fulbright awardee, has taught film studies and acting for camera in NYC, LA and Europe.



416

Online

**Lost
Philadelphia**

Thurs. 6:30-8:00

1 Nt. 10/15

 Online

\$25

Explore Philadelphia's fascinating and forgotten past. Through the medium of short subject documentary, digital imagery and live commentary, learn about the birth of local broadcasting, Philly's proud business heritage and highlights of the last hundred years in the fields of entertainment, sports, food and neighborhood life.

Instructor, **Rick Spector**, has offered programs about the popular history of Philadelphia and other nostalgia topics since 1983 through his Moviehouse Productions, www.moviehouse-productions.com.



417

Online

**There's No Place Like Home:
Fun In Philly**

Thurs. 6:30-8:00

1 Wk. 11/12

 Online

\$25

Although we're not traveling, we can still have lots of fun in the Philadelphia region. And Irene Levy Baker, author of two Philly-centric books, is here to explain how. She'll help you plan a staycation, make sure you never waste your weekends doing laundry and tell you about places to create fun family memories. Hear stories about where to have adventures including good places to social distance, secret locales even long-time locals don't know about, and how to help restaurants survive with limited capacity - based on the second edition of her book, 100 Things To Do In Philadelphia, which will be published this fall. (NOTE: Topic will be adjusted based on current openings/closings.)

Instructor: **Irene Levy Baker**, professional publicist and experienced presenter


418

Online

**The Progressive
Era**

Tues. 1:00-2:30

5 Wks. 10/27-11/24

 Online

\$55

Join us to discuss the period of social activism & political reform that existed between the 1890's and the 1920's. We'll look at how the Progressive movement addressed issues brought on by the Industrial Revolution, immigration, urban growth & politics.

Instructor: **Jim Segrave-Daly**, B.A. History, favorite HTAS instructor

419

Online

**Manifest Destiny -
America's Westward Expansion**

Tues. 1:00-2:30

5 Wks. 9/22-10/20

 Online

\$55

Join a lively discussion of America's westward expansion, beginning after the Revolutionary War through the 1800's. We'll look at various factors that pushed pioneers beyond the eastern seaboard, including the Northwest Ordinance of 1787, the Louisiana Purchase & the Gold Rush, as well as others.

Instructor: **Jim Segrave-Daly**, B.A. History, favorite HTAS instructor

501 Online**Beginning Spanish****Thurs. 7:00-8:15** 10 Wks. 9/24-12/3 (No class 11/26) **Online** **\$95**


This introduction to Spanish is for absolute beginners and those with very limited Spanish. The interactive nature of the virtual class will ensure that each student has opportunities to participate. Students will begin to build a strong foundation in Spanish and become comfortable engaging in basic conversations. If uncertain of your level, feel free to contact the instructor for a brief placement evaluation (sre823@gmail.com).

Instructor: **Sarah Caruso**, B.A. in Spanish and Japanese

502 Online**Spanish 2****Mon. 6:15-7:30** 10 Wks. 9/21-11/23 **Online** **\$95**

This class is perfect for anyone who has already taken a basic Spanish course and wishes to build on those essential skills. The class will be interactive, ensuring that each student has opportunities to participate. Students can expect to expand their Spanish vocabulary and learn how to apply their growing language skills in a variety of settings. If uncertain of your level, feel free to contact the instructor for a brief placement evaluation (sre823@gmail.com).

Instructor: **Sarah Caruso**, B.A. in Spanish and Japanese

503 Online**Conversational Spanish****Mon. 7:45-9:00** 10 Wks. 9/21-11/23 **Online** **\$95**

If you have achieved an advanced beginner to intermediate level of competency in Spanish and have an interest in practicing conversation while improving your listening comprehension, this is the course for you. Students will practice using their Spanish to express ideas and opinions, make plans, and navigate various situations. Each student will be encouraged to contribute to class discussions and to ask questions.

If uncertain of your level, feel free to contact the instructor for a brief placement evaluation (sre823@gmail.com)

Instructor: **Sarah Caruso**, B.A. Spanish and Japanese

504 Online**Italian Conversation: Beginner****Tues. 6:30-7:30** 10 Wks. 9/22-11/24 **Online** **\$85**

Like to learn Italian as if you were in Italy? Here's the class for you! Tiziana De Stephanis Murray, a native Italian from Abruzzi, will take you through the basics of Italian communication in a full immersion class that will allow you to learn everyday phrases, vocabulary, and exact pronunciations of this musical language. You will leave the class feeling that you are ready to go to Italy and practice your Italian right away.

Instructor: **Tiziana DeStephanis Murray**, an experienced educator committed to enabling students to successfully communicate in Italian by blending a "Full Immersion" technique with creative tools designed to meet the needs of each individual class

**505** Online**Italian Conversation: Intermediate****Thurs. 6:30-7:30** 10 Wks. 9/24-12/3 (No class 11/26) **Online** **\$85**

This intermediate class is based on the story of two friends, Franco and Pia - the first one is Italian, the second one is Italo American - who are taking the readers on a tour of Italy. The story is in a dialogue form and depicts aspects of daily life, typical Italian food and traditions, idioms and expressions that make visiting Italy a unique experience. Each chapter contains a few grammar exercises to better understand the story and deepen your knowledge of Italian language. It's a great way to practice reading and speaking without anxiety!

Instructor: **Tiziana DeStephanis Murray**, an experienced educator committed to enabling students to successfully communicate in Italian by blending a "Full Immersion" technique with creative tools designed to meet the needs of each individual class.

506 Online**Italian Conversation: Advanced****Thurs. 7:40-8:40** 10 Wks. 9/24-12/3 (No class 11/26) **Online** **\$85**

The Decameron: the Italians and the Plague

How do we know the true spirit of a people? It happens through challenges such as the Black Death that ravaged Europe in 1348! Giovanni Boccaccio was 35 when the plague appeared in Florence and killed 60% of the population. He was inspired by the events and created one of the most influential works of literature in the world. The work gives a portrait of the society of the time using various tales of love, wit and practical jokes that made the Decameron a "Human Comedy" in comparison to the Divine Comedy. This course will enlighten you!

Instructor: **Tiziana DeStephanis Murray**, an experienced educator committed to enabling students to successfully communicate in Italian by blending a "Full Immersion" technique with creative tools designed to meet the needs of each individual class

601 Online

**Harmonica for
Beginners**

Wed. 6:30-7:45 8 Wks. 9/23-11/11
Online \$94

Learn to play simple, traditional folk songs and elementary blues on one of America's most popular, instruments: the harmonica! Learn basic techniques: bending, trilling, tongue-blocking, vibrato, and "wah-wah." Individual attention. No musical background required. **\$9.00 manual fee, is included in the price of the class.** Have a 10-hole diatonic key of C major harmonica (e.g. Hohner Special 20, Hohner Marine Band Model 1896, or equivalent) for first class. (Optional: bring recording device)

Instructor: **Seth Holzman**, B.A. in Music; band performer



602 Online

Blues Harmonica 1

Wed. 8:00-9:15 8 Wks. 9/23-11/11
Online \$94

Let's continue our work with the harmonica and focus on the Blues. The harmonica's unique sound is integral to the distinctiveness of many great blues bands. Learn some techniques and styles of background and lead playing. We will work on songs by Slim Harpo ("Something Inside Me," "Raining In My Heart"), Little Walter ("Last Night," "Hoochie Coochie Man"), Sonny Terry ("Bring It On Home To Me"), etc. Bring a 10-hole diatonic key of C-major harmonica such as the Hohner Special 20, Hohner Marine Band Model 1896, or equivalent. **Required text fee of \$9.00 is included in the price of the class.** (Optional: recording device.) Prerequisite: "Harmonica For Beginners" or Seth's permission.)

Instructor: **Seth Holzman**, B.A. in Music; band performer



603 Online

**The World of Voice-Overs
Making Money Using Your Voice**

Mon. 6:30-8:30 3 Wks. 10/5-10/19
Online \$55

Explore the exciting aspects of professional voice-over with super passionate, industry veteran, and dynamic voice coach, Rob Holt! Learn the basics of the business and begin to build the skills needed to deliver a winning performance with your voice. Gain valuable insights and experience working with real voice over scripts in an online setting that is fun, creative and collaborative.

Instructor: **Rob Holt**

Instructors and Ideas Wanted!

We are always looking for ideas and instructors.

Visit: www.haverfordadultschool.org

Click **"Get Involved"** to make a suggestion or volunteer. Or write to:

HTAS, Box 806, Havertown, PA 19083-0806

Register On-line

www.haverfordadultschool.org

Movements in Motion Dance Studio

We welcome you back to in-person classes with social distancing in place. See limits for in-person classes below.

Not comfortable coming into the studio? All classes will be live-streamed at the same date and time.

Choose either the In Person or the Online Class option.

All In Person classes are held at Movements in Motion 17 Mifflin Ave., Havertown 610-853-1468

Please check website for updated protocols as we get closer to class start dates: www.movementsinmotiondance.com.

604 **In Person** Adult Jazz Funk

Sun. 11:00 AM-12:00 PM 8 Wks. 9/27-11/15
Movements in Motion \$80

A style of dance fusing elements of jazz and hip hop techniques. Upbeat music and energetic movement. Bringing the best of both styles together. No outside shoes. Please bring a separate pair of sneakers to dance. **Limit: 8 in-person dancers.**

Instructor: Movements in Motion Staff

605 **Online** Adult Jazz Funk

Sun. 11:00 AM-12:00 PM 8 Wks. 9/27-11/15
 Online \$80

606 **In Person** Adults Decades of Dance

Sun. 10:00-11:00 AM 8 Wks. 9/27-11/15
Movements in Motion \$80

This class is for anyone that wants to dance their way through time and learn some of the most popular line dances and dances of the decades. **Limit: 8 in-person dancers**

Instructor: Movements in Motion Staff

607 **Online** Adults Decades of Dance

Sun. 10:00-11:00 AM 8 Wks. 9/27-11/15
 Online \$80

608 **In Person** Dance It Off

Sun. 11:00 AM-12:00 PM 8 Wks. 9/27-11/15
Movements in Motion \$80

Come and dance it off as we dance a variety of dance styles from Jazz, Broadway, Pop, Ballet to Latin, and all to current dance top hits. You are getting a little of everything in this workout. No outside shoes. Please bring a separate pair of sneakers to dance. **Limit: 14 in-person dancers**

Instructor: Movements in Motion Staff

609 **Online** Dance It Off

Sun. 11:00 AM-12:00 PM 8 Wks. 9/27-11/15
 Online \$80



610 **In Person** Adult Barre

Sun. 10:00-11:00 AM 8 Wks. 9/27-11/15
Movements in Motion \$80

This class is for anyone that wants to tone and sculpt their body utilizing the ballet barre. You will learn the classical ballet technique. Wear ballet shoes, no shoes or socks.

Instructor: Movements in Motion Staff

611 **Online** Adult Barre

Sun. 10:00-11:00 AM 8 Wks. 9/27-11/15
 Online \$80

612 **In Person** Adult Tap

Thurs. 8:30-9:30 8 Wks. 10/1-11/19
Movements in Motion \$80

This class is for anyone who wants to learn the basics of traditional tap dancing. You will need to have a pair of tap shoes for class. **Limit: 8 in-person dancers.**

Instructor: Movements in Motion Staff

613 **Online** Adult Tap

Thurs. 8:30-9:30 8 Wks. 10/1-11/19
 Online \$80

614 **In Person** Adult Tap Class for Experienced Tap Dancers

Tues. 8:30-9:30 8 Wks. 9/29-11/17
Movements in Motion \$80

This class is for anyone that already has tap experience and wants to continue learning traditional tap dancing. You will need to have a pair of tap shoes for class. **Limit: 8 in-person dancers.**

Instructor: Movements in Motion Staff

615 **Online** Adult Tap Class for Experienced Tap Dancers

Tues. 8:30-9:30 8 Wks. 9/29-11/17
 Online \$80

Register On-line
www.haverfordadultschool.org



701 Online **Essential Oils 101** **1 Wk. 10/5**
Mon. 6:30-8:00 **\$25**
Online
Essential Oils have been used since the beginning of time. They are a powerful healer and a natural way to prevent illness and promote happiness. Learn what essential oils are and why they work scientifically. We will be learning about the top ten essential oils and how to use them.
Instructor: **Gina Nostrant**, Aroma Touch Treatment certified virtual

703 Online **Slow Flow Yoga** **10 Wks. 9/22-11/24**
Tues. 7:00-8:00 **\$85 (GA \$72)**
Online
Enjoy a perfect combination of breath and movement by slowly working the muscles with alignment-based yoga postures. Gradually building heat in the body through a flow of poses, we will clear the mind. Class will close with deep relaxation. Special attention is given to modifications of traditional yoga poses so that all levels can enjoy. No experience necessary.
Instructor: **Haley Purdy**, Yoga Alliance registered instructor

702 Online **Tai Chi Beginner Beijing Yang: 24 Form** **10 Wks. 9/21-11/23**
Mon. 6:00-7:00 **\$85 (GA \$70)**
Online
Tai Chi, the ancient Chinese exercise, features relaxed movement, which helps maintain health and harmony between mind and body. Yang Style of Tai Chi has gentle, flowing and graceful movements combined with breathing exercises. The 24 forms of Tai Chi stimulate the central nervous system, which increases the well-being of all internal organs. Suitable for all ages. No special equipment needed.
Instructor: **Lucy Coren**

In Person **Spinning™** **10 Wks.**
See dates and times below **\$95**
Havertown Health & Fitness
34 Brookline Blvd., Havertown **610-449-1717**
Burn calories and have fun in this indoor cycling workout. You will be guided through a cardiovascular workout on a stationary bike that simulates riding outdoors, while listening to motivating music. No coordination required—just sit and pedal! All fitness levels welcome. Bring a towel and water bottle. **Havertown Health and Fitness is taking all precautions for Covid-19.**
Instructor: **Haverford Health and Fitness Staff**

704 Mon. 6:00-7:00 10/5-12/7
705 Wed. 7:00-8:00 10/7-12/9



Register On-line
www.haverfordadultschool.org



801 Online

The Essentials of Microsoft Office

Tues. 6:30-8:30

4 Wks. 10/6-10/27

Online

\$75

Learn the essentials of the Office suite of applications, starting with Microsoft Word for the first session to acclimate to the Office user interface. We will spend two nights with Excel working through the basics of navigation and formulas, creating graphs and charts and demonstrating how to integrate these with the other Office applications. We will wrap up the classes with PowerPoint and other features that Microsoft has introduced to Office such as One Note, Teams, and One Drive.

Instructor: **Mark Anderson**, Information Technology Specialist



802 Online

Cyber Smarts

Thurs. 6:30-8:00

1 Wk. 10/1

Online

\$25

Join us for this 90-minute class to increase awareness of the many pitfalls that exist in the age of the internet. The primary topics revolve around ways adults can better protect their identity, bank account information and reputation while active online and with social media. Think of it as cyber security 101 for the non-techies. Discussions include tips to spot internet scams, social media etiquette, and what information should be shared online.

Instructor: **Keith McMenamin**, Owner of Main Line Philly Tech

803 Online

Basics of Video Chat

Wed. 6:30-8:00

1 Wk. 10/14

Online

\$30

Tools like Zoom, FaceTime, Google Meet and Skype can greatly improve your communication experience with friends, family and colleagues. Best of all, they are easy to use with a little practice! In this course we will cover the basics of setting up an account, setting up a video session and sharing the invite with other people. There will be time for Q&A, live demonstrations and tinkering with the many built in options to enhance the video experience.

Instructor: **Keith McMenamin**, Owner of Main Line Philly Tech



804 Online

Intro to Mac and Apple Devices

Wed. 6:30-8:00

1 Wk. 10/28

Online

\$30

Ready to get the most out of your Apple device? In the course we go through the basics of the Apple family of products. Macbooks, iPads, iPhones and other iOS devices can be used for video communications, email, photography and much more. There will be time for Q&A, live demonstrations and tinkering with the many built in tools such as iCloud to enhance your overall experience.

Instructor: **Keith McMenamin**, Owner of Main Line Philly Tech

Register On-line**www.haverfordadultschool.org**

Index of Courses

a	Adult Decades of Dance.....	11	p	Painting	4
	Adult Jazz Funk.....	11		Photography.....	6
NEW	African American Icons of the Screen.....	8		Pottery.....	5
b	Back to Work After Having a Baby.....	7		Preserve Your Legacy – Physical & Digital Photos	6
	Barre – Adult.....	11	r		
	Blues Harmonica	10	NEW	Ron Howard: Cinema and Sentiment.....	7
c			s	Sacred Journey – A Spiritual Discussion Group I (Introductory Level)	4
NEW	Cricut – Crafting.....	6		Slow Flow Yoga	12
	Computers.....	13		Spanish (Beginning, Spanish 2, Conversational).....	9
	Cyber Smarts	13		Spinning.....	12
d	Dance	11	t	Tai Chi.....	12
	Dance It Off.....	11		Tap Dance – Adult and Experienced	11
e	Essential Oils	12		Thanksgiving Serving Dish.....	5
h	Halloween Painting Party.....	5	NEW	The Progressive Era.....	8
	Harmonica – Beginners, Blues Harmonica	10	NEW	There’s No Place Like Home: Fun in Philly	8
	History.....	8	NEW	Time Management In Times of Uncertainty	7
	Holiday Paint-Your-Own Ornaments	5	NEW	Tips and Tricks to Becoming Self-Employed	7
	Holiday Paint-Your-Own Pottery.....	5	u	Understanding Digital Photography	6
	Home Design and Modifications for Your Retirement Years.....	6	v		
i			NEW	Video Chat – Basics.....	13
	Italian – Beginner, Intermediate, Advanced	9		Voice-Overs – Making Money Using Your Voice	10
l	Languages	9	w	Watercolor– Absolute Beginner	4
NEW	Lost Philadelphia	8	y	Yoga	12
m					
	Mac and Apple Devices – Introduction	13			
NEW	Make Your Own Votive Village	5			
NEW	Manifest Destiny – America’s Westward Expansion	8			
	Microsoft Office	13			



Now ON-LINE



Register on-line at:
www.haverfordadultschool.org
24 hours, 7 days a week
Beginning Monday, 8/17

A \$4 credit card fee applies.
 (Please note: Golden Agers and other discounted classes will not be available online. Please register by mail or by phone to receive these discounts.)

By Mail:

1. Mail payment and registration form on next page to:

HTAS

P.O. Box 806

Havertown, PA 19083-0806.

(Do NOT mail to Adult School Office, Eagle Road or Haverford School District Offices).

We are not responsible for anything mailed to another address. Mail early to be sure of the class of your choice – **classes fill quickly. Early registration** may avoid having to cancel a class because of low enrollment.

2. Class confirmations are sent via e-mail. Please provide us with an e-mail address for contact information throughout the semester. We do not sell student information.

3. Classes will be filled on a first-come, first-served basis.

BY PHONE:

Call our office to register using your credit card.

Monday-Friday,

10:30 AM - 12:30 PM

610.853.5919

A \$4 credit card fee applies

PLEASE NOTE:

There will be NO in-person registration for Fall 2020 semester.

NOTE: Register early, even for classes starting later in the semester, to avoid being shut out of limited enrollment classes. All classes have a minimum number of students needed to run so registering early will also avoid cancellation of classes due to low enrollment.

Please mark your calendar with class date and time and watch your email for Zoom link to class..

General Policies

COURSE CANCELLATIONS: Haverford Township Adult School reserves the right to cancel classes based on low enrollment, instructor non-availability or related reasons. Notification of cancellations will be made by phone or e-mail.

REFUNDS: Refunds will be given by check only in the event of a canceled class. If you are not satisfied with your course after the first class has met or if you **WITHDRAW** because of illness, personal emergencies, moving or any other event beyond our control, you will be issued a **WEB CREDIT** for a maximum of 50% of the tuition fee. To qualify, you must notify the HTAS office in writing. If you notify the office of **WITHDRAWAL** at least five (5) business days prior to the first class, you will qualify for a full refund of your tuition..

TRANSFERS: You may transfer from one class to another if space is available by paying a \$5 fee for each transfer.

HIGH SCHOOL STUDENTS: Students in **grades 9-12** must have parent signature when registering (included on the mail-in registration form).

SMOKING: Smoking is prohibited on school properties.

ACCESSIBILITY: The Middle School & Senior High are accessible to persons with disabilities. Please call Adult School office **at least one week** before classes begin if you need any special arrangements.

Information:

Call: 610.853.5919

email: support@haverfordadultschool.org

★ GOLDEN AGERS ★

Only Haverford Township residents 65 and over are entitled to a special “GA” discount price for some courses (as indicated in descriptions). **Please mail your “Golden Age Card” with registration and a self-addressed, stamped envelope** for its return.

Haverford Township Adult School is an independent, non-profit organization and is not affiliated with The Haverford School District. Course fees and donations provide our sole source of income to cover faculty compensation, facility charges, production and mailing of brochures, and all other operating expenses.

Disclaimer: The HTAS admits students without regard to race, color, religious creed, or national origin and operates in a totally nondiscriminatory manner.

HTAS is not responsible for the views, opinions, recommendations or statements (collectively, “statements”) of its instructors. All such statements expressed by HTAS instructors are personal and do not represent or reflect those of HTAS, its directors, administrators or staff.

While HTAS makes every effort to maintain the integrity and quality of its classes, HTAS does not take responsibility for any class content.

HTAS instructors may not solicit business from the students. Any business relationship between an instructor and student is purely voluntary on the part of the student and is undertaken at the student’s own risk. HTAS does not endorse or support such relationships and is not in any way responsible for their success or failure.

Students of HTAS take all courses at their own risk and agree to waive and release HTAS and its directors, administrators and staff from any and all claims of any kind or nature. Any student enrolling in a course involving physical activity represents that he or she is physically capable of taking such a class and does so at their own risk.

Registration

THREE WAYS TO REGISTER FOR CLASSES For FALL 2020– YOUR CHOICE

1. Register on-line. 24 hours a day—7 days a week!

Visit: www.haverfordadultschool.org

and follow the simple steps. \$4 credit card fee applies. (Registration opens 8/17/2020)

Don't forget
to mark class dates on
your calendar!

2. Mail Your Registration Today. Many classes fill quickly! You may use one check for several classes

You may register for several courses at the same time for the one-time \$4 fee.

Haverford Township Adult School
Fall 2020 REGISTRATION FORM

Last Name: _____ First Name: _____

E-mail address: _____
(E-Mail address required to send updated class information and weather related cancellations)

Address: _____
STREET

CITY STATE ZIP

Phone (Day) _____ Phone (Eve.) _____

COURSE INFORMATION

COURSE #	Course Title	Tuition
		\$
		\$
		\$

Donation: \$ _____

Total: \$ _____

Check payments should be payable to: HTAS and mailed to:

HTAS, P.O. Box 806, Havertown, PA 19083-0806

High School Students under the age of 18 need permission from parents to take a HTAS course;

Parent Signature _____

We Need You!

If you love taking our classes, please consider volunteering to serve on the Haverford Township Adult School Board! For more information, mail this section with your registration.

Or, call the school office at 610.853.5919.

I'm interested in volunteering as a board member of the Haverford Township Adult School.

Name _____

Phone Number _____

E-mail _____

NOTE: No refunds except for canceled classes. Your canceled check is your receipt.

E-mail confirmation with all class information will be sent upon registration.

Please watch your email for Zoom link for virtual classes.

3. Register by Phone:

Daytime: 10:30 AM – 12:30 PM,

Monday to Friday, August 17 – September 25

610.853.5919



Haverford Township Adult School

Learn, Grow, Connect!