



Haverford Township Adult School

Learn, Grow, Connect!

Winter/Spring 2021

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

Thank you to all those who stuck with us this past fall semester as we went all “virtual.” Challenging as it may have been, we were excited to see so many instructors who were creative with their online courses to keep students engaged. We even had a class taught from Italy!

We will continue with the online format this Winter/Spring semester. Since so many will be waiting it out, we have decided to start our classes a month earlier than normal.

For those of you who are not familiar with the Zoom platform, we will once again be offering a free class to provide you with 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 continue to offer you so many ways to....Learn, Grow, Connect! Join us this semester!

Register On-line 24 hours, 7 days a week starting Thursday, January 7 at
www.haverfordadulthoodschool.org

There will be no printed brochure available this semester. This course catalogue is the only listing of courses for the Winter/Spring 2021 semester. There will also be NO in-person registration. All virtual class Zoom links will be emailed to you – watch for them!

The **ONLY** number to call for Adult School information is **610.853.5919**. **Starting Thursday, January 7th through Friday, February 5**, 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.**

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

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 held virtually through the Zoom platform. 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 class.

COMMUNITY ENRICHMENT

301 Essentials of Zoom! – VIRTUAL

Wed. 7:00-8:00 1 Nt. 1/20

NO COST

Interested in taking one of our classes but not sure of how to use the Zoom platform? Want to connect with family members during this pandemic? Learn how to use the increasingly popular Zoom to make your hopes a reality! We are offering this class as a community service at no cost. Now is your chance.

Instructor: **Stefanie Hahn**, HTAS Board Member

302 Resources to Help Families Cope with Mental Illness - VIRTUAL

Thurs. 7:00-8:00 1 Nt. 2/4

NO COST

NAMI Main Line PA (an affiliate of the National Alliance on Mental Illness) will present a brief course about our services and other resources to help individuals living with mental illness and their families and friends. We will discuss support and education programs and information about mental illness treatments and services (<https://namimainlinepa.org/>). We will do our best to answer any questions you may have.

Instructors: Ingrid Waldron, President, and Kristine Songsters, Affiliate Coordinator of NAMI Main Line, PA

CREATIVE ARTS

401 The Unstoppable Line – VIRTUAL NEW

Wed. 6:30 – 7:30 4 Wks. 2/3-2/24

\$55

This course will offer the exploratory artist the ability to create some experimental art works. Observational studies will be based on family members, household items, organic matter, and the landscape. Artist will have the opportunity to walk away with four pieces of art created with fluid materials. **Supplies are additional (appr. \$50) and will be purchased by student. Supply list will be emailed before the start of class.**

Instructor: **Sarah Robb**, Master's in Fine Arts

402 Back to the Basics – VIRTUAL NEW

Sat. 3:30-5:00 5 Wks. 1/30-2/27

\$65

During this course, students will focus on the basics of drawing by improving their skills, techniques, and knowledge of the medium. We will practice shading, markmaking, and blending, as well as hatching, contour, and contrast. Through exploring various drawing materials, students will not only become familiar with the materials, but how they can utilize them moving forward in their artistic journeys. **Supplies are additional (appr. \$50) and will be purchased by student. Supply list will be emailed before the start of class.**

Instructor: **Alyssa Willgruber**, practicing artist and art teacher currently teaching at The Shipley School and Main Line Art Center

402A Paint Your Own Ceramic Planter - IN-PERSON

Wed. 7:00-9:00 1 Nt. 4/7

Mudroom Studio \$35

11 Station Avenue, Ardmore 19003

Paint your own Ceramic Planter- perfect to hold your favorite plant, herb or flower. We'll get creative using sponges, stamps, tape and more.

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

402B Paint Your Own Set of Garden Markers - IN-PERSON

Wed. 7:00-9:00 **1 Nt. 4/21**

Mudroom Studio **\$35**

11 Station Avenue, Ardmore 19003

Paint your own set of ceramic garden markers. Perfect to mark your herbs, plants, veggies and more. We'll get creative using sponges, stamps, tape and more.

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

403 Beginner Crochet Workshop -VIRTUAL NEW

Tues. 6:30-7:30 **8 Wks. 1/26-3/16**

\$70

Ready to get hooked? During the workshop, you will learn how to properly hold the hook and yarn, the basic crochet stitches (slip, chain, magic ring, single, double and triple crochet), pattern reading in both written and symbol chart form, how to change colors and sew pieces together. Our first project will be a warm and cozy scarf. We will work our scarves transitioning through the different stitches so you are able to see your progress from beginner to advanced beginner. The projects to follow can be decided within the class between granny squares, a winter hat, cowl, an afghan or baby blanket.

Approximate cost of supplies which students will purchase on their own \$25 – instructor will email the supply list.

Instructor: **Jeannette Battistini**, crochet enthusiast with extensive teaching experience

404 Cricut Design Studio for Beginners – VIRTUAL NEW

Thurs. 6:30 – 8:00 **2 Wks. 2/18-2/25**

\$45

Did you get a shiny new Cricut under the tree this Christmas? Or, have you had a machine and just don't know where to begin? Join us for this demonstration class on how to navigate Cricut's Design Studio software. We will explore lots of design and cut projects, downloading your own SVG files, while also delving into print and cut options. The possibilities are endless!

Instructor, **Arielle Chard**, Cricut hobbyist

HOBBIES AND LEISURE

405 Preserve Your Legacy - Physical & Digital Photos & More - VIRTUAL

Tues. 6:30-8:00 **2 Wks. 2/2-2/9**

\$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 DON'Ts 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.

406 Tips and Tricks to Becoming Self-Employed - VIRTUAL

Mon. 7:00-8:30

1 Nt. 2/22

\$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 your SELF, 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

407 Tik Tok: Everything You Want and Need to Know – VIRTUAL NEW

Tues. 6:30-8:30

1 Wk. 3/2

\$25

Learn the various aspects of using Tik Tok for multiple purposes, including but not limited to personal and professional use, and monitoring and engaging with your children.

Instructor: **Lindsay Lawrence**, social media expert for personal and professional growth

408 Lost Philadelphia -VIRTUAL

Thurs. 6:30-8:00

1 Nt. 2/18

\$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.moviehouseproductions.com.

409 There's No Place Like Home: Fun In Philly – VIRTUAL

Thurs. 7:00-8:30

1 Wk. 4/8

\$30

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*. Each student will receive a signed copy of this book! (NOTE: Topic will be adjusted based on current openings/closings.)

Instructor: **Irene Levy Baker**, author, *100 Things To Do In Philadelphia* and *Unique Eats & Eateries of Philadelphia* www.100ThingsToDoInPhiladelphia.com

410 Philly: The Heart of Rock n' Roll - VIRTUAL

Wed. 6:30-8:00

5 Wks. 1/27-2/24

\$60

Over two time periods, Philadelphia was the epicenter of the Rock 'n Roll world. The first was the dawn of R&R and the Doo-Wop style (mid-1950 through early 60s). Dick Clark's nationally televised Bandstand introduced virtually every major new artist to the nation. The second was the 1970s when Motown and disco found new life at Philadelphia International Records and gave birth to "The Philadelphia Sound," dominating the industry for a decade. This course will explore the history of both Hall of Fame moments, the artists, the key figures and – most of all – the music!

Instructor: **Gene Terruso**, university professor and Fulbright scholar, taught the history of rock music for over twenty years.

411 Spielberg: Cinema and Sentiment - VIRTUAL

Wed. 6:30-8:00

5 Wks. 3/10 – 4/7

\$60

Few directors in the history of American film have been as adept at creating emotionally moving performances as Steven Spielberg. Whether working from the romantic prism of fantasy or adventures, (*E.T.*, *Artificial Intelligence*, *Indiana Jones*, etc.), or through gritty, realistic storylines (*Schindler's List*, *Cinderella Man*, *Lincoln*, etc.), his films evoke powerful and thought-provoking responses from his audiences. This course will explore his sensibility and the tools he employs to achieve these results.

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

412 Television: The Fabulous 1950s – VIRTUAL NEW

Thurs. 6:30-8:00

1 Wk. 2/11

\$25

Ride a magic time machine back to January 28, 1956. Watch "News and Reviews", an "on air" magazine, built around a hilarious *Honeymooners* episode of the same date. Relive highlights from the worlds of news, music, movies, television, sports, commercials and more! Fast forward thru time and learn more about our stars following that amazing year of 1956!

Instructor: **Rick Spector**, founder Moviehouse Productions, educating and delighting community groups throughout the Delaware Valley with his multi-media nostalgia programs.

HISTORY

413 The Interwar Years: 1919 - 1939 - VIRTUAL NEW

Tues. 1:00-2:30

5 Wks. 1/26-2/23

\$55

Join us for a discussion of the time period between World War I & World War II. We'll discuss the genesis & growth of authoritarian regimes throughout Europe, as well as the role that the Allies played.

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

414 The Great Triumvirate – VIRTUAL NEW

Tues. 1:00-2:30

5 Wks. 3/2-3/30

\$55

Join us to discuss the three great leaders of Congressional antebellum politics in America: John C. Calhoun, Daniel Webster & Henry Clay. We'll look at the actions each took from 1806 - 1852, in hopes of avoiding armed conflict over slavery.

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

415 Washington's Generals - IN-PERSON NEW

Tues. 1:00-2:30

5 Wks. 4/20-5/18

Grange Park Pavilion \$55

143 Myrtle Ave, Havertown, PA 19083

Outdoors and undercover with room for social distancing

Join us to discuss the men who served in and with the Continental Army & its allies during the Revolution. Some had limited military experience, while others were veterans. All had an impact.

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

LANGUAGE

416 Advanced Italian – VIRTUAL NEW

Thurs. 4:30-5:30 10 Wks. 1/28-4/1

\$85

Why do Italians always seem to be in the spotlight, even in moments like a worldwide pandemic? Beppe Severgnini will explain it in his new book called *Neoitaliani. Un manifesto*. Severgnini is known around the world for trying to make sense of who the Italians are. With his latest book, he describes how these new Italians were born from the pain caused by Covid-19. Italy, being the second country affected by the pandemic after China, had to muster all of her strength and self-discipline to prevent an even worse spread of the virus. In the process, Italians learned a lot about themselves. However, they are now struggling to find a balance between two identities – pre and post Covid-19. Join us to learn about how they are doing!

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.

417 Beginning Spanish - VIRTUAL

Thurs. 7:00-8:15 10 Wks. 1/28 -4/1

\$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

418 Intermediate – Conversational Spanish - VIRTUAL

Mon. 6:30-7:45 10 Wks. 1/25 – 3/29

\$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

COOKING/HOME-DESIGN

419 Madsen Kitchen Design Seminar– IN-PERSON

Sat. 8:30 am– 12:30 pm 1 Day 3/20

Madsen Designs, Broomall \$55

2901 Springfield Rd., Broomall 19008

So you want a new kitchen? Andy Madsen and Associates share valuable information. EVERYTHING you want to know BEFORE building or remodeling! Covers architectural design, flooring, cabinets, counter tops, lighting, appliances, windows...Bring a heavy bag for take home catalogs. Save hundreds of shopping hours and money. Not to be missed. Rave reviews every year. **Masks and social distancing in effect – attendance will be VERY LIMITED.**

Instructor: **Andy Madsen and Associates**

Host: **Albertson’s Cooking School**

420 Bath Design Seminar – IN-PERSON

Tues. 6:30 – 9:00 1 Day 3/23

Madsen Designs, Broomall \$45

2901 Springfield Rd., Broomall 19008

You never realized there is so much to learn! Transform your old bath into one fit for royalty. Andy Madsen and Associates will cover everything you need to know: design, lighting, vanity options, shower, Jacuzzi and more. Priceless hand-outs. **Masks and social distancing in effect – attendance will be VERY LIMITED.**

Instructor: **Andy Madsen and Associates**

Host: **Albertson’s Cooking School**

Hands-On Knife Skills – IN-PERSON

Thurs. 6:30-9:00 1 Nt. (See dates below)

Madsen Designs, Broomall \$70

2901 Springfield Rd., Broomall 19008

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! Limited enrollment.

Cut crudités will be served with an assortment of dips (class does not constitute dinner). **Masks and social distancing in effect – attendance will be VERY LIMITED**

Instructor: **Andy Madsen and Associates**

Host: **Albertson’s Cooking School**

421 Thurs. 3/25

422 Thurs. 4/8

423 Thurs. 5/6

424 Thurs. 6/3

DRAMA, MUSIC AND ARTS

501 Harmonica for Beginners - VIRTUAL

Wed. 6:30-7:45 8 Wks. 2/3-3/24

\$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.

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

502 The World of Voice-Overs -Making Money Using Your Voice - VIRTUAL

Mon. 6:30-8:30 3 Wks. 3/1-3/15

\$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**

HEALTH AND FITNESS

601 Health is Wealth – VIRTUAL NEW

Tues. 7:00-8:00 **3 Wks. 1/26-2/9**

\$45

A healthy existence requires our physical, mental, social, and emotional domains to function in harmony. This course will discuss different foods and lifestyle changes that could improve our quality of life and general well-being.

Instructor: **Shanaz Tejani-Butt**, professor and community volunteer

602 Using Essential Oils for Chakra Balancing -VIRTUAL

Mon. 6:30-8:00 **1 Wk. 2/1**

\$25

Your chakras are powerful and so are essential oils. Together they can serve to restore our chakra balance and positive aura. When your chakras are imbalanced it's important that you take steps to get them back into balance. We will discuss how to do this using essential oils and other techniques.

Instructor: **Gina Nostrant**, Aroma Touch Treatment certified

603 Tai Chi Beginner Beijing Yang: 24 Form - VIRTUAL

Mon. 6:00-7:00 **10 Wks. 1/25-3/29**

\$85

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**

604 Gentle Yoga – VIRTUAL

Thurs. 7:00-8:00 **8 Wks. 2/4-3/25**

\$70

This online yoga class is designed for people looking to step out of all their worries, fears and concerns and stretch and strengthen their mind, body and spirit. This series is for people that have some experience with yoga; we will meet standing, kneeling, sitting and laying down on floor yoga poses. We will cultivate joy and serenity by creating an hour of peacefulness. Please wear comfortable clothing, have a yoga mat and create a quiet place in your home for this online yoga series.

Instructor: **Sharlene McKinley Bund**

605 Slow Flow Yoga - VIRTUAL

Tues. 7:00-8:00 **8 Wks. 4/6 – 5/25**

\$70

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. You should have a sticky yoga mat, large towel; two yoga blocks and a strap (optional).

Instructor: **Haley Purdy**, Yoga Alliance registered instructor

LaBlast Dance Fitness – Virtual NEW

See dates and times below 8 Wks.

\$70

Dance your way to a happier, healthier You! LaBlast dance fitness class is a partner-free cardio workout based on all of your favorite dances seen on “Dancing With The Stars”. LaBlast blends dance and fitness into a fun, energizing workout experience for both the mind and body. No prior experience needed. Come cha cha, fox trot, hustle, jive, tango, and more, and dance away stress and anxiety and find out why participants call it “exercise in disguise”.

Instructor: **Gail Lazarus**, life-long dancer; trained with LaBlast creator, three-time World Ballroom Champion, Louis van Amstel

606 Sun. 10:00 – 10:50 am 8 Wks. 2/7-3/28

607 Tues. 5:00-5:50 pm 8 Wks. 2/2-3/23

608 Soft Touch – A Gentle Workout - Virtual

Wed. 6:00-6:45 8 Wks. 2/10-3/31

\$70

The perfect class for the end of the day! Soft Touch can be done seated or standing. Limber up with full-body range of motion movements. Increase abdominal and back strength with basic Pilates exercises and breathing techniques. Use a Theraband, hand and ankle weights to increase muscle strength, then increase cardio-respiratory function with simple aerobic dances to fun music. A yoga cool down concludes this uplifting mind/body class. NO FLOORWORK. You'll need an armless chair (kitchen or a folding chair) a Theraband or dynaband, light hand weights (water bottles can work), and ankle weights (optional).

Instructor: **Carol Katin**, Certifications: ACE Personal Trainer/Group Fitness Instructor

609 Basic Mat Pilates for Core Strength

Wed. 7:00-7:45 8 Wks. 2/10-3/31

\$70

Stretch, strengthen, tone and lengthen using the Pilates method of exercise. Learn proper spinal alignment and how to initiate movements from the "powerhouse" of the core to relieve stress points in the body and enhance overall movements in activities of daily living. Most exercises are done on the floor so a Pilates or yoga mat is recommended.

Instructor: **Carol Katin**, Certifications: ACE Personal Trainer/Group Fitness Instructor

COMPUTER SKILLS

701 Basics of Video Chat -VIRTUAL

Wed. 6:30-8:00 1 Wk. 2/17

\$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

702 Intro to Mac and Apple Devices - VIRTUAL

Wed. 6:30-8:00 1 Wk. 3/3

\$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

