



CSD Adult Evening School



Winter/Spring 2026 Session

ARTS & CRAFTS

Build a Theme-Based Charcuterie Board

In this hands-on class you will learn about the blending of various cheeses, meats, fruits and vegetables to gain a new perspective on entertaining as you create beautiful designs with every ingredient. You will learn how to slice cheese and fold meats to construct a board that will be a work of art. Lots of tips and tricks for ways to theme your boards to go with upcoming holidays and events will be shared. See how easy it is to turn your board into a portable cup as another option for entertaining.



and discussing photographs, art, and more. You will also gain insight into the many roles of photography in our world. A DSLR or digital camera with interchangeable lenses is required, and the user's manual is recommended. Please do not use a cell phone for this class.

Minimum of 6 students.

When: Wednesdays, 1/14 to 2/18

Time: 7:30 to 9 pm

Where: Plymouth Whitmarsh High School, C19

Instructor: Jaci Downs

Cost: \$100

Advanced Photography

Delve deeper into digital photography. It is recommended that you have completed the Basic Photography course or have knowledge of manual exposures, aperture, and shutter speed. A DSLR or digital camera with interchangeable lenses is required, and the user's manual is recommended. Please do not use a cell phone for this class. **Minimum of 6 students.**

When: Wednesdays, 1/14 to 2/18

Time: 6:30 to 7:30 pm

Where: Plymouth Whitmarsh High School, C19

Instructor: Jaci Downs

Cost: \$85

When: Thursday, 1/15

Time: 7 to 8:30 pm

Where: Plymouth Whitmarsh High School, Faculty Dining Room

Instructor: Barb Micucci

Cost: \$75 (\$37.50 for Gold Card members/employees) *Please note that there will be no refunds issued for this class if you cancel your registration the week before class.*

Basic Photography

This course will assist you in understanding photography's technical and aesthetic aspects, including: using digital cameras, managing your photos on your computer, composing images

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NEW CLASSES!

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Improv Your RPGs

Join us for an exciting and interactive class where the worlds of Role-Playing Games (RPGs) and improvisational theater collide! Learn improv techniques: Gain skills that improve quick thinking, adaptability, and scene work, applicable both in games and everyday life.

- **Build confidence:** Engage in improv exercises that enhance communication skills and boost self-esteem.
- **Explore creativity:** Create characters, worlds, and engage in spontaneous storytelling.
- **Enjoy interactive gameplay:** Experience RPG gameplay that emphasizes fun and creativity, regardless of experience level.
- **Collaborate with others:** Work in teams to solve challenges and create narratives, fostering teamwork and social connections.

When: Wednesdays, 2/11 to 3/4

Time: 6 to 8 pm

Where: Colonial Middle School, 203

Instructor: Darryl Spencer, improv comedy actor, coach, and teacher

Cost: \$65, plus \$10-15 to the instructor for handouts/other materials

PERSONAL FINANCE

Mortgage Financing and Homebuying 101

Get yourself mortgage-ready to buy a home. Learn the ins and outs of qualifying for a mortgage. Different options to obtain funds for a down payment and closing costs will be shared, including information about first-time homebuyer programs, grants, and more. Determine how much you can qualify for, what an estimated monthly mortgage payment would be, and how much you will need to purchase a home BEFORE you contact a real estate agent to begin a home search. On the second night of class, a real estate agent will be present to review what you need to know about the agreement of sale, inspections, and more.

When: Wednesday, 2/4, and Thursday, 2/5

Time: 6:30 to 8 pm

Where: Plymouth Whitmarsh High School, C12

Instructor: Robin Bowman, Licensed Mortgage Originator

Cost: \$25

Medicare Made Simple - Understanding Your Options

Confused about Medicare? You're not alone, and you're in the right place! In this easy-to-follow, jargon-free class, the local Medicare expert of Jaffe Insurance Solutions will walk you through the essentials of Medicare Part A, B, C, and D. Whether you're approaching 65, helping a loved one, or just want to understand your options, you'll leave feeling empowered and informed. We'll cover enrollment timelines, plan comparisons, and common mistakes to avoid. Perfect for beginners or anyone looking for a Medicare refresh!

When: Wednesdays, 1/14, 3/18 or 5/13 (same class offered each night)

Time: 6 to 8 pm

Where: Plymouth Whitmarsh High School, C12

Instructor: Staci Jaffe Tosi of Jaffe Insurance Solutions, LLC, specializing in Medicare for over 22 years

Cost: \$20

Did you know you can skip the paper and register online? Go to www.colonialsd.org/aes to pay by credit card. There's a \$2.49 per transaction fee, but your registration will get to us quicker and saves your spot in classes that fill up quick.

CSD Adult Evening School Registration Form - Winter/Spring 2026

Please print clearly

Your first and last name	
Gold Card Member	Yes/No
CSD Employee	Yes/No
Street Address	
Email Address	
Phone	
Do we have permission to take your photo for publicity purposes?	Yes/No
Course Title(s) <i>Please include class dates if more than one session is offered for the selected course.</i>	
Cost <i>Gold Card members and CSD employees are entitled to ONE free class per session. Payment is required for second class.</i>	

Mail your registration to:

Adult Evening School

Colonial School District

230 Flourtown Road, Plymouth Meeting, PA 19462

Gold Card Application Form (Residents Ages 65+)

Colonial School District residents who are 65 years of age or older are eligible for Gold Cards. The Gold Card allows senior citizens free access to one Adult Evening School class per session (except where a discounted Gold Card rate has already been applied) and free admission to regular season home athletic events, concerts, musicals, and other District activities. Please complete this form and send it to ATTN: Gold Card Program, 230 Flourtown Road, Plymouth Meeting, PA 19462. You may also fill out this form online at www.colonialsd.org/goldcard.

Name: _____ Date of Birth (for verification of age): _____

Street: _____

City: _____ Zip Code: _____

Email: _____ Phone Number: _____

Please print clearly.

Retirement Planning Today

Determine the amount of money you need to retire. Create your own goals for a “successful retirement;” eliminate debt and improve cash flow; properly convert your IRA to a Roth IRA; select the retirement plan distribution choice that is right for you; plan your retirement income to preserve a comfortable standard of living; and transfer the risk of potential financial losses before or during retirement. Participants will receive a 250-page workbook for an additional \$35 fee payable by check to the instructor on the first night of class.



When: Tuesdays, 3/3 and 3/10

Time: 7 to 9 pm

Where: Plymouth Whitmarsh High School, C19

Instructor: James McGoldrick, CLU, CASL, ChFC, and James Boyd, CFP

Cost: \$25

Empowering Younger Families to Build Wealth/Secure Their Futures

Are you ready to take control of your family’s financial future? If so, you’ll want to join this class designed specifically for younger families who want to learn practical strategies for building wealth and protecting what matters most. In this session, you’ll discover:

- **Smart wealth-building techniques:** Learn how to set financial goals, create a budget, and invest wisely to grow your family’s assets over time.
- **The power of life insurance:** Understand why life

insurance is essential for safeguarding your loved ones and ensuring financial stability, even in uncertain times.

- **Actionable steps for financial success:** Gain insights into creating a solid financial foundation that benefits your family for generations to come.

This class is perfect for parents, young couples, and anyone looking to make informed decisions about their finances and future. Participants will receive a free 1-on-1 financial analysis with Tom Nardelli, a seasoned advisor from Karr Barth Associates/Equitable Advisors. Additionally, you’ll have access to a network of specialists who can provide tailored advice and support for your unique financial needs.

When: Tuesday, 1/27, or Thursday 2/5 (same class offered each night)

Time: 7 to 8:30 pm

Where: Plymouth Whitmarsh High School, Room C18

Instructor: Tom Nardelli, Karr Barth Associates/Equitable Advisors

Cost: \$25

What’s Your Social Security Strategy?

This presentation will educate you on the many decisions involved in claiming Social Security, as well as their consequences, and provide strategies to maximize the benefits received. It will also walk you through common, but surprisingly complex situations including:

- How to choose between hundreds of possible claiming strategies to give your Social Security check a govern-



BE ON THE LOOKOUT FOR ONLINE UPDATES!

Sometimes new classes are added after this brochure has been mailed out, so be aware that we post updates online. There are several ways you can stay current. You can sign up for Adult Evening School email alerts by visiting www.colonialsd.org/community/adult-evening-school and looking for the “What’s New” box. Click the bell icon to receive email notifications when new information is posted. You can also follow Colonial School District on Facebook and Instagram, or just make it a habit to visit our webstore periodically at www.colonialsd.org/aes.

ment-guaranteed boost

- How benefits for one spouse are affected based on when and how the other spouse files
- How being married, divorced, or widowed impacts your benefits

When: Monday, 3/23

Time: 6:30 to 8 pm

Where: Plymouth Whitmarsh High School, C17

Instructors: Jason T. Cabot, CPFA®, QPFC, and Jason R. Bishop, ChFC®, AIF®, ChFEBCSM, BFA™, CFEd®, CPFA®, QPFC®
Cost: \$20

Workers' Compensation

If you are hurt on the job and cannot work, how are you going to pay your bills? Who will pay for the medical care that you need? What if your employer refuses to pay your benefits? These and other questions will be answered at this one-night seminar. Topics include eligibility, benefits, litigation, medical care, lump sum settlements, and more. Learn your rights and obligations under Pennsylvania law from an attorney certified as a workers' compensation specialist by the Pennsylvania Bar.

When: Wednesday, 1/14

Time: 7 to 9 pm

Where: Plymouth Whitmarsh High School, C10

Instructor: Jim Monaghan, Certified Workers' Compensation Attorney

Cost: \$20

DANCE

Ballroom Dance

Learn the basics of waltz, fox trot, swing, and tango in this upbeat and fun class taught to lively music. Bring a partner and enjoy improving your skills on the dance floor!

When: Mondays, 1/12 to 4/6 (no class 1/19, 2/16 or 3/30)

Time: 6:30 to 7:30 pm

Where: Plymouth Whitmarsh High School, Cafeteria

Instructor: Joe Rossano, associate ballroom dance instructor



at Philadelphia's Dance Partners Dance Studio

Cost: \$70 (\$35 for Gold Card members/employees)

Latin Dance

Learn the moves for rumba, cha cha, salsa, and merengue in 10 quick classes. Coming with a partner is highly recommended.

When: Mondays, 1/12 to 4/6 (no class 1/19, 2/16 or 3/30)

Time: 7:30 to 8:30 pm

Where: Plymouth Whitmarsh High School, Cafeteria

Instructor: Joe Rossano, associate ballroom dance instructor at Philadelphia's Dance Partners Dance Studio

Cost: \$70 (\$35 for Gold Card members/employees)

Line Dance Fusion All Levels

If you haven't noticed yet, Line Dance is back, and it's energized! It's varied and inclusive, which means you learn all kinds of dance moves to a huge variety of music. What a cool way to get the physical, mental, and social benefits of solo dancing! Appropriate for all levels, from those new to dance through experienced dancers. Wear comfortable, resilient footwear, and dress in layers/comfortable clothing. **Minimum of 14 students.**

When: Mondays, 1/26 to 4/13 (no class 2/16 or 3/30)

Time: 6:30 to 7:30 pm

Where: Colonial Middle School, Second Floor Commons

Instructor: Lynne Stevens, Masters of Education in Dance

Cost: \$115 (\$57.50 for Gold Card members/employees)

West Coast Swing Basics & More

From sophisticated to playful, West Coast Swing is a wonderful dance to watch and even more wonderful to do. It is danced to a huge variety of music, which keeps it continually interesting and fun. If you're new to West Coast Swing, check out this creative and addictive partner dance by searching YouTube for "This is West Coast Swing" by Maxence Gross. Partners greatly appreciated but not required. Wear comfortable, secure footwear - no heels greater than 1½ inches (chunky). **Minimum of 6 students.**



or without a partner. Come out and "Feel the Beat."

When: Tuesdays, 1/13 to 3/17

Time: 8 to 9 pm

Where: Colonial Middle School, First Floor Commons Area

Instructor: Mary Carpenter, certified instructor through Dance Masters of America, Dance Educators

of America, Fred Astaire Dance Studios and the International Ballroom and Theater Arts

Cost: \$70 (\$35 for Gold Card members/employees)

When: Mondays, 1/26 to 4/13 (no class 2/16 or 3/30)

Time: 7:40 to 8:40 pm

Where: Colonial Middle School, Second Floor Commons

Instructor: Lynne Stevens, Masters of Education in Dance

Cost: \$135 (\$67.50 for Gold Card members/employees)

Social Dance 101

With this class, you'll feel more confident getting out on the dance floor at weddings and any social event with music. Dancing to slow ballads or upbeat tempos, you'll have fun and get moving with easy-to-learn steps. Join with or without a partner.

When: Tuesdays, 1/13 to 3/17

Time: 7 to 8 pm

Where: Colonial Middle School, First Floor Commons Area

Instructor: Mary Carpenter, certified instructor through Dance Masters of America, Dance Educators of America, Fred Astaire Dance Studios, and the International Ballroom and Theater Arts

Cost: \$70 (\$35 for Gold Card members/employees)

Feel the Beat

Fun rhythm dances like swing, bachata, hustle, and salsa are all danced in one spot. This makes them perfect dances for nightclubs, business functions, or informal gatherings. Develop your own personal style with fun, easy moving steps! Join with

Social Dance 102

If you have taken Social Dance 101 or have any previous dance experience, you'll love this class. You'll learn all the fundamentals and basics with a little extra flair and style, as well as a few new dances. Join this class and enjoy the benefits of socialization, recreation, and health. Register with or without partner.

When: Wednesdays, 1/14 to 3/25 (no class 3/18)

Time: 7 to 8 pm

Where: Colonial Middle School, First Floor Commons Area

Instructor: Mary Carpenter, certified instructor through Dance Masters of America, Dance Educators of America, Fred Astaire Dance Studios and the International Ballroom and Theater Arts

Cost: \$70 (\$35 for Gold Card members/employees)

Wedding Dance Prep

Learn the basic steps and figures of wedding dance styles and how to add the beauty of "dips" and "oversways" to make the first dance with your spouse memorable on your special day. Presentation and performance will help you master your skills. Perfect for those who will be in wedding parties or dancing as parent/child. All are welcome. Get ready to "wow" your wedding guests.

When: Wednesdays, 1/14 to 3/25 (no class 3/18)

Time: 8 to 9 pm

Where: Colonial Middle School,
First Floor Commons Area

Instructor: Mary Carpenter,
certified instructor through
Dance Masters of America,
Dance Educators of America,
Fred Astaire Dance Studios and
the International Ballroom and
Theater Arts

Cost: \$70 (\$35 for Gold Card
members/employees)



YOGA

Chair Yoga

This is a gentle form of yoga that is practiced seated on a chair or standing, using a chair for support. It is ideal for those seeking the physical and mental benefits of yoga but may have limited mobility or balance as a result of the aging process, injury, or other medical issues. Expect to experience the many benefits of practice, including stress reduction, increased flexibility and strength, and cultivation of the mind-body connection.

When: Tuesdays, 1/13 to 3/24 (no class 2/17 or 3/17)

Time: 7:15 to 8:15 pm

Where: Colonial Elementary School, Cafeteria

Instructor: Brian Hanlon

Cost: \$90

Yoga Basics

Learn a slower, mindful, flowing practice that helps to improve core strength, posture, balance, and flexibility. The practice helps to soothe the nervous system, reduce stress levels, restore energy, and improve mental focus. This class is great for beginners or anyone wanting to refine foundational elements. Modifications and hands-on assists are offered to address individual needs and provide relaxing massage. This class includes breathing exercises. Wear loose comfortable clothing, and bring water and a yoga mat to class. Note: For individuals who can get up and down from the floor easily. **Maximum of 17 students.**

When:

Session 1: Mondays, 1/12 to 2/23 and one Tuesday, 1/20 (No class 1/19, 2/16)

Session 2: Mondays, 3/2 to 4/20 (no class 3/30 or 4/6)

Time: 5:30 to 6:45 pm

Where: Plymouth White-
marsh High School, D50

Instructor: Kimberly Brock,
200-hour Yoga Teacher Certi-
fication, 25+ years teaching
experience

Cost: \$65

Yoga for Golfers

Yoga can be key to helping you score better and feel better while playing the game of golf. Golf requires flexibility, strength, and focus — all of which can be gained through practicing yoga. Learn how to warm up effectively, get more leverage from your swing, build the strength and flexibility to swing with more ease, and use breath to calm your nerves. Wear comfortable clothing and bring a mat.

When: Mondays, 1/12 to 3/23 (no class 1/19, 2/16, or 2/23)

Time: 6 to 7 pm

Where: Colonial Elementary School, 102

Instructor: Brian Hanlon of Yoga Home, 200-hour Yoga
Teacher Certification

Cost: \$80

Yoga Home Gentle Yoga

This class uses slow, easy movement, and an emphasis on breathing to guide students into a closer connection with themselves and the world around them. The focus of this class is stress release and gentle stretching. This is a mat-based class and is appropriate for students of all levels and ages, including beginners, seniors, and those with injuries. Please bring a yoga mat and towel.

When:

Session 1: 1/15 to 2/19

Session 2: 2/26 to 3/19

Session 3: 4/9 to 4/30

Time: 7 to 8 pm

Where: Colonial Elementary School, Cafeteria

Instructor: Lauren Tonetti, 200-hour Certified Yoga Instructor

Cost: \$60

Blossom with Cheryl Ann (Gentle Yoga)

Kick off the new year with a fresh start! This gentle vinyasa yoga class led by Cheryl Ann is designed to help you release the old and embrace a calm, refreshed version of yourself. Experience increased flexibility, strength, and vitality! Participants should be comfortable getting up and down from the floor with ease. Unwind, stretch, and breathe. Your body will thank you. Wear comfortable clothing, and bring a yoga mat and a bottle of water. Blocks optional.

Minimum of 15 students.

When: Mondays, 1/12 to 3/23 (no class 1/19 or 2/16)

Time: 5 to 5:45 pm

Where: Plymouth Whitmarsh High School, Room A14

Instructor: Cheryl Ann Ratoskey, 500 Registered Yoga Teacher/Advanced Teacher of Therapeutic Yoga

Cost: \$99

Blossom with Cheryl Ann (Yoga Foundations)

Perfect for beginners! This class is specifically designed to welcome newbies to their first-ever yoga experience and offers a supportive and detailed introduction to the practice. Cheryl Ann will guide you at a slow gentle pace, learning the basic poses, breath techniques, and proper alignment to build a strong foundation. By the end of the course, you'll have the confidence and skills you need to start a safe home practice or feel prepared for a group setting, feeling youthful, energized and focused. Wear comfortable clothes, and bring a yoga mat, two yoga blocks, and a bottle of water. Note: Participants should be comfortable getting up and down from the floor with ease.

Minimum of 10 students.

When: Mondays, 1/12 to 3/23 (no class 1/19 or 2/16)

Time: 6 to 7 pm

Where: Plymouth Whitmarsh High School, Room A14



Instructor: Cheryl Ann Ratoskey, 500 Registered Yoga Teacher/Advanced Teacher of Therapeutic Yoga
Cost: \$99

Blossom with Cheryl Ann (Yoga 101)

Are you curious about yoga? Yoga 101 is for beginners and focuses on learning fundamental poses and breath work in a slow-paced, supportive environment. Cheryl Ann will guide you through an introduction to basic postures, with

an emphasis on proper alignment and breath, followed by a series of warm-ups and relaxation at the end. These classes are designed to build a solid foundation in strength, flexibility, and stress reduction without being overwhelming. You'll challenge yourself as you practice at your own pace. Expect to feel youthful, energetic, focused, and alive! Wear comfortable clothes, and bring a yoga mat, two yoga blocks, and a bottle of water. Please note: Participants should be comfortable getting up and down from the floor with ease. **Minimum of 10 students.**

When: Mondays, 4/6 to 4/27

Time: 5:30 to 7 pm

Where: Plymouth Whitmarsh High School, Room A14

Instructor: Cheryl Ann Ratoskey, 500 Registered Yoga Teacher/Advanced Teacher of Therapeutic Yoga

Cost: \$65

Functional Yoga for Athletes

Have you desired to be able to play sports or enjoy other athletic endeavors throughout your adult life? Come learn with Brian Hanlon how to start a daily routine for physical and mental clarity, learn to access "The Zone" for peak performance, and keep your body limber and strong as you age. Each week participants will learn different movements that are all designed to address functional mobility, breathing, and mindfulness. This course will enable you to learn and practice these approaches to life to keep you more focused, grounded, and energized —

especially while playing the sports you love. Please bring a yoga mat.

When: Mondays, 4/6 to 4/27

Time: 6 to 7 pm

Where: Colonial Elementary School, 102

Instructor: Brian Hanlon of Yoga Home, 200-hour Yoga Teacher Certification

Cost: \$40



workout. You will learn the proper technique for the basic punches and kicks and develop easy-to-follow combinations that will leave you feeling confident, powerful, and energized! Wear sneakers, bring a water bottle, and have a towel handy for the sweat!

When: Mondays, 1/12 to 2/23 (no class 1/19 or 2/16) or 4/6

EXERCISE

Dance Aerobics

Dance Aerobics is back with all new routines! The class is a fun-filled, high-energy night of non-stop cardio! Enjoy a variety of music and dance styles including jazz, hip-hop, Latin, disco, and even a little kickboxing incorporated into an aerobic workout. Designed for most fitness levels. Join the party!

When:

Session 1

Mondays, 1/12 to 2/23 (no class 1/19 or 2/16) - 5 classes

Wednesdays, 1/14 to 2/18 - 6 classes

Mondays and Wednesdays, 1/12 to 2/18 (no class 1/19 or 2/16) - 10 classes

Session 2

Mondays, 4/6 to 5/4 - 5 classes

Wednesdays, 4/8 to 5/6 - 5 classes

Mondays and Wednesdays, 4/6 to 5/6 - 10 classes

Time: 6 to 7 pm

Where: Colonial Middle School, Cafeteria

Instructor: Gail Bingham, ACE-certified instructor of kickboxing and dance aerobics for over 25 years

Cost: \$35 for Mondays or Wednesdays, or \$70 for Mondays and Wednesdays (\$35 for Gold Card members/employees)

Kickboxing

This is a great workout! Men and women will enjoy and benefit from this high-intensity, low-impact cardio and strengthening

to 5/4

Time: 7:10 to 8 pm

Where: Colonial Middle School, Cafeteria

Instructor: Gail Bingham, ACE-certified instructor of kickboxing and dance aerobics for over 25 years

Cost: \$35

Pilates Mat Basics

Pilates Mat Basics is a total body “strengthening while lengthening” exercise class inspired by Joseph Pilates. Core muscles are strengthened — the abdomen, hips, legs, and shoulders — without adding bulk. Flexibility also increases. This class is ideal for beginners or those wanting to refine foundational elements. Please bring a yoga/Pilates mat, a 7-9 inch slightly soft core training ball, light hand weights (1-4 lbs), and water. Note: For individuals who can get up and down from the floor easily. **Maximum of 17 students.**

When:

Session 1: Wednesdays, 1/14 to 2/18

Session 2: Tuesdays and Wednesdays, 3/3, 3/11, 3/18, 3/24, 4/15, 4/29

Time: 5 to 6 pm

Where: Plymouth Whitmarsh High School, D50

Instructor: Kimberly Brock, Twisters Ballet Barre/Pilates Training; 25+ years teaching experience

Cost: \$65

Body-Swing Connection - Titleist Performance Institute

Titleist Performance Institute (TPI) is the world's leading educational organization dedicated to the study of how the human body functions in relation to the golf swing. This class will incorporate TPI research to help you to swing a golf club in the most efficient way possible. We will also explore how physical limitations in a player's body can adversely affect the golf swing and potentially lead to injury.

When: Tuesday, 2/10

Time: 6:15 to 7:15 pm

Where: Colonial Elementary School, Cafeteria

Instructor: Tyler Sauder, Doctor of Physical Therapy and TPI-Certified

Cost: \$20

Water Aerobics

Water aerobics is a low impact exercise class. This is an excellent class for people who have trouble exercising on land. This class is perfect for toning your muscles and is also a great cardio workout. There is no need to know how to swim to take this class. **Minimum 10 students.**

When: Mondays, 3/2 to 5/4 (no class 3/23, 3/30, or 4/13), Wednesdays, 2/25 to 5/6 (no class 3/25, 4/1, 4/8) or Mondays and Wednesdays, 3/2 to 5/6 (no class 3/23, 3/25, 3/30, 4/1, 4/8, or 4/13)

Time: 8:15 to 9:15 pm

Where: Plymouth Whitmarsh High School, Pool

Instructor: Joanne Dunne

Cost: \$80 for Mondays or Wednesdays (\$40 for Gold Card/employees) or \$160 for both Mondays and Wednesdays (\$80 for Gold Card/employees)



Zumba

Come join in on zumba fitness, a dance-based aerobics fitness class. Work out with Latin flare and today's hits for a full cardio workout.

When: Thursdays, 1/29 to 4/23 (no class on 4/2)

Time: 7 to 8 pm

Where: Colonial Middle School, First Floor Commons Area

Instructor: Alexandra Peterkin

Cost: \$150 (\$75 for Gold Card members/employees)

WELLNESS

Tai Chi and Qigong 1: Foundations for Wellness

Tai Chi and Qigong are ancient holistic health systems that unify the practitioner's mind, body, spirit, and emotions by cultivating life energy (Chi or Qi), with synchronized breath and smooth relaxed movements. This mindful movement offering will address Tai Chi's unified health model, by practicing breathing methods, mind focusing, Qi awareness techniques, basic Tai Chi qigong posturing, balancing, and stepping techniques. Participants of this program will benefit from relaxation, grounding, stagnation release, increased circulation, self awareness, and overall health and healing of the body's diverse systems. Holistic wellness will be progressively assessed, adjusted, and systematically regulated as a result of engaging in this well balanced program.

When: Wednesdays, 1/14 to 4/29 (note: classes on 3/25 and 4/8 will be held at Colonial Elementary School in the cafeteria; no class on 4/1)

Time: 6 to 7 pm

Where: Plymouth Whitmarsh High School, Cafeteria

Instructor: Hasan Rucker

Cost: \$180 (\$90 for Gold Card members/employees)

Tai Chi and Qigong 2: Form and Flow

This class is a continuation of the principles and foundations of balance, movement, relaxation, and flow learned from Tai Chi and Qigong 1 (see above). Students will be guided into higher levels of movement complexity, stylized postures, meditation, relaxation, grounding, and Qi energy awareness. Practitioners will also explore learning elements of the Yang style 24 Tai Chi Chuan routine. Completion of Tai Chi and Qigong 1 is a pre-requisite.

When: Wednesdays, 1/14 to 4/29 (note: classes on 3/25 and 4/8 will be held at Colonial Elementary School in the cafeteria; no class on 4/1)

Time: 7 to 8 pm

Where: Plymouth Whitmarsh High School, Cafeteria

Instructor: Hasan Rucker

Cost: \$180 (\$90 for Gold Card members/employees)

The Weight Reset Workshop

In this workshop, you'll discover three practical, sustainable ways to lose weight and keep it off! We'll focus on three key areas:

- 1. Creating calorie blocks** — Learn an easy method for managing portions without feeling deprived.
- 2. Choosing the Right Sources of Macronutrients** — Understand how to balance fats, carbs, and proteins for lasting energy and satisfaction.
- 3. Incorporating the Right Amount of Exercise** — Find the best mix of cardio, strength, and flexibility to support your goals and keep things fun.

When: Tuesdays, 1/13 and 1/20

Time: 6 to 7:15 pm

Where: Plymouth Whitmarsh High School, C17

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

Cost: \$50



WORKSHOPS

Becoming a Clutter-Free Family

This class is designed to teach parents how and why keeping a clutter-free and organized home will benefit all members of the family (or individual). Learn science-based evidence of how clutter impacts mental health, as well as the science-based evidence of how living in clutter free and organized spaces benefits the mind and overall health of the young and old. Learn how EVERYONE can be involved without the conflict!

When: Tuesdays, 2/17, 3/17, or 4/21 (same class offered each night)

Time: 6:30 to 8 pm

Where: Colonial Middle School, 203

Instructor: Farnaz Dar

Cost: \$35

Before It's Too Late: Family Conversations About Stuff

Every home holds a lifetime of belongings, but what happens to it all as a homeowner ages? This practical workshop helps seniors and their adult children tackle decluttering and organizing household items while parents can still make their own decisions. Learn compassionate communication strategies for difficult conversations, methods for identifying what to keep or pass along, and step-by-step approaches to creating a manageable plan. Whether preparing for downsizing, simplifying your home, or ensuring your wishes are known, this class provides the guidance families need to work together effectively. Don't wait until a crisis forces rushed decisions. Take control now and turn a daunting task into meaningful collaboration.

When: Tuesdays, 1/13, 2/10, 3/10, or 4/14 (same class offered each night)

Time: 6:30 to 8 pm

Where: Colonial Middle School, 203

Instructor: Farnaz Dar

Cost: \$40

From Chores to Scores: Raising Capable, Confident Kids

Discover how household chores build essential life skills and boost academic success. This practical workshop shows parents how age-appropriate responsibilities develop executive

functioning skills like planning, time management, and problem-solving. Learn which chores benefit different age groups, how to motivate without nagging, and strategies to turn daily tasks into powerful learning opportunities. Stop fighting about chores and start raising capable kids who thrive at home, in school, and beyond.

When: Tuesdays, 2/24, 3/3, or 4/7 (same class offered each night)

Time: 6:30 to 8 pm

Where: Colonial Middle School, 203

Instructor: Farnaz Dar

Cost: \$35

COMPUTERS**Start Your Business or Blog Website with Ease - Virtual**

Curious about building a website but don't know where to start? This two-hour class will go over the foundations of building a website and elements that are often featured in modern websites. We'll cover key elements like how a website gets from your computer to the internet. You'll also learn about modern website layouts, branding, navigation, and how to prepare content for an easier design process. You'll also get tips on choosing a domain and writing effective copy. You'll see

DREAMING OF BECOMING AN ADULT EVENING SCHOOL INSTRUCTOR?

Make your teaching dreams a reality by joining the Adult Evening School team!

We are always looking for new classes to offer the community. Community members have expressed interest in seeing classes that would help them learn American Sign Language, the PhotoShop application, meditation, and different card games.

If you have a specialty in any of these areas and would like to teach through our program, please contact Jessica Lester, Community Relations Coordinator, at jlester@colonialsd.org, or at 610-834-1670, ext. 2115.

examples of other websites, and share examples of websites you like with peers, discussing your own website goals in a collaborative way. By the end of class, you'll have a better understanding of what goes into creating a website using a no-code website editor, without feeling overwhelmed.

When: Wednesday, 1/28, or Tuesday, 3/3

Time: 7 to 8:30 pm

Where: Virtual - registrants will be emailed a Zoom link prior to the start of the class

Instructor: Jen Merritt is a web designer, artist, and massage therapist who has supported wellness professionals, creatives, and small businesses since 2003. Visit her site at www.ConsciousWebPresence.com

Cost: \$25

Computers for the Analog Native

If you didn't grow up with a smartphone in your pocket and find it challenging to navigate today's rapidly evolving technological world, this class is for you. Rick Carpenter, an IT professional with 20 years of experience, will guide you through four classes that will cover topics ranging from the difference between wifi and cellular networks; how to use common file-sharing tools like DropBox; how to manage your password and avoid online scams; artificial intelligence; and more. Before you know it, you'll be able to relate better to the "digital natives." Bring your device for some hands-on activities.

When: Thursdays, 1/22 to 2/12

Time: 7 to 8 pm

Where: Plymouth Whitmarsh High School, C19

Instructor: Rick Carpenter, IT provider with 20 years of experience; Microsoft-Certified Partner, Master's in Cybersecurity from Villanova University

Cost: \$40



CARD GAMES

Canasta for Beginners/New Players

Canasta is a partners game played with two decks of cards (including jokers), equaling 208 cards. This is a challenging game of rules, special hands, special canastas, and counting cards, that requires strategy, thought, and concentration. If you have played and enjoyed popular games such as bridge, mah jongg, pinochle, rummy, five hundred, or any other game requiring "card sense," this is the game for you! **Maximum of 8 students.**

When: Mondays, 1/12 to 4/20 (no class 1/19 or 2/16)

Time: 6 to 8 pm

Where: Plymouth Whitmarsh High School, Library

Instructor: Hali Freeman

Cost: \$70 (\$35 for Gold Card members/employees)

Commonly asked questions about Adult Evening School

Q. How do I know if my registration has been received?

A. So long as you provide us with an email address, you'll get an auto-generated receipt that will serve as confirmation. The receipt will be sent regardless of your registration method (online or mail). You will also get a reminder two days before class begins to confirm dates, times, and locations. If you've signed up to get them, you may also get these reminders by text. If the class you registered for does not have enough participants to run, we'll alert you ahead of time to address any refunds or credits that might be issued. Be sure to check your spam/junk folders for our emails.

Q. I'm a Gold Card member/CSD employee, and I want to take a class for free. How do I register online?

A. The webstore makes this process a breeze. Simply select the correct prompts to get the discounted rate. If you decide to take more than one class in a session, we ask that you pay for the second class, regardless of Gold Card/employee status. If you're registering online, simply select "no" when asked if you are a Gold Card/employee to be charged the full rate.

Q. Where should I park for classes and how will I know where my classroom is?

A. If your class is at Plymouth Whitmarsh High School, park behind the building (see map on page 16). Enter through Door 19. If your class is at Colonial Middle School, park in front of the building and enter through the Gym/Auditorium entrance.

If your class is at Colonial Elementary School, park in front of the building and enter the main entrance. Your reminder email will have directions on how to get to your class from the entry point at each building.

Q. Why can't I find a class online that I see in the brochure?

A. Registration for classes closes the day the class is set to begin. If you would like to register late, you can call us at 610-834-1670, ext. 2750 or 2115 for assistance.

Q. I signed up for class but I'm no longer able to attend. What should I do?

A. Contact us at 610-834-1670, ext. 2750 or 2115. Please note that refunds may be pro-rated based on how many classes you've already attended.

Q. What do I do if I can't remember my password for the online store?

A. Please use the "Forgot Password" link on the webstore. We do not have the ability to reset passwords for customers.

Q. What happens if class needs to be canceled due to weather?

A. We'll contact you via email/text as soon as possible. You can also check our website at www.colonialsd.org or follow us on Facebook or Instagram to find alerts when evening activities are canceled. We will make every attempt to reschedule missed classes, or issue refunds/credits if rescheduling is not possible.

Tax Rebates Offered for Volunteer Firefighters, EMS



The Colonial Board of School Directors is proud to announce the implementation of the Act 91 Volunteer Firefighter and EMS Personnel Tax Rebate Program effective for the 2025-26 school year. Volunteers of locally-operated firefighter and EMS organizations are now eligible for a tax rebate up to \$500 based on their involvement in their local volunteer organization.

Individuals must satisfy the requirements as mandated by the program; filing deadline for eligibility is Sept. 30, 2026, for the period January to December 2025. Any questions regarding the program can be directed to Mark Digian, Colonial School District Business Administrator, at 610-834-1670, ext. 2121, or mdigian@colonialsd.org.

Tax Relief Available for Colonial School District Residents

There are two ways some taxpayers in the Colonial School District can benefit from tax relief.

1. Pennsylvania Property Tax/Rent Rebate Program

The existing Pennsylvania Property Tax/Rent Rebate Program has been in effect since 1971 and is funded by state lottery and slot machine proceeds. The income limit is \$46,520 a year for homeowners and for renters, and half of Social Security income is excluded. The maximum standard rebate is \$1,000.

Here is what you could receive from the state, if you qualify:

- \$1,000 if your income falls between \$0 and \$8,000
- \$770 if your income falls between \$8,271 and \$15,510
- \$460 if your income falls between \$15,511 and \$18,610
- \$380 if your income falls between \$18,611 and \$46,520

2. Colonial School District's Property Tax/Rent Rebate Program

The Colonial Board of School Directors has approved a property tax rebate program that will see an additional discount of up to 75 percent of the State rebate base amount for homeowners and renters.

Colonial School District homeowners and renters must qualify for the state rebate program to qualify for the District rebate program.

To qualify for the discounts, applicants must be:

- Homeowners or renters with a household income of no more than \$46,520 annually (half of Social Security income is excluded) AND
- Be 65 years of age or older; OR
- Be a widow and widower aged 50 years of age or older; OR
- Be permanently disabled and 18 years of age or older

Those who are delinquent paying their taxes are not eligible for rebates.

How to apply for both Property Tax/Rent Rebate Programs

Complete the Form PA-1000, Property Tax or Rent Rebate Claim online. You'll need Colonial School District Code = 46160 and Montgomery County Code = 46.

PROPERTY TAX/RENT REBATE PROGRAM



Colonial
SCHOOL DISTRICT

You can get a form on the PA Department of Revenue website:
pa.gov/agencies/revenue

Print and send a copy of the PA-1000 (renters also need to include a current rent certificate) to the Colonial School District Business Office at the following address:

Colonial School District
c/o Business Office
230 Flourtown Road
Plymouth Meeting, PA 19462

When you receive the state rebate, you'll also need to submit proof of the deposit by providing a copy of the check or an official bank statement reflecting your deposit amount to the Colonial School District Business Office. The deposit will most likely be received after July 1.

Once all of the required information is received and verified, the Colonial School District will produce a rebate check in the amount equal to 75 percent of the state rebate amount and mail the check to the address on the form PA-1000.

For more information

For questions, you can call the Pennsylvania Department of Revenue at 1-888-222-9190.

Any other questions regarding the Colonial School District Property Tax/Rent Rebate Program can be directed to Mark Digian, Colonial School District Business Administrator, at 610-834-1670, ext. 2121, or email him at mdigian@colonialsd.org.

Colonial

SCHOOL DISTRICT

230 Flourtown Road

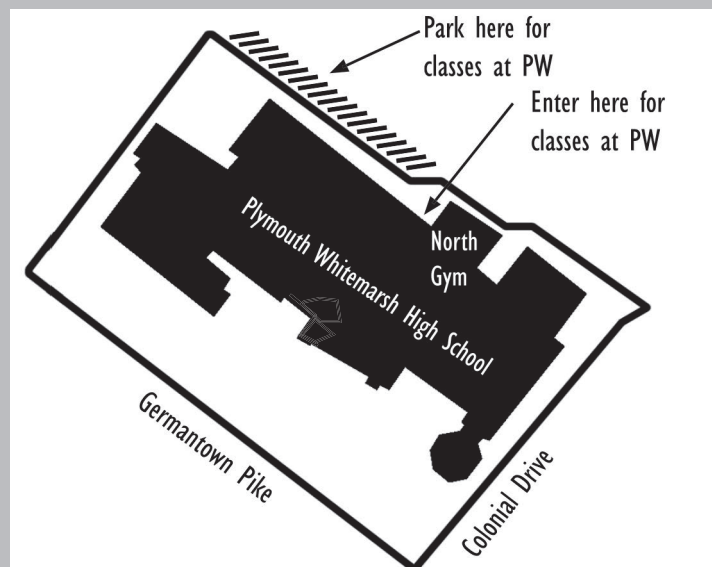
Plymouth Meeting, PA 19462

www.colonialsd.org/aes

Non-Profit Org.
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Reading, PA
Permit #4528

REGISTRATION INFORMATION

- Classes are held in Plymouth Whitmarsh High School (201 E. Germantown Pike, Plymouth Meeting), Colonial Elementary School (230 Flourtown Road, Plymouth Meeting) and Colonial Middle School (716 Belvoir Road, Plymouth Meeting). See map at right for information on the entrance to Plymouth Whitmarsh High School.
- Participants will be contacted if a class is cancelled. Registrants providing an email address will receive confirmation before classes begin.
- Refunds or transfers will be allowed only if a course has been cancelled or if a participant must miss class due to illness or injury.
- Senior citizens aged 65 or older residing within the Colonial School District and Colonial School District employees may attend one class per session (fall or winter/spring) free or at a reduced rate. Only one free/reduced rate class per session is allowed. **Please note the winter/spring session is considered a single session.**
- A class registration form can be found on page 3.
- Registration can also be done online at www.colonialsd.org/aes.
- Registration for a class closes online the day the class begins. If you want to register late, please call



610.834.1670, ext. 2750 or 2115. Class pricing will not be pro-rated due to missed classes.

- Cancellations due to inclement weather will be posted on the District website at www.colonialsd.org, and we may also email and text you if contact information is provided upon registration.

Still have a question? Visit our FAQ section on the website: colonialsd.org/AdultEveningSchoolFAQs