



Colonial School District

Adult Evening School



Registration can be done
three ways:

Online:
www.colonialsd.org/aes

Mail:
Use form on next page

Phone:
610-834-1670, ext. 2750

Registering online is the
FASTEST way to reserve
your spot!

Fall 2026 Session

Never stop learning! That's our philosophy for Adult Evening School, where you'll find a variety of classes to keep your body and mind active. We hope you enjoy our re-designed brochure, which has been broken down into sections to make it easy for you to find the classes you're most interested in. We're featuring a few of our new classes here on the front page, but jump inside for all the rest: Arts & Crafts (pgs. 2-3), Dance (pgs. 4-5), Yoga & Wellness (pgs. 6-7), Workshops (pgs. 8-9), Exercise (pg. 10), and Personal Finance (pg. 11).

WHAT'S NEW IN ARTS & CRAFTS - PAGES 2-3

Mixed Media Art Class: Get creative in this class taught by Plymouth Whitemarsh High School alum Bob Cahill.

Scrapbooking 101: Get those photos out of your shoebox and into a beautiful book that tells your story.

Card Making 101: Create personalized cards just in time for the holidays.

Build-A-Book/Junk Journal: Make a keepsake journal to remember family trips and milestones.



WHAT'S NEW IN WORKSHOPS - PAGES 8-9



Writing Your First Short Story: Learn tips and tricks for writing creatively.

Screenplay Writing 101: Get the building blocks to write a compelling screenplay.

The New Age of Board Games: Liven up your next game night with some ideas from this class.

Oceanography of the East Coast: Buying property "down the shore?" Inform your choice by learning about the environment.

WHAT'S NEW IN PERSONAL FINANCE - PAGES 11-12

Medicare classes: Two classes are being offered and timed to address questions before the enrollment period opens on Oct. 15 and before it ends on Dec. 7. Take one or both to be sure you're prepared! Pg. 11

HAVE YOU CONSIDERED...

Wedding Dance Prep/Special Occasion

Dance Prep: If you've got a special occasion coming up and want to dazzle your guests with a dance, sign up and get help with your choreography. Pg. 5

Got Clutter? Whether you're a senior citizen trying to downsize or a family needing to organize better, we have classes to help you simplify. Pg. 8



Mixed Media Arts

Explore the exciting world of mixed media art by combining acrylic paint, spray paint, texture mediums, stencils, collage, palette knives, squeegees, and a variety of unconventional tools to create bold, expressive artwork. Through demonstrations and hands-on projects, you'll learn techniques for building texture, layering color, creating movement, and developing your own unique style. Whether you're a beginner or an experienced artist looking to expand, this class provides a relaxed, encouraging environment where experimentation is celebrated. Materials cost of \$150 due prior to the start of class (Payment instructions will be provided upon registration. Gold Card/employee discount does not apply for materials fee).

When: Mondays, 9/28 to 11/2

Time: 7 to 9 pm

Where: PW, D04

Instructor: Bob Cahill, PW alumnus with background in arts/holistic practices

Cost: \$75

Scrapbooking 101

Learn how to create several two page

spreads for your scrapbook starting with a Project Recipe Kit (quick formula) and advancing to creating your own pages. These classes will teach you new techniques, and allow you to use Creative Memories tools to create fast and fun sets of pages where you can display your photos and tell your story. Participants should bring 6 to 10 4X6-inch photos to each class. Materials fee of \$75 due to instructor on first night of class. Gold Card/employee discount does not apply to materials fee.

When: Thursdays, 10/1 to 10/29

Time: 7 to 9 pm

Where: CMS, Cafeteria

Instructor: Gayle Miller

Cost: \$25

Card Making 101

Handcraft six cards each week that come with envelopes. Get hands on experience with basic step-by-step group instruction the first week. Advance to making your own by the end of the third week. You will use the latest Creative Memories trimmer, punches and border-maker system. Other cards, card kits, and paper crafting projects

will be available for purchase. Materials fee of \$50 due to instructor on first night of class. Gold Card/employee discount does not apply to materials fee.

When: Thursdays, 11/5 to 11/19

Time: 7 to 9 pm

Where: CMS, Cafeteria

Instructor: Gayle Miller

Cost: \$25

Build a Themed 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 (or a portable cup) that will be a work of art and will wow your guests at upcoming holiday gatherings.

When: Thursdays, 10/15 or 11/5 (same class offered each night)

Time: 7 to 8:30 pm

Where: PW, Faculty Dining Room

Instructor: Barb Micucci

Cost: \$75 (\$37.50 for Gold Card members/employees) *No refunds issued if you cancel your registration the week before class.*

Skip the paper and register online! Go to www.colonialsd.org/aes to pay by credit card. There's a \$2.49 fee per transaction, but your registration gets to us quicker and reserves your spot in classes with limited seats.

CSD Adult Evening School Registration Form - Fall 2026

Please print clearly

Name:

Do we have permission to take your photo for publicity purposes? Yes No

Street Address:

Course Title(s):

Please include class dates if class is offered more than once during session.

Email Address:

Phone:

Gold Card Member? Yes No **CSD Employee?** Yes No **Cost:**

Mail to: Adult Evening School, Colonial School District, 230 Flourtown Road, Plymouth Meeting, PA 19462

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 and discussing photographs. You will also gain insight into the many roles of photography in our world. A digital camera and access to a computer is required, and the camera user's manual is recommended. Cell phones are not permitted for this class. Minimum of 6 students.

When: Wednesdays, 10/14 to 11/4

Time: 7:30 to 9 pm

Where: PW, C19

Instructor: Jaci Downs

Cost: \$70

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 digital camera with interchangeable lenses is required, and the user's manual is recommended. Minimum of 5 students.

When: Wednesdays, 10/14 to 11/4



Time: 6:30 to 7:30 pm

Where: PW, C19

Instructor: Jaci Downs

Cost: \$60

Improv Your Life: More Fun, More Games

This class will teach participants the fundamentals of Improv Comedy. Throughout the class, Darryl will use improv warmups and several easy-to-understand improv exercises that will highlight the power of joy and laughter, as well as build on participants' creativity and sense of community.

When: Thursdays, 10/22 to 11/12

Time: 6 to 8 pm

Where: CMS, 203

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

Cost: \$65

Build-A-Book/Junk Journal

Learn how to make a keepsake journal you can use to remember a family vacation or document milestone events like your baby's first year. This class is also a great way to get in on the "junk journal" trend and turn your ticket stubs, stickers, maps, and clippings into a beautiful work of art. During the first class, you'll receive the basics on how to construct your journal. On night two, learn how to personalize your book with added items like ribbon, beads, or paper scraps. On night three, join your classmates in putting the final touches on your book and feel free to bring your own crafting supplies to share. Materials fee of \$5 due to instructor the first night of class. Gold Card/employee discount does not apply to materials fee.

When: Mondays, 10/5 to 10/19

Time: 6:30 to 8 pm

Where: PW, Library

Instructor: Sandy Bahn

Cost: \$20

BE ON THE LOOKOUT FOR ONLINE UPDATES!

New classes sometimes are added after the brochure goes to print. Get 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 us on Facebook and Instagram, or visit our webstore: www.colonialsd.org/aes.

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 free or reduced prices on Adult Evening School classes and free admission to other District activities. Save time and fill out this form online: www.colonialsd.org/goldcard.

Name: _____ Email: _____

Phone: _____ DOB (for verification): _____

Street Address _____

City _____ Zip _____

Please print clearly.

Mail to Gold Card Program, 230 Flourtown Road, Plymouth Meeting, PA 19462.

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, 9/28 to 11/30

Time: 6:30 to 7:30 pm

Where: PW, 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, 9/28 to 11/30

Time: 7:30 to 8:30 pm

Where: PW, 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 13 students.



When: Mondays, 9/28 to 12/7

Time: 6:30 to 7:30 pm

Where: CES, Cafeteria

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 8 students.

When: Mondays, 9/28 to 12/7

Time: 7:40 to 8:40 pm

Where: CES, Cafeteria

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, 9/29 to 12/15 (no class 11/3 or 11/24)

Time: 7 to 8 pm

Where: CMS, 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 taught in this class and are perfect to learn if you are

looking to improve your moves on the dance floor at a nightclub, business function, or other informal gathering. Come with a partner or without - all moves are danced in one spot, so it's not necessary to be part of a duo to learn. Develop your own personal style with fun, easy moving steps and perhaps meet someone new who likes dancing just as much as you! Come out and "Feel the Beat."

When: Tuesdays, 9/29 to 12/15 (no class 11/3 or 11/24)

Time: 8 to 9 pm

Where: CMS, 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)

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 a partner.

When: Wednesdays, 9/30 to 12/9, with last class on Thursday, 12/17 (No class 11/4 or 11/25)

Time: 7 to 8 pm

Where: CMS, 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/Special Occasion Dance Prep

Is there a wedding, bar/bat mitzvah, or quinceañera in your future? Take this class to learn choreography designed to wow your guests. Presentation and performance over the course of several weeks will help you master your skills and make sure you're ready to go on your big day. All are welcome. Get ready to go viral with your dance moves!

When: Wednesdays, 9/30 to 12/9, with last class on Thursday, 12/17 (No class 11/4 or 11/25)

Time: 8 to 9 pm

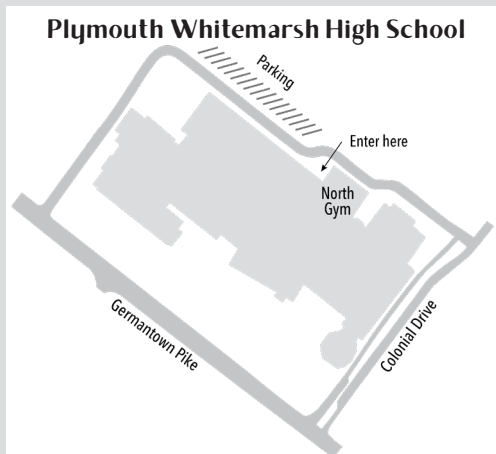
Where: CMS, First Floor Commons Area

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)

Registration Information

- Classes are held in Plymouth Whitemarsh 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 for information on the entrance to Plymouth Whitemarsh High School.
- Participants will be contacted if a class is cancelled. Registrants providing an email address will receive confirmation before classes begin.
- Refunds 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 Adult Evening School session is allowed.** Please note the winter/spring session is considered a single session.
- 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.

Chair Yoga for Beginners

This class is designed for students who are new to yoga or new to chair yoga or need a refresher on the basics. Chair Yoga is a gentle form of yoga that is practiced seated on a chair or standing, using a chair for support. Chair yoga is ideal for those seeking the physical and mental benefits of yoga and who 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 cultivating the mind-body connection.

When: Tuesdays, 9/29 to 10/20



Time: 6 to 7 pm
Where: PW, Library
Instructor: Sharon Marino
Cost: \$40

Chair Yoga

Chair yoga is a gentle form of yoga that is practiced seated on a chair or standing using a chair for support. Ideal for those who have done Chair Yoga

before. Expect to experience the many benefits of yoga practice, including stress reduction, increased flexibility and strength, and cultivating the mind-body connection.

When: Tuesdays, 9/29 to 10/20

Time: 7:15 to 8:15 pm

Where: PW, Library

Instructor: Sharon Marino

Cost: \$40

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

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, 9/30 to 12/2 (no class 11/25)

Time: 6 to 7 pm

Where: PW, Cafeteria

Instructor: Rev. Dr. Hasan Rucker, DHH, AMP/Doctor of Holistic Health & Alternative Medicine, Spiritual interfaith Minister, Health and Wellness Consultant, Coach, and Educator

Cost: \$120

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

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: Mondays, 9/28 to 11/23 (no class 10/26)

Time: 5:30 to 6:45 pm

Where: PW, D50

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

Cost: \$88

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, 9/28 to 11/16

Time: 6 to 7 pm

Where: CES, 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: Thursdays, 10/1 to 11/19

Time: 7 to 8 pm

Where: CES, Cafeteria

Instructor: Lauren Tonetti, 200-hour Certified Yoga Instructor

Cost: \$80

WELLNESS

and Qigong 1 is a pre-requisite.

When: Wednesdays, 9/30 to 12/2 (no class 11/25)

Time: 7 to 8 pm

Where: PW, Cafeteria

Instructor: Rev. Dr. Hasan Rucker, DHH, AMP/Doctor of Holistic Health & Alternative Medicine, Spiritual interfaith Minister, Health and Wellness Consultant, Coach, and Educator

Cost: \$120

The Weight Reset Workshop

Whether you're looking to shed a few pounds or just want to live a healthier lifestyle, this class will help you achieve your goals. We'll focus on three key areas:

- How to create calorie blocks
- Balancing fats, carbs, and protein
- Finding an exercise routine that works for you

You'll learn the science behind healthy weight loss and how you can develop a personalized plan that works for you.

When: Tuesdays, 10/6 OR 10/20 (same class offered each night)

Time: 6 to 7:15 pm

Where: PW, C17

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

Cost: \$25





Becoming a Clutter-Free Family

Transform your home and family dynamics by conquering clutter together. This workshop teaches parents and children practical strategies for maintaining an organized, peaceful home. Learn why clutter affects mental health, discover age-appropriate ways to involve every family member, and develop systems that actually stick. We'll explore the connection between physical space and emotional calm, create realistic routines for busy families, and build teamwork skills that extend beyond cleaning. Bring the whole family and start your clutter-free journey together!

When: Wednesdays, 10/28 OR 11/18
(same class offered each night)
Time: 6:30 to 8 pm
Where: CMS, 203
Instructor: Farnaz Dar, M.Ed.
Cost: \$35

Before It's Too Late: Family Conversations About Stuff

Every home holds a lifetime of belongings, but what happens it all as a homeowner ages? This practical workshop helps seniors and their adult children tackle decluttering and orga-

nizing 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, 9/29 OR 10/27
(same class offered each night)
Time: 6:30 to 8 pm
Where: CMS, 203
Instructor: Farnaz Dar, M.Ed.
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: Thursday, 11/19
Time: 6:30 to 8 pm
Where: CMS, 203
Instructor: Farnaz Dar, M.Ed.
Cost: \$35

Screenplay Writing 101

Have a story you've always wanted to tell? Whether it's a feature film, short film, or television series, this introductory class will guide you through the fundamentals of screenplay writing in a fun, supportive environment. Designed for adults with little or no previous writing experience, you'll learn the essential building blocks of a compelling screenplay, including story structure, character development, dialogue, scene construction, pacing, and visual storytelling. Through writing exercises, group discussions, and instructor feedback, you'll begin transforming your ideas into a screenplay that follows professional industry formatting. By the end of the course, you'll have a solid understanding of the screenwriting process, practical tools to continue developing your work, and the confidence to bring your stories to life on the page. Whether your goal is to write for Hollywood, independent film, or simply explore a new creative outlet, this class is the perfect place to begin.

When: Tuesdays/Wednesdays, 9/29 to 11/18 (no class 11/3)
Time: 7 to 9 pm
Where: PW, A14
Instructor: Bob Cahill, winner of 2012 Best Original Philadelphia Screenplay Award
Cost: \$150

Writing Your First Short Story

This beginner-friendly creative writing workshop introduces you to the fundamentals of short story writing in a supportive, low-pressure setting. Through guided prompts and brief instruction, you will generate ideas, explore character and situation, and begin drafting your own short story. You

will leave with a short piece or scene you've created, along with practical tips for continuing to write on your own. Bring your own writing device - laptop, tablet, journal, or notebook.

When: Tuesdays, 9/29 to 11/17 (no class 10/13 or 11/3)

Time: 6:30 to 7:30 pm

Where: PW, C21

Instructor: John Focht, Adjunct Professor of English Composition at Albright College, Montgomery County Community College, and Penn State Berks

Cost: \$80

The New Age of Board Games

This two-day, four-hour interactive workshop introduces you to the exciting world of modern board games. If your experience ends at Monopoly, Risk, or Scrabble, you will discover how game design has evolved over the last decade. Each two-hour session balances brief, engaging insights into modern game mechanics with hands-



on, casual gameplay. You just may find a new favorite game to add to your game nights. Both sessions will feature different games but the same fun atmosphere!

When: Mondays/Tuesdays, 9/28 & 9/29 OR 10/5 & 10/6

Time: 6 to 8 pm

Where: CES, Library

Instructor: Darryl Spencer, game tester and designer and soon-to-be gaming podcaster

Cost: \$30

Oceanography of the East Coast

If you're considering buying property "down the shore," this class will help you to understand what may happen with some of the changes occurring to coastal areas. In many parts along the nation's East Coast, rising seas are only a part of the threat driven by melting polar ice and the thermal expansion of warming water. The land is also sinking. This geologic two-step is happening rapidly enough to threaten infrastructure, farmland, and wetlands that tens of millions of people along the coast rely upon. This course will help answer the question: Is buying "down the shore" a wise investment?

When: Mondays, 10/5 to 11/2

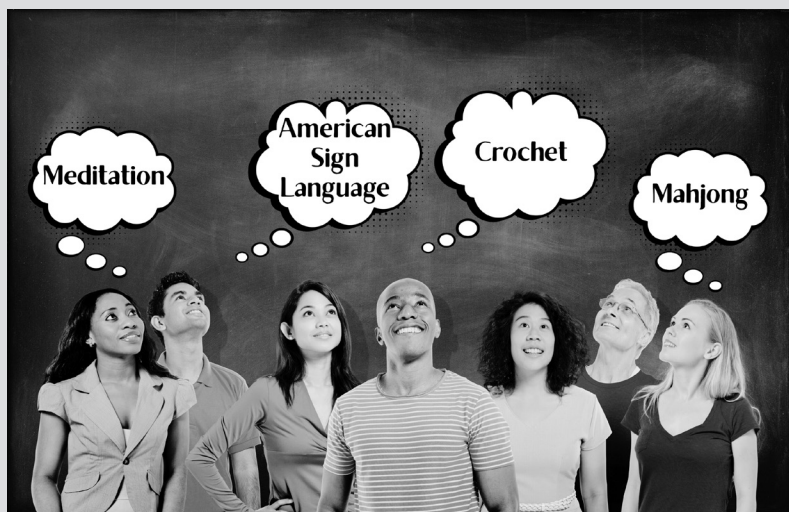
Time: 7:15 to 8:15 pm

Where: PW, Room C18

Instructor: Kurt Schweighauser, former Wissahickon High School oceanography teacher

Cost: \$35

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. When we surveyed our community members, they expressed interest in taking classes that would help them learn American Sign Language, Spanish/French, crochet/knitting, and mahjong.

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.

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: Mondays, 9/28 to 11/30 (no class 11/23), Wednesdays 9/30 to 12/9 (no class 11/4 or 11/25) or Mondays AND Wednesdays, 9/28 to 12/9 (no class 11/4, 11/23, or 11/25)

Time: 6 to 7 pm

Where: CMS, 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 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, 9/28 to 11/30 (no class 11/23)

Time: 7:10 to 8 pm

Where: CMS, 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: Wednesdays, 9/30 to 11/18 (no class 10/28)

Time: 5 to 6 pm

Where: PW, D50

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

Cost: \$77

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 incorpo-

rate 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: Thursday, 10/15

Time: 6 to 7:15 pm

Where: PW, C18

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, 9/28 to 12/14, Wednesdays, 9/30 to 12/16 (no class 10/21 or 11/25), or Mondays AND Wednesdays 9/28 to 12/16 (no class 10/21 or 11/25)

Time: 8:15 to 9:15 pm

Where: PW, 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)

Mortgage Financing/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: Tuesday and Wednesday, 10/6 and 10/7

Time: 6:30 to 8 pm

Where: PW, C18

Instructor: Robin Bowman, Licensed Mortgage Originator

Cost: \$25

Medicare 101 & Annual Enrollment

The Medicare Annual Enrollment Period begins Oct. 15. Whether you're new to Medicare or already enrolled, this educational workshop will help you understand Medicare Parts A, B, C, and D, Medicare Supplement and Medicare Advantage plans, prescription drug coverage, and important enrollment rules. Learn how to review your coverage, evaluate your options, and avoid common Medicare mistakes before making decisions for the upcoming year. This is an educational program designed to provide clear, unbiased Medicare information and to answer your questions.

When: Wednesday, 10/7

Time: 6 to 7:30 pm



Where: PW, C12

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

Cost: \$20

Last-Minute Medicare Review: Understanding Your Coverage Choices

The Medicare Annual Enrollment Period ends Dec. 7. This educational workshop is designed for Medicare beneficiaries who want to better understand their coverage options before the enrollment deadline. Topics include Medicare Advantage plans, Medicare Supplement plans, prescription drug coverage, enrollment rules, and factors to consider when reviewing your current plan. Learn how Medicare works and gain the knowledge needed to make informed healthcare coverage decisions.

When: Wednesday, 12/2

Time: 6 to 7:30 pm

Where: PW, C12

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

Cost: \$20

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, 9/29 and 10/6

Time: 7 to 9 pm

Where: PW, C19

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

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 government-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: Thursday, 10/22

Time: 6:30 to 8 pm

Where: PW, C19

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

Cost: \$20

See back page for additional class

Colonial

SCHOOL DISTRICT

230 Flourtown Road

Plymouth Meeting, PA 19462

www.colonialsd.org/aes

Personal Finance Classes (Continued from Page 11)

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: Tuesday, 9/29

Time: 7 to 9 pm

Where: PW, C12

Instructor: Jim Monaghan, Certified Workers' Compensation Attorney

Cost: \$20

FREQUENTLY ASKED QUESTIONS

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

A. If 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. You will also get an email reminder two days before class begins to confirm dates, times, and locations. Reminders may also be sent by text if you signed off to receive them. 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 online system will prompt you to indicate if you are a Gold Card member or employee. Select the correct status to get the free or 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. When registering for the second class, 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 5). 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.

Q. What 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.