

# AT THE CENTER OF THINGS

CENTER ON THE HILL ... THE PLACE FOR ACTIVE ADULTS

## AFTERNOON MOVIES

2:00 p.m.

\$1 (includes popcorn)

Are you looking for an enjoyable activity that's economical and during the daytime so you don't have to drive at night? Are you looking to see a movie in an intimate setting with easy parking and no long lines? Then join us for an enjoyable afternoon at the movies.

### Movie dates and shows:

**Thursday, July 9: *The Help***

**Thursday, July 23: *The Queen***

**Tuesday, August 18: *The Butler***

## JULY ART EXHIBIT

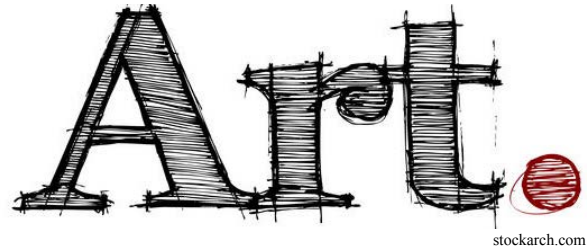
### KAREN FRANK

Painting, drawing and creating art all continue to bring great joy to Karen Frank's life. Her goal has been, and continues to be, to challenge herself in new directions, experimentation, ideas and presentations. She is a longtime resident of Chestnut Hill and primarily exhibits locally in the Philadelphia area. She is a member of both the Philadelphia Plastic Club and Greater Norristown Art League and has exhibited in both juried and non-juried shows. She's exhibited in approximately 100 exhibits and won nine awards.

## INSIDE

The Arts	1
Health and Wellness	2
Movement	3
Exercise	4-5

— SUMMER 2015 —



## ART CLASSES

These classes are sponsored by the Chestnut Hill Center for Enrichment (CHCE). To register, call 215-248-0180 or email [the.chce@verizon.net](mailto:the.chce@verizon.net).

Instructor Alex Forbes has been teaching classes for the Chestnut Hill Center for Enrichment for the past twenty-two years. He also teaches illustration at The Hussian School of Art in the Bourse building in Philadelphia.

Alex is an accomplished artist who exhibits at the Chestnut Hill Gallery and has held several of his own local exhibits.

**No Art Classes August 10 – September 7.  
Class resumes September 8.**

## WATERCOLOR WORKSHOP

Tuesdays, 9:30 a.m. – 11:30 a.m.

\$32 per month

Please bring check payment to first class.

Enjoy sketching in a relaxed class. A variety of mediums will be demonstrated such as pen and ink, charcoal, pencil, and pastels. Still-lives and photographs will be used. All abilities are welcome.

## SKETCHING AND DRAWING CLASS

Mondays, join at any time

9:30 a.m. – 11:30 a.m.

\$28 per month for CHCE members

\$32 per month non-members

Please bring check payment to first class.

This wonderful drawing and watercolor painting class is for people of all abilities.

## ALZHEIMER'S CAREGIVER SUPPORT GROUP: WHY DO IT ALONE?

*Third Tuesday of each month*

*June 16, July 21, August 18*

*5:30 p.m. - 6:45 p.m.*

*Free (Join at any time)*

*For more information, call Wendy Liebling, 610-733-1473 or e-mail [wendyliebling@gmail.com](mailto:wendyliebling@gmail.com).*

Share your wisdom, experiences, challenges and joys with others as caregivers for those living with Alzheimer's and related dementias. This group is an open support group for caregivers, sponsored by the Alzheimer's Association of the Delaware Valley. The group meetings are open to new and interested members, no enrollment or long term commitment is required, just a willingness to share in a confidential and supportive environment

Facilitator Wendy Liebling, LSW, C-ASWCM is a Licensed Social Worker who brings together caregivers dedicated to a common goal. Wendy owns a Geriatric Care Management practice in the Delaware Valley and brings over 20 years of Social Work experience to her volunteer role with the Alzheimer's Association.

## MINDFULNESS PRACTICE

*Drop-in class: Second Tuesday of each month*

*9:30 a.m. - 11:00 a.m.*

*\$12 per session*

*"With the beginner's mind there are many possibilities, but with the expert's there are few."  
-Suzuki Roshi*

*"Like water to the parched traveler; meditation, as well as prayer, quench the inner thirst."  
-Unknown*

Many say "it's too hard". But its essence is simply awareness of breathing and our sensations and thoughts. All that's really required is a safe place, a few minutes (or more) and a willingness to stay with it (focused relaxation). The teacher and the group's energy also usually makes it easier.

You are invited to be a part of us. Simply come with a light, whole-hearted willingness to participate and a beginner's mind.

David Dimmack, M.Ed. has been practicing holistic healing and mindfulness meditation for over 25 years. He is one of the few westerners to be ordained a lay dharma teacher by the venerable zen master Thich Nhat Hanh.



## DIABETES EDUCATION PROGRAM

*Wednesdays*

*June 3, 10, 17*

*July 8, 15, 22*

*August 12, 19, 26*

*12:00 noon-2:00 p.m.*

*Some months the 3rd and 4th sessions are merged into one workshop.*

*Free if you attend all sessions OR \$5 for the cooking workshop alone, which is the last session of each series.*

*To register, call Susan Pierce, 215-248-8479.*

You can live well with diabetes, prediabetes or gestational diabetes. Chestnut Hill Hospital's certified diabetes educator, Susan Pierce, MPT, CDE, will help you understand managing diabetes to stay healthy. All are welcome to take part in this series of four small-group workshops, where participants receive personalized attention and learn what it takes to maintain a healthy lifestyle. Participants can sign up for one or all four workshops, or just attend the cooking workshop.

*Session 1: What, When and How Much to Eat: Developing food awareness.*

*Session 2: It's Not Just about Food: The impact of activity, options in medications, understanding blood sugar results and how to avoid complications.*

*Session 3: Going for your Goal: Setting realistic goals and overcoming pitfalls.*

*Session 4: Healthy Cooking: Demonstration, tasting and tips.*

**To Register for Events and Classes –  
Unless otherwise noted, please call  
Leslie Lefer at 215-247-4654 or  
email [llefer@chestnuthillpres.org](mailto:llefer@chestnuthillpres.org).**

**AWARENESS THROUGH MOVEMENT**

Daytime: Mondays, start at any time.

10:30 a.m. - 11:30 a.m.

Evenings: Wednesdays, start at any time.

6:45 p.m. - 7:45 p.m.

\$12 per class; \$65 for six classes.

To register, call Joanne Fagerstrom, 267-432-1795.

Please bring payment to first class.

**No classes beginning August 17. Classes resume the week of September 14.**

Ease chronic pain or overcome injuries through a gentle movement program for people of all ages and abilities. Increase flexibility, strength and balance at your own pace and ability. Will Byrd, program participant said, "To feel the result of lengthened limbs and opened joints is nothing short of miraculous, and something I have not experienced anywhere else." Course instructor Joanne Fagerstrom is a physical therapist of over thirty years, a certified Feldenkrais instructor since 2004, and has her own physical therapy practice.

**T'AI CHI CH'UAN**

*T'AI CHI CH'UAN - BEGINNING*

*Fridays*

*T'AI CHI CH'UAN - LEVEL ONE*

*Wednesdays*

*T'AI CHI CH'UAN - LEVEL TWO*

*Wednesdays*

*T'AI CHI CH'UAN -LEVEL THREE*

*Wednesdays*

*a Chestnut Hill Center for Enrichment (CHCE) sponsored program*

T'ai Chi is an ancient Chinese martial art that strengthens body and mind. The sequential, flowing movements promote balance, flexibility, endurance and well-being.

T'ai Chi offers a means of deeply relaxing, while being alert and aware. The Yang Style short form will be taught. Susan Heineman is a long-time student of Maggie Newman and has taught T'ai Chi in the Philadelphia area for twenty years.

Contact instructor Susan Heineman for specific times for her summer classes. She can be reached at 215-836-1246.

**QIGONG (HEALING MOVEMENTS)**

*Mondays*

*2:00 p.m. - 3:00 p.m.*

*\$40 per four-week session (registration required)*

*\$12 walk-ins per class*

**No class on Monday, July 6.**

Come and experience the gentle, healing movements of the ancient Chinese art of Qigong (chee - gung). It is the practice of moving Chi, life energy, through the body for good health and well being. These easy movements can be done in a standing or seated position. Enjoy the peaceful, calming feelings brought about by this wonderful art. Michael McCormack has taught the healing arts for over 20 years. All are welcome.

**INTERNATIONAL FOLK DANCING**

*(a Chestnut Hill Center for Enrichment (CHCE) sponsored program)*

*Fridays, start at any time.*

*1:00 p.m. - 2:30 p.m.*

*\$50 for ten classes for CHCE members/\$60 for ten classes for non-members*

*\$7 per class at the door. Your first visit is free.*

*To register, call CHCE, 215-248-0180 or e-mail the.chce@verizon.net.*

Enjoy learning folk dances from Israel, the British Isles, France, the Balkans, and beyond. No partner is needed, as most dances are done in lines and circles. Although this is primarily a class for beginning and intermediate dancers, more experienced dancers are always welcome. Instructor Bill Wadlinger and his wife, Carol, founded Beaver Folk Dancing in the 70's and are part of Three's a Village, which provides participatory dance instruction with live music for public and private events. Bill also plays with the folk dance band International Folk Sounds. For more information, contact either Bill Wadlinger (bill@beaverfolkdance.org, 215-233-9399, www.folkdancefridays.org) or the Chestnut Hill Center for Enrichment (CHCE) at the number above.

## **SUPER BONES EXERCISE CLASS**

*Daytime: Thursdays*

*10:30 a.m. - 11:30 a.m.*

*Evenings: Wednesdays*

*5:30 p.m. - 6:30 p.m.*

*\$12 per class, or \$85 for eight classes, plus a one-time \$10 equipment fee.*

*To register, call Joanne Fagerstrom, 267-432-1795.*

***No classes beginning August 17. Classes resume the week of September 14.***

Did you know that a woman's risk of developing an osteoporosis-related hip fracture is equal to her combined risk of developing breast, uterine, and ovarian cancer? Well there's something you can do NOW to reduce that risk. Bones need to be stressed to be healthy and active lifestyles that stress those bones reduce the risk of fracture by half. Join physical therapist Joanne Fagerstrom in this bone building exercise class that will focus on key strengthening exercises, balance, and posture. Participant Kristy Conwell said about Joanne, "Her keen awareness of how movement affects the human body, coupled with her extensive physical therapy experience, make Joanne an incredibly effective instructor. Everyone could benefit from the Super Bones class."

## **LEVEL II SUPER BONES EXERCISE CLASS**

*Mondays, 9:00 a.m. - 10:00 a.m.*

*Thursdays, 1:00 p.m. - 2:00 p.m.*

*\$12 per class, or \$85 for eight classes, plus a one-time \$10 equipment fee.*

*To register, call Joanne Fagerstrom, 267-432-1795.*

***No classes beginning August 17. Classes resume the week of September 14.***

This class is for those who are ready to challenge themselves further in their strengthening and balance work. Although this is the next step up from Super Bones Class (above), it is not necessary, depending on your conditioning, to have taken that class prior to starting Level II.

## **ZUMBA GOLD**

*Tuesdays, 10:00 a.m. - 10:45 a.m.*

*\$5 per class or Free for Silver Sneakers members*

*No registration required.*

***No classes in August. Classes will resume on September 8.***

What's Zumba Gold? It takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. It's a low intensity & low impact cardio class. Fitness, dance moves and great music are added together for a fun-filled time. Don't be shy. Freda Ebba, certified Zumba instructor, will guide you through all the moves. It's not about perfection but working up a sweat as you keep it moving at your own space.

## **YOGA FOR WEIGHT LOSS**

*Tuesdays, July 14 - August 18*

*10:00 a.m. - 11:15 a.m.*

*\$10 per class or \$60 for all six sessions*

Have you put on a few pounds while hibernating inside due to the extreme cold outside? Do you want to drop some weight but don't want to go to the hectic gym or pound the pavement? Then Yoga for Weight Loss is your solution. These classes include yoga poses that address the glands that support metabolism, and breath patterns that help to boost metabolism. Exercises will also include building muscle mass to burn more calories and mildly increase heart rate. NO previous experience needed.

Instructor Michelle Carlino, B.A., E.R.Y.T. 500, has been teaching yoga since 1990. Michelle leads holistic health workshops locally and can often be found facilitating workshops at the Kripalu Center for Yoga and Health in the Berkshires. She is also a certified foot reflexologist, Reiki Master, therapeutic touch practitioner and seated chair massage therapist.

**To Register for Events and Classes –  
Unless otherwise noted, please call  
Leslie Lefer at 215-247-4654 or  
email llefer@chestnuthillpres.org.**

## YOGA CLASSES

Center on the Hill hosts four unique yoga classes. Please read below to see which might best fit your needs and preferences.

### GENTLE THERAPEUTIC YOGA

*Mondays, start at any time*

*2:15 p.m. - 3:30 p.m.*

*\$12 per class. Partial need based assistance is available.*

*To register, call Michelle Carlino, 609-413-6656.*

#### **No class on Monday, July 6.**

This class is designed for those who benefit from a slow, gentle flow of movements to stretch the body and relax the mind. It is tailored for those dealing with fibromyalgia, multiple sclerosis, back injuries, chronic fatigue, or other physical challenges. A deep relaxation is included to support the body's inner healing. Yoga instructor Michelle Carlino has been studying multiple styles of yoga since 1982 and teaching since 1990. She has a Bachelor of Arts degree in Special Education and Communications and has developed yoga programs for many special populations. Michelle is certified in Hatha, Kripalu, Arusara, Kundalini, and cardiac/cancer therapeutic yoga. She is also a certified reflexologist, Reiki Master, therapeutic touch practitioner, and seated chair massage therapist.

### GOLDEN YOGA

*Wednesdays and Fridays,*

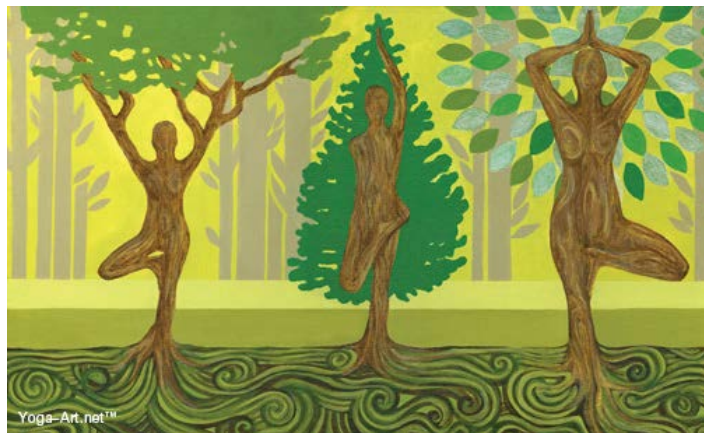
*start either or both classes at any time*

*2:30 p.m. - 3:30 p.m.*

*Four classes for \$20*

*To register, call Barbara Levitt, 215-247-3029 or e-mail goldenyoga@aol.com.*

Golden Yoga is a Classical Yoga, adapted by the SKY Foundation, to accommodate those who have difficulty getting up and down from the floor. The practices include stretching, breathing, relaxation, and meditation techniques – all done while sitting in a chair or standing. Barbara Levitt, author of Golden Yoga: You Can Do It, has practiced and taught Classical Yoga under the direction of Dr. Vijayendra Pratap for forty years. Barbara is Secretary of the SKY Foundation and is a yoga instructor for the Jefferson-Myrna Brind Center of Integrative Medicine.



### YOGA WITH ATTITUDE

*(a Chestnut Hill Center for Enrichment (CHCE) sponsored program)*

*Fridays, start at any time*

*9:30 a.m. - 11:00 a.m.*

*\$45 per month; walk-ins \$15 per class*

*To register, call CHCE, 215-248-0180 or e-mail the.chce@verizon.net.*

This is basic yoga with breath warm-ups, asana & meditation. Students of all ages and levels of experience are welcome. The class provides a method which allows us to adopt an "attitude" when confronted and to respond to the adventures in our lives. Participants practice alternative viewpoints, "while standing in truth and light." Grace Perkins has been teaching yoga in and around Philadelphia for twenty four years. She has developed a unique program, integrating seasons, posture, metaphors, poetry and stories to enhance the basic Integral Yoga approach.

### YOGA, A CHAIR AND YOU

*(a Chestnut Hill Center for Enrichment (CHCE) sponsored program)*

*Fridays, start at any time*

*11:30 a.m. - 1:00 p.m.*

*\$45 per month; walk-ins \$15 per class*

*To register, call CHCE, 215-248-0180 or e-mail the.chce@verizon.net.*

Everybody can enjoy the benefits of yoga. And it's not necessary to get on the floor to explore this gentle and effective exercise system that creates strength, flexibility, balance, and rotation. Over twenty five years ago, Grace Perkins created this program for people recovering from illness or who have physical limitations. The program is classically structured with breathing techniques, asana (postures for strength and stretching) and meditation based in the Integral Tradition. Everyone is welcome and standing is optional. We also encourage laughter and fun.



Center on the Hill ... the place for active adults  
The Presbyterian Church of Chestnut Hill  
8855 Germantown Avenue  
Philadelphia, PA 19118  
215.247.8855 [www.chestnuthillpres.org](http://www.chestnuthillpres.org)

Non-Profit Org.  
U.S. Postage  
PAID  
Fort Washington,  
PA #33



If you would like to receive  
At the Center of Things  
via email, please call Leslie Lefer  
at 215-247-4654 or email  
[llefer@chestnuthillpres.org](mailto:llefer@chestnuthillpres.org).