

AT THE CENTER OF THINGS

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

— FALL 2014 —

As you read this Fall 2014 newsletter, I will be celebrating my one year anniversary as the Director of the Center on the Hill. As I reflect back, I'm filled with much joy and pride for the new friends I've made and the many programs we've had which brightened our spirits and challenged us to be better versions of ourselves. I believe the Fall 2014 calendar will do the same and more!

We have some exciting new programs and we're bringing back a few favorites from years past. In fact, this Fall we have over **25 new programs** to pick from at the Center on the Hill. Below are a few that I'd like to highlight. Please make sure to look within this newsletter to find out more about all our programs including our ongoing classes in yoga, art, dance, t'ai chi, super bones and more.



Homecoming Celebration —

You're invited to our first-ever Fall Homecoming Celebration. Come learn and celebrate what's happening this Fall at the Center on the Hill. Coffee and light refreshments will be served. (page 2)

Events of the Month — This Fall we'll be bringing back the Event of the Month program to the Presbyterian Church of Chestnut Hill (PCCH). We're inviting Center on the Hill participants and community members to join us as we visit local art museums, sculpture gardens, arboretums, opera houses and much more. (page 4)

Griffins Give Back Day — Community-minded Chestnut Hill College students will volunteer their time to help seniors with light home projects such as yard work, baseboard and window cleaning, organizing, and more. (page 5)

Repair Cafe — Neighbors will pool their skills and labor to fix things at no cost, like mending clothing, reviving old coffee-makers, fixing computers, broken lamps, chairs and toys, and much more. (page 2)

Mindfulness Programs — Mindfulness is a way of being present to life. When we are present, we are less reactive; we experience our lives on a deeper, calmer level. The Center on the Hill will be offering both daytime and evening classes to teach this important practice. (page 15)

Alzheimer's Awareness Month — November is Alzheimer's Awareness Month. To help us understand this disease, we have four dynamic presentations scheduled from local experts. (page 18)

Tough Conversations and Stuck in Stuff — In October, we will bring back these two very popular programs to help us manage and organize our lives and our possessions as we age. (pages 7 & 8)

I wish each and every one of you a safe and healthy autumn. I hope that it is a rewarding time for you and that the Center on the Hill will play a part in keeping you active and feeling alive.

With gratitude,

Leslie A. Lefer
Director, Center on the Hill
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INSIDE

Special Events	2-5
For Your Interest	6-8
The Arts	9-11
Language and Computers	12
Song and Dance	13
Games	14
Meditation	15
Health and Wellness	16-20
Yoga and T'ai Chi	21-22
Driving Classes	23



CENTER ON THE HILL FALL HOMECOMING CELEBRATION!

Tuesday, September 16
11:00 a.m. - 1:00 p.m.
Free

The Center on the Hill and our talented instructors are delighted to invite you to our first-ever Fall Homecoming Celebration!

Come, learn and celebrate what's happening this Fall at the Center on the Hill. You'll have an opportunity to speak one-on-one with instructors from our Yoga, Meditation, Folk Dancing, Super Bones, Italian, T'ai Chi, QiGong, Alzheimer's Caregivers Support Group, Medicare Counseling and much, much more.

Coffee and light refreshments will be served.

While you're there, don't forget to enter our raffle to win a \$20 gift certificate towards one of these amazing Fall 2014 courses.



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



NW PHILLY REPAIR CAFE

Saturday, September 20
1:30 p.m. - 5:00 p.m.
Free

This is a family-friendly event with food and fun for all. Neighbors pool their skills and labor to fix things at no cost, like mending clothing, reviving old coffee-makers, fixing computers, broken lamps, chairs and toys, and gluing the plastic thingy that broke off that new item you just bought.

Here's how it works! —

Volunteer local experts/fixers will set up repair stations; you bring in your broken stuff (electrical appliances, computers, clothing, housewares, bicycles, etc.) and replacement parts, if needed. You and the volunteer fixer will work together to repair your item.

If your item can't be fixed, it can be recycled right there, or kids might use it to make an art project during the event. We'll also have demos on interesting topics (like homesteading and computer maintenance tips).

There will be good food and a place for you to sit and chat with neighbors. The Repair Café is funded in part by the Chestnut Hill Community Fund and co-sponsored by the Center on the Hill and Time4Time Community Exchange.

For a list of repairs we'll be doing and to register what kind of broken items you're bringing, check out our website at time4timeXchange.org.



Speaker Series on the Hill

Gather at noon on second Thursdays of the month in Widener Hall. Bring your lunch and a friend. Presentation begins at 12:30 p.m. Dessert and coffee are provided. A \$5 is donation requested.



JEFF BRADY, NATIONAL PUBLIC RADIO

Thursday, September 11

NPR's National Desk Correspondent Jeff Brady will highlight several of the major national news stories he has covered in his 11 years at NPR — Hurricane Katrina and its aftermath, the BP Gulf oil spill, the rise of hydraulic fracturing and how it has changed the U.S. oil industry — as well as offer us his insights on the current upheaval of the U.S. media business and why he believes public media are better prepared than most.



WILLIAM VALERIO, PH.D., WOODMERE ART MUSEUM

Thursday, October 9

Director William Valerio will give us an inside look at the mission of Woodmere Art Museum, the beautiful mansion and renowned exhibit venue located right here in Chestnut Hill. With its focus on the art and artists of Philadelphia, Woodmere's mission has been an exciting and relevant one to our community. Bill will speak about this mission and then offer a description of Woodmere's shared vision for its future exhibits.



CHRIS WHEELER, PHILADELPHIA PHILLIES

Thursday, November 13

Chris Wheeler (a.k.a. "Wheels"), widely recognized in television and radio as the Phillies' broadcaster for thirty-seven years, is returning to the Speaker Series on the Hill to discuss the never-boring Philadelphia Phillies. Come hear Chris' take on the 2014 season, the players, and what Chris believes is next for the Phillies. Wheels is an accomplished storyteller whose reflections – from his early days in the 1960s to the 2009 Phillies ring ceremony – can paint word pictures like no one else.

COMMUNITY HOLIDAY PARTY

Thursday, December 11, 12:30 p.m. – 2:30 p.m., \$12 per person

PRE-REGISTRATION IS REQUIRED BY TUESDAY, DECEMBER 9TH

CALL LESLIE LEFER AT 215-247-4654 OR EMAIL LLEFER@CHESTNUTHILLPRES.ORG

Back by popular demand, the New Horizons Senior Glee Club, an award-winning ensemble of 40 singers and instrumentalists, will present "Broadway Empire," with selections from the great scores of "Phantom of the Opera," "Guys and Dolls," "Gypsy" and other popular musicals. The concert will be followed by appetizers, delicious desserts and beverages. Join us for all the holiday festivities!



— Events of the Month —



TELLING THE STORY OF PHILADELPHIA'S ART AND ARTISTS



WOODMERE ART MUSEUM – CHESTNUT HILL

*Tuesday, September 30
10:30 a.m. – 12:00 p.m.
Meet at Woodmere at 10:20 a.m.
Minimum of 8 participants and maximum of 20
\$8*

REGISTRATION/PAYMENT DUE THURSDAY, SEPTEMBER 25

This will be a guided tour of two special exhibitions. The first, titled *International Impressionist*, is the most ambitious exhibition by renowned, Philadelphia-born landscape painter Walter Elmer Schofield.

The second exhibit, titled *A Century in Art*, is the first retrospective dedicated to the work of Theresa Bernstein, who is known for her depictions of immigrant women and the working class in their everyday environments.



GROUNDS FOR SCULPTURE – HAMILTON, NEW JERSEY

*Wednesday, October 15
Meet at the Center at 9:20 a.m.
(Van departs promptly at 9:30 a.m.)
Minimum of 6 participants and maximum of 10
\$35 (includes entrance fee, guided tour, transportation
and parking; lunch cost is not included)*

REGISTRATION AND PAYMENT DUE WEDNESDAY, OCT 8

Grounds For Sculpture is a magical place showcasing more than 270 sculptures by renowned and emerging contemporary artists. This tour will take place rain or shine.

Following the one-hour tour beginning at 11:00 a.m., the group will head over to an onsite café for lunch. An ADA vehicle is available for the tour (and must be reserved at least two weeks in advance).



THE LOVE LETTER TOUR – PHILADELPHIA

*Saturday, November 8
Meet at the Center on the Hill at 9:00 a.m.
(Van departs promptly at 9:10 a.m.)
Minimum of 6 participants and maximum of 10
\$35 (includes guided tour, transportation and parking;
lunch cost is not included)*

REGISTRATION/PAYMENT DUE THURSDAY, OCTOBER 23

Experience the power of murals by train! Noted street artist Stephen Powers, in collaboration with the Philadelphia Mural Arts Program, painted a series of 50 murals on rooftops that collectively express a love letter from a guy to a girl, from an artist to his hometown, and from local residents to their West Philadelphia neighborhood. This tour will take place rain or shine.

The 10:30 a.m. tour will be on the elevated train, but it does involve some (minimal) walking. Following the tour, we will head to the Reading Terminal Market for lunch.

— Space in the van is limited to 10 participants. The church van is not ADA accessible, so participants must be able to climb in and out of the van as well as move around to the back seats. —

GRIFFINS GIVE BACK DAY

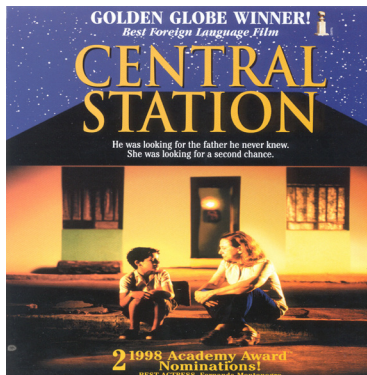
A VOLUNTEER PROGRAM WITH
CHESTNUT HILL COLLEGE STUDENTS

Sunday, October 4
9:00 a.m. – 1:00 p.m. (one-hour sessions)
Free

Community-minded Chestnut Hill College students will volunteer their time to help seniors with light home projects such as yard work, baseboard and window cleaning, organizing, and more.

Students will visit seniors living within 10 minutes of Chestnut Hill College for a one-hour timeframe. Previous feedback from seniors participating in Griffins Give Back Day has been full of appreciation and gratitude for the hard-working students who so willingly and energetically give their time and energy.

Space is limited, so sign up now! Contact Leslie Lefer at 215-247-4654 to book your spot. Registration deadline: Wednesday, October 1.



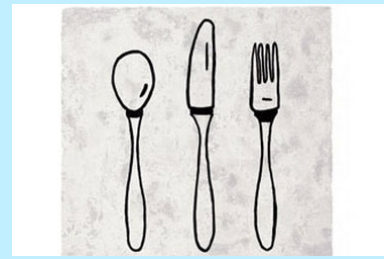
FILM & DISCUSSION

Tuesday, November 4
6:30 p.m. – 9:00 p.m.
(Film starts promptly at 6:40 p.m.)
\$10

Join us for an outstanding program including a viewing of the Golden Globe Winner for Best Foreign Language Film *Central Station*, the story of a young boy's friendship with a jaded middle-aged woman. The boy was looking for the father he never knew, and she was looking for a second chance.

Following the film, a facilitated discussion will be led by Dr. Maurizio Giammarco of Temple University.

Dr. Giammarco received his Ph.D. in Drama and Film from Temple University, teaches classes at the Bryn Mawr Film Institute, and is a lecturer in the Intellectual Heritage Program at Temple University.



allansteven@gmail.com

MONTHLY COMMUNITY LUNCHEON

September 23, October 28 and November 18
(no Community Luncheon in December)**
12:15 p.m.
\$8. Please pay at the door.

Important: Please register by the Friday before the luncheon. Registrations after Monday at 10 a.m. or on the day of the luncheon will be charged \$10.

Where else in the community can you go for lunch where you'll see both familiar and new faces, where the atmosphere is relaxed and welcoming, where the food is consistently good and served by a wonderful corps of volunteers, where you stay as long as you like, and where it only costs you eight dollars?

Our very large room is simply decorated with round tables set with white linens and real dishes. Join us at the ever-popular community luncheon, brought to you in partnership by Center on the Hill, Chestnut Hill Center for Enrichment, Chestnut Hill Meals on Wheels, and Keystone Care. We'd love to see you there!



** Center on the Hill Community Luncheon participants and community members are invited to the Presbyterian Church of Chestnut Hill's

Community Holiday Party
Thursday, December 12, 12:30 – 2:30 p.m.
featuring the New Horizons Senior Glee Club
\$12 person, pre-registration required

See page 3 for more details.

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

Write Your Story!

AS YOU WISH — CREATING YOUR OWN OBITUARY AND THOUGHTS FOR TOMORROW

Thursday, September 18
1:00 p.m. – 2:30 p.m.
\$15
Minimum of 6 participants

In this session you will receive the basic information to put together your own obituary so that your life story is told the way you want it to be told. Handouts will pose questions to encourage conversation about writing your obituary and a love letter to your family.

Instructor Barbara Sherf is a legacy planner and personal historian who founded Capture Life Stories in 2008 after publishing a book with her father. She now helps other families capture their legacy to leave for future generations.

WRITING YOUR LIFE STORIES — LEAVING A LEGACY

a Chestnut Hill Center for Enrichment (CHCE) program

Tuesdays, October 7 – November 11
1:00 p.m. – 3:00 p.m.
\$55 for CHCE members; \$60 non-members
To register, call CHCE at 215-248-0180 or email the.chce@verizon.net.

We all have a story to tell — our own. Write and share portions of your journey — choices, turning points, insights, life lessons.

Draw on techniques such as dialogue, description, scene, summary and musing to enliven and enhance your memoir.

Sam Whyte is a retired professor and dean. Former director of the St. David's Christian Writers' Conference at Eastern University, and the co-founder and director of the Festival for Writers at Rosemont College, he is currently the editor of the Crier, the publication of the Germantown Historical Society.

ANGINA MONOLOGUES

Thursdays, September 25 – November 13
1:30 p.m. – 3:30 p.m.
\$75 for eight sessions
Minimum of 4 participants

This is a writing workshop for men and women over 50 to explore the pleasures, pitfalls, and ups and downs of growing older and wiser.

We'll relate our life messages of vitality, creativity, love, laughter, liberation, failure, loss and survival, gain insights from others' revelations, and experience the healing power of sharing.

The catalyst? A simple questionnaire asking: WHO AM I NOW? HOW AM I DIFFERENT? WAS IT REALLY BETTER TO BE YOUNGER? WHAT'S IMPORTANT TO ME NOW?

And that's only the beginning ... This unique, eight-week workshop, led by an actor/playwright, is designed to LET OUR VOICES RING – AND SHOW THE WORLD HOW FULL OF LIFE AND WISDOM OLDER PEOPLE REALLY ARE!

The result of our time together will be the beginning of a play of the same name. So come, join us! And get ready for fun, laughter, and the joy of creativity. No experience necessary.

Our facilitator for this workshop is Diana Finegold, Founder and Artistic Director of The Wild Thyme Players, who have entertained audiences with their original Guess Whodunit murder mysteries for twenty-three years in four states.



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

TOUGH CONVERSATIONS: EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT THE GOLDEN YEARS BUT WERE AFRAID TO ASK

Four Discussions that Seniors and their Adult Children SHOULD be Having with Each Other

Thursdays, October 2, 9, 16, 23; 4:00 p.m. – 5:30 p.m., Free

Session 1 – Senior Speak 101

There are a lot of living arrangement options for seniors, but the lingo is often confusing. For example, what are the distinctions between CCRC, IL, AL, 55+ neighborhoods, and memory care? How do you utilize the system to apply for residency?

If you prefer to stay home, what is the difference between Home Care Agencies and Home Care Registries? What can you expect insurance, Medicare, and Medicaid to cover, and what are typical out-of-pocket expenses?

Many people wonder whether a reverse mortgage could help them pay for the services that will keep them in their homes. What exactly is a reverse mortgage? How does it work?

Leading the discussion are two professional advocates for seniors: Lydia Gemmer, Director, BAYADA Home Health Care and Denise Valerio, Geriatric Care Manager, Valerio Care Management LLC, along with reverse mortgage professional Robert Rankin, Gateway Funding Diversified Mortgage Services. Moderator: McKenzie Frankel, Entrust Financial, Inc.

Session 2 – Should I stay or should I go?

As your lifestyle changes, you're left asking yourself whether you should stay in your home or move to a Senior Community.

We will discuss considerations for choosing a Senior Community and outline the process involved in moving to one. We'll also present the factors, beyond ramps and grab bars, to consider when staying at home.

We will walk you through a typical accessibility assessment of your home and things to consider when choosing to stay home.

Leading the discussion are two Senior Transition Specialists from Here to Home, Inc. — Therese Comyns is a Certified Relocation and Transition Specialist and Margaret Fahringer is a Certified Aging in Place Specialist. Moderator: Megan McCrea, Ross & McCrea, LLP.

Session 3 – Will you still need me, will you still feed me when I'm 84?

Americans are living longer — 84 is the new 64. Here, we'll discuss important decisions that need to be made, now that you or your parents are retired or retiring.

What financial steps can you take to promote the retirement lifestyle you desire? What can you do to make sure that you don't outlive your money? Who can you trust and rely upon to take care of you and your finances if you can no longer do so yourself? What types of documents do you need for expressing your wishes and ensuring that they are honored?

Leading the discussion are McKenzie Frankel, a CERTIFIED FINANCIAL PLANNER™ practitioner with Entrust Financial, Inc. and Megan McCrea, Esq., Ross & McCrea LLP, an attorney specializing in estate planning and administration. Moderator: Therese Comyns, Here to Home, Inc.

Session 4 – Lighten Up! (and save the sanity of your adult children in the process!)

When you have been in a home 30, 40, or 50 years, you accumulate a lot of stuff. Which documents do you REALLY need to keep? How should you organize these documents? What can you shred? What do you do with your collectibles?

We will walk you through organizing your documents and possessions. Then, we provide options for disposing of those items you realize you actually can live without!

Leading the discussion are Abby Lederman, of SwiftSellIt, an eBay and online sales specialist; Tim Zeigler, development director of Kamelot Auctions, an auction house providing a full range of auction and appraisal services; and Linda Newsum from Personal Cash Services, who will give suggestions for managing and controlling your paper. Moderator: Megan McCrea, Ross & McCrea, LLP.

CONVERSATIONS



SKYPE 101 WORKSHOP

Monday, September 15, 2014

10:30 a.m. – 12:00 p.m.

\$10

Minimum of 5 students

Have you noticed how fast technology is changing? Have you ever wanted to see who was on the other side of your telephone call? Come to this workshop and find out how far video/telephone communications have come.

If you want to see and talk to a relative, perhaps your grandchild, who lives out of town, or if you want to impress your friends on your volunteer committee with a webinar meeting, now you can plan and schedule it without the hassle of traveling.

You can Skype with a member of our armed services who is located in another country and speak and see them as though they were in the room with you. Think of the joy that will bring to them. There are endless possibilities to utilize Skype.

In this workshop you will learn how to download a free Skype program and how to set up the Skype program on your own computer (desktop or laptop).

The Skype program is compatible with Microsoft Windows, Macintosh computers and iPhones. We encourage you bring your computer to the workshop. Utilizing Skype is very low cost – almost free.

Instructor Phyllis Washington has a Bachelors and Masters degree in Education from Temple University. Phyllis has taught computer, business and accounting courses at Philadelphia Community College and the School District of Philadelphia.

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

STUCK IN STUFF: HOW MUCH IS TOO MUCH & HOW TO BEGIN TO UNBURDEN?

Thursday, October 16

2:00 p.m. – 3:00 p.m.

Free

Back by popular demand! Join us for a lively conversation about the challenges to unloading possessions and the emotional factors that explain why it's so difficult to purge items collected over a lifetime.

Four healthcare professionals from the Chestnut Hill Healthcare Consortium (chestnuthillhealthcareconsortium.com) will offer resources for clearing out and learning about ways to enhance independence once the clearing out of possessions amassed are no longer a hindrance.

Individuals, families, elders and adult children of elders who are considering a move or transition related to health or aging issues will benefit from this important topic.



HIDDEN TREASURES

Tuesday, December 2

10:30 a.m. – 12:00 p.m.

Free

Dressed for metal detecting action, Dave Poland will demonstrate the reality of the treasure that is to be found beneath your very feet – at the park, in your yard at home, and in your neighborhood – and how to find, recover, and preserve it.

Displays of what Dave has un-earthed (valuable coins, jewelry, historical artifacts, and more!) will entice you to try out this hobby for yourself, firing up your imagination long after the conclusion of the program.

Speaker Dave Poland has been unearthing valuable items and artifacts for 25 years. His "traveling display" includes relics that date from the 1600's to modern times. Dave Poland was Associate Pastor here from 1990-1992 and we're delighted to have him come back to share his love for finding hidden treasures.

SCULPTURE

Thursdays, September 18 – October 9
2:00 p.m. - 4:00 p.m.
\$50 for four sessions, plus materials fee

A Chestnut Hill Center for Enrichment program –
To register, call CHCE at 215-248-0180 or e-mail
the.chce@verizon.net.
Minimum of 4 students. Registration Deadline:
Thursday, September 11

Explore your creativity while working in water-based clay. Work from a model or your imagination. You will finish off the completed pieces with a protective decorative glaze, rather than firing them in a kiln.

Margaret Swartz, known professionally as "Pegalina," studied at the Pennsylvania Academy of Fine Art and has taught many sculpture classes, including to the blind and visually impaired, both at PAFA and in her studio.

WHEN WAS THE
LAST TIME YOU DID
SOMETHING FOR THE
FIRST TIME?

VEGETARIAN COOKING CLASSES

Tuesdays, October 7, 14 and 21
12:30 p.m. – 2:30 p.m.
\$20 per class. Please pay at the door.

Would you like to learn the art of transforming all those lovely farmer's market vegetables and produce aisle delights into healthy, tasty meals?

If you're interested in eating more healthfully but not sure where to start, this is the class for you.

Even kitchen pros will pick up great ideas for quick, healthy meals. Everyone in the class will enjoy a treat for lunch.

Presenter Ermine Laud-Hammond is a retired Health and Nutrition Educator with a Master of Science in Health Education. Ermine has taught vegetarian cooking for the past 16 years.

BEADING WORKSHOP

Mondays, September 22, October 27, Nov 24
2:00 p.m. - 4:00 p.m.
\$50 for three sessions, plus materials fee

A Chestnut Hill Center for Enrichment program –
To register, call CHCE, 215-248-0180 or e-mail
the.chce@verizon.net.
Minimum of 6 students. Registration Deadline:
Friday, September 12

In only three short classes, you'll have three new pieces of jewelry to enjoy. Accessorize your wardrobe or give your masterpieces as gifts. Beads, stones, clasps, wire, tools provided by the instructor.

September 22: Learn wire wrapping techniques to make silver and crystal earrings.

October 27: Focus on bead-weaving for a wave bracelet of gemstones, pearl and glass beads.

November 24: Learn the right angle to weave to create a 20" necklace of crystals and fire-polished beads.

Our instructor, Natalie Anderson, has been making jewelry since 1987 following a career in Special Education. She is a member of the South Jersey Beading Society, finds beading to be great therapy, and takes pleasure in teaching others.

INTRODUCTION TO GUITAR

Tuesdays, October 7 – November 11
2:00 p.m. – 3:00 p.m.
\$59 for 6 sessions
Minimum of 5 participants and maximum of 10

Have you always wanted to play guitar? It's easy!

This class is geared especially for adult beginners. All the basic elements of guitar playing will be introduced in one fun class.

We will work on easy chords and strumming to accompany all types of music from Rock to Pop to Gospel and Country. Then we'll do a quick introduction of note reading. Students need to bring their own instrument.

Instructor, Pauline Zager is on the faculty at the Chestnut Hill Music Academy (chestnuthillmusic.com). Pauline earned her music therapy license through the Masters program at Drexel University. She has been teaching for 10 years. She truly feels that music is for everyone and that the compassionate guidance of a teacher can make the difference between a musically confident child or adult and a person who feels "untalented" and afraid to "express themselves."

FALL ART EXHIBITS AT CENTER ON THE HILL

SEPTEMBER – LAURA COHN

Drawing on an ancient art form, local artist Laura Cohn displays contemporary batik paintings, made with hot wax and dye, flowing forth like impressionist paintings.

For 25 years Laura has traveled back and forth to Indonesia, drawing on the inspirational home of their traditional batik medium, yet interpreting it through Maine landscapes, abstracts, and figurative work.

Out of her studio in Bala Cywynyd and in schools and centers throughout the region, Cohn teaches batik and Indonesian culture, infecting others with her love of both these foreign gems. To learn more, visit FromBalitoBala.com.

OCTOBER – ORELAND ART CENTER

Over forty paintings and prints by local artists and members of Oreland Art Center (OAC) will be on display in October. Oreland Art Center has been around for over fifty years and has been dedicated to furthering the arts in our area.

OAC sponsors studio classes for adults with nationally recognized artists, demonstrations and workshops throughout the year, as well as regularly scheduled open studio time.

Oreland also provides opportunities for members to exhibit their work, including juried shows, and sponsors yearly awards to nearby high school students.

For information about membership and classes, visit orelandartcenter.com, call 215-572-6855, or visit Oreland Art Center, Ambler, PA on Facebook.



THE PHILADELPHIA MUSEUM OF ART COMES TO CHESTNUT HILL

Tuesday, October 14
1:00 p.m. – 3:00 p.m.
\$12 (\$8 for CHCE members)

a Chestnut Hill Center for Enrichment program –
To register call CHCE at 215-248-0180
or email the.chce@verizon.net.
Registration deadline: October 1

Enjoy tea sandwiches and sweet treats while a docent from the Philadelphia Museum of Art presents a stunning visual lecture bringing to life the history of the United States.

Enjoy a survey of the Museum's American collections, which focus on three centuries of paintings, furniture, sculpture, and decorative arts with a special emphasis on Philadelphia's traditions.

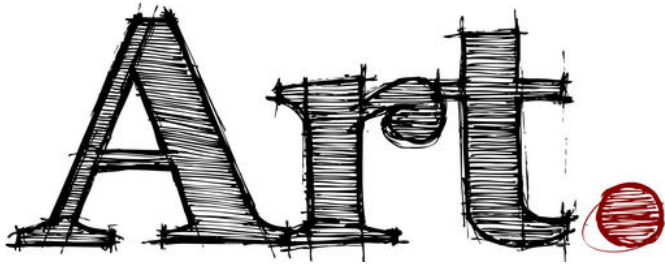
MOVIE NIGHT FOR ADULTS

The fourth Tuesday of every month
Movies begin at 6:45 p.m. in the Harris Room
\$1 suggested donation
No registration is necessary.

Calling all movie buffs! Please join us for Movie Night for Adults ... where parking is easy, the "theater" is friendly and clean, the 63-inch flat screen television is easily viewed, the popcorn is for the taking, and the price is right! Bring a friend along if you'd like.

Movie dates and shows:

September 23: Gravity
October 28: Nebraska
November 25: Philomena



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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.

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.

WATERCOLOR WORKSHOP

*Tuesdays, 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.

SKETCHING AND DRAWING CLASS

*Mondays, join at any time
9:30 a.m. – 11:30 a.m.
\$32 per month*

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.

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

FALL ART EXHIBITS AT CENTER ON THE HILL

NOVEMBER – ARTSISTERS

ARTsisters is a group of professional visual arts women who have been empowering each other and the community through their art since 2006.

Sharing resources and offering support to each other, the members also have collaborated with non-profits in the community including Endow-A-Home, Philadelphia FIGHT, Juvenile Diabetes, The Cancer Support Community (formerly The Wellness Community of Philadelphia), The Food Trust, Child Advocates, Laurel House, and Hopeworks.

Their exhibition at Center on the Hill will feature the work of the many talented members. For more information visit ARTsisters.org.

DECEMBER – MARILYN LAVINS, BERNICE PAUL & PRISCILLA BOHLEN

Marilyn Lavins, Bernice Paul, and Priscilla Bohlen have been artist friends for many years who get together often for many exciting painting expeditions.

Marilyn recently won first place at an art show at Einstein Hospital called *All about Art* for her necklace titled "Corrugated," juried by Richard Rosenfeld.

Bernice Paul, at 97 years young, won first place in an Artists Equity show at Widener College. She recently sold a large painting for a permanent collection at Lankanau Hospital.

Priscilla Bohlen won first place for her painting at Delaware Valley Art League (DVAL), awarded by Garth Herrick, for her painting "High Finance." She is a member of ARTSisters, DVAL, and is on the board of Artists Equity.



COMPUTERS

David Grauel has been a Technical Support and Training Specialist in Microsoft Office Products for such companies as Goldman Sachs and Morgan Stanley. He has years of experience in staff training, help desks and network troubleshooting.

INTRODUCTION TO COMPUTERS

Wednesdays, October 1 – 22

10:00 a.m. – 12:30 p.m.

\$99 for 4 sessions

To register, contact Mt. Airy Learning Tree at 215-843-6333 or mtairylearningtree.org.

This basic course covers working with desktop icons and manipulating Windows; managing and organizing files and directories/folders; copying, moving, and deleting files and directories/folders; using search features, and simple text editing tools. No experience is necessary, and the class is 100% hands-on. Classroom laptops are provided. You'll definitely feel more comfortable with computers by the end of the course!

INTERNET AND E-MAIL

Wednesdays, November 5 – 12

10 a.m. – 12 noon

\$39 for 2 sessions

To register, contact Mt. Airy Learning Tree at 215-843-6333 or mtairylearningtree.org.

An excellent follow-up to the Introduction to Computers class, this two-part series explores in depth the internet and e-mail.

Find valuable resources on the internet, learn how to make purchases online, use search engines to locate anything, protect yourself and others while online, and create a free e-mail account and learn how to use it. Students are asked to bring their e-mail logins to class if they have one. No experience is necessary.

ITALIAN

Instructor Steve Leonard has taught Italian for many years at the Chestnut Hill Center for Enrichment, Montgomery County Community College and Upper Dublin Adult School.

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

ELEMENTARY ITALIAN

Wednesdays, September 17 – November 19

10:30 a.m. – 12:00 p.m.; \$75 (10 sessions)

Minimum of 5 students

This is a course for those students who have had a short introduction to Italian comparable to the Italian I course previously offered through The Center on the Hill. We will do some review, followed by new material, with an emphasis on common conversational situations. We will be using the book titled *Ultimate Italian Beginner-Intermediate* in the Living Language Series, which can be purchased from local bookstores or from Amazon.

ADVANCED ITALIAN

Mondays, September 15 – November 17

10:00 a.m. – 12:00 p.m.; \$100 (10 sessions)

Minimum of 5 students

This class is for those who have had 2 to 3 years of Italian comparable to the Italian IV course previously offered through The Center on the Hill. We will read some short stories by popular Italian authors, discuss them in Italian, and use them to increase vocabulary and review grammar. We also will be using the book titled *Ultimate Italian Beginner-Intermediate* in the Living Language Series, which can be purchased from local bookstores or from Amazon.

INTRODUCTION TO THE FRENCH LANGUAGE AND CULTURE

Tuesdays, November 18 – December 16

2:30 p.m. – 4:00 p.m.

\$50 for 5 sessions

Minimum of 5 participants

Have you always wanted to learn more about the French language and culture? In this five-week course, you'll learn some basic French vocabulary, especially words useful for those who are thinking about traveling to France. You'll have an added opportunity to appreciate the French landscape and culture through viewing photos and a classic film.

Our instructor, Connie Gardner SSJ, has taught French on the primary, secondary and advanced placement levels for the past 40 years.

GROUP SINGING

*Thursday, October 9 – November 13
2:00 p.m. – 3:00 p.m.
\$59 for 6 sessions
Minimum of 5 participants and maximum of 10*

Do you LOVE to sing but never have the chance?
Want to wow them at the next party or holiday?
Want to improve your voice for your choir?

Singing with others is fun and easy!

We'll work on a bit of technique to improve your sound and then concentrate on singing together. We will first sing in unison and then try some harmonies and counterpoint. You really can do it!

We will work on breath control, enunciation, range and projection. No need to read music as we will be singing by ear.

Our leader, Marie Spidale, is on the faculty at the Chestnut Hill Music Academy (chestnuthillmusic.com). Marie is a graduate of Millikin University's School of Music with a degree in Vocal Performance. While a classically trained singer, she has performed a variety of genres ranging from musical theater, opera, and contemporary styles.

Marie has experience in areas of vocal pedagogy (technique) and has a foundation in foreign language diction. This has given her the ability to sing and educate in music of many styles and in multiple languages.

Advertise on Center the Hill's Monitor

Our color monitor announces upcoming events and displays photos of previous events. If you would like to place an advertisement on our monitor, please call Leslie Lefer at 215-247-4654 or email Leslie at llefer@chestnuthillpres.org.

SOUL LINE DANCING FOR BEGINNERS

*Thursdays, join at any time
5:45 p.m. – 6:45 p.m.
\$5 per class. Pay at the door, but please register before your first class.*

This Soul Line Dancing class will teach you some of the old favorites and newer line dances of today.

It is a wonderful way to get moving, lose weight, relieve stress and have loads of fun.

Soul Line Dance teacher Lorraine McClary has been dancing since 2004 and is proficient in more than 100 dances.

Lorraine hopes to share the experience of line dancing with you and others who wish to move, groove, and have fun!

INTERNATIONAL FOLK DANCING

*Fridays – join at any time.
1:00 p.m. – 2:30 p.m.*

*a Chestnut Hill Center for Enrichment program –
To register, call CHCE, 215-248-0180
or e-mail the.chce@verizon.net.
\$50 for 10 classes for CHCE members
\$60 for 10 classes for non-members;
\$7 per class. Your first visit is free.*

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, folkdancefridays.org) or CHCE at the number above.





MAH JONGG AT THE CENTER

Instructor Barbara Penny is a local Trusts and Estates Attorney who keeps her mind razor-sharp by teaching and playing Mah Jongg. Barbara was introduced to the game while vacationing in Cabo San Lucas, Mexico over 10 years ago. With her passion for the game, Barbara thoroughly enjoys introducing new students, as well as teaching the finer points of playing Mah Jongg.

MAH JONGG 101 (BEGINNERS)

*Wednesdays, September 24 – October 29
2:00 p.m. – 4:00 p.m.
\$70 for 6 sessions, plus a fee for a 2014 Mah Jongg playing card.
Class minimum is 6 students*

Learn to play this increasingly popular and challenging Chinese tile game involving skill, strategy and luck.

Mah Jongg 101 is for beginners or can be a refresher for those who would like to improve their skills.

This initial series of classes introduces and reinforces all basics of play and then evolves into greater emphasis on strategy and skill development.

MAH JONGG – OPEN PLAY

*Fridays – join at any time
1:30 p.m. – 3:30 p.m.
No registration is necessary.
\$1.00 per session (Not for beginners)*

This is an opportunity to simply enjoy others' company and play the game of Mah Jongg.

Participants should be familiar enough with the game to play without formal instruction. Over the past year, a small group of people have been meeting to play and would like to expand the number of players.

BRIDGE AT THE CENTER

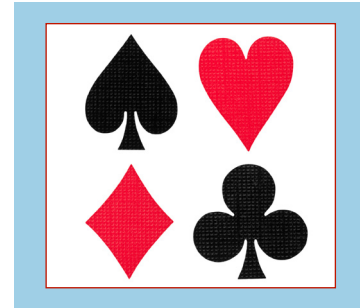
Bill Farmer has been playing bridge for seventy seven years and has been an American Bridge Association Life Master for over twenty years, directing and playing in tournaments throughout the country. Bill is the founder and still an active member of the Mt. Airy and Cosmopolitan Bridge Clubs. In just the last five years, Bill has taught the game of bridge to over one hundred adults.

BEGINNING BRIDGE

*Tuesdays, September 23 – November 25
10:00 a.m. – 12:00 p.m.
\$109 for 10 sessions*

*A Chestnut Hill Center for Enrichment program –
To register, call 215-843-6333 or visit
mtairylearningtree.org.
Minimum of 4 students
Registration Deadline: Tuesday, September 16*

This introductory class will introduce you to bidding and playing a hand of cards. By the fourth lesson, students will be able to play a complete game, and will understand the basics of contract bridge.



REFRESHER BRIDGE

*Thursdays, September 25 – October 30
10:00 a.m. – 12:00 p.m.
\$79 for 6 sessions*

*A Chestnut Hill Center for Enrichment program –
To register, call 215-843-6333 or visit
mtairylearningtree.org.
Minimum of 4 students
Registration Deadline: Thursday, September 18*

If you have taken the Beginning Bridge class and want more, or if you played a little or a lot of bridge "back in the day" and want to dust off the cobwebs and learn what's new about the game, this course is for you.



INTRODUCTION TO MEDITATION

*Tuesdays, September 9, 23, 30 and October 7
(No class on September 16)
11:00 a.m. – 12:00 p.m.
Free*

In this course, you'll be introduced to basic meditation techniques including guided relaxation to focus one's attention on the breath, along with a special focus on gratitude practice to include in your daily life.

You will be gently guided with attention to breath, posture, and bringing acceptance into your thoughts and bodies.

This class will help cultivate joy by reflecting on gratitude in your life. Gratitude practice is one of the highest protections against negativity and can move us away from that sense of not being enough.

This is a very simple technique and shifts one's orientation away from judgment and the "to do" list to a sense of inner peace. Creativity is encouraged; the goal is just to create something simple enough that is easy to do.

All are welcome. We will sit comfortably in chairs.

Rachel has practiced meditation and T'ai Chi for over 20 years. She practices Insight Meditation and loving kindness meditation daily and has attended yearly retreats in the Insight and Forest Tradition for 25 years. Rachel Clark is a licensed acupuncturist with a private practice in Chestnut Hill.

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

EXPERIENCES IN MINDFULNESS

*Tuesdays, October 7, 14, 21 and 28
10:00 a.m. – 11:15 a.m.
\$10 per class or \$40 for all four sessions*

We spend much of our time everywhere but in the present moment. Mindfulness is a way of being present to life. When we are present, we experience all of life on a calmer, deeper level. These workshops will explore various aspects of how to bring mindfulness into your day-to-day life.

Each session we will focus on a different aspect:

- Session 1: Mindfulness of the breath
- Session 2: Mindful eating
- Session 3: Mindful ways to deal with stress
- Session 4: Mindfulness in everyday living

Feel free to take one, two, three or all four of these mindfulness sessions.

Instructor, Michelle Carlino, B.A., R.Y.T., has been teaching yoga since 1990. Michelle leads holistic health workshops and is also a certified foot reflexologist, Reiki Master, therapeutic touch practitioner and seated chair massage therapist.

UNIVERSITY OF PENNSYLVANIA MINDFULNESS PROGRAM

*September 22 – November 10, 2014
January 26 – March 16, 2015
May 4 – June 22, 2015
5:00 p.m. – 8:30 p.m.*

This eight-week mindfulness-based stress management program teaches individuals how to use meditation as the primary tool for long-term stress management. It provides a thorough introduction to mindfulness meditation that will help you to:

- Reduce stress
- Increase focus and mental clarity
- Improve communication in relationships
- Heal from trauma or depression
- Manage difficult situations

Each course includes 27 hours of class time consisting of eight 2-hour weekly classes and a full-day mindfulness-based stress management retreat held on the weekend between weeks 6 and 7 of the course.

A commitment to home practice with guided recordings is required. For more information, email mindfulness@uphs.upenn.edu or call 215-615-2774.

PRE-DIABETES

Monday, September 8
12:30 p.m. – 1:30 p.m.
Free

Come join Susan Pierce, MPT, CDE, Chestnut Hill Hospital's certified Diabetes Educator, for a lively and interactive session to learn more about Pre-Diabetes.

She'll help educate you on 1) What is Pre-Diabetes? 2) Who is at risk for Pre-Diabetes? and 3) How do you keep Pre-Diabetes from turning into Diabetes?

Bring your questions and leave with some practical, useful answers.

NAVIGATING IN TODAY'S HEALTH SYSTEM

Tuesday, September 9
12:00 p.m. – 1:00 p.m.
Free & light lunch provided!
Pre-registration required.

Healthcare a decade ago was so simple; it was the patient and the doctor. In today's health systems, there are several individuals involved in the process — insurance companies, medical professionals, outpatient services, rehab centers, specialists, alternative methods of medicine and even health coaches. It can be overwhelming.

And when presented with a specific health situation, the process is magnified and the stress levels escalate out of control.

Having a "working knowledge" of today's health systems enables clear management of resources and care delivery.

Join Julia Coleman, Director of Admissions and Marketing for Brookside Healthcare and Rehabilitation Center, as we explore this relevant topic.

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

QIGONG (HEALING MOVEMENTS)

Mondays
September 15 – October 6 (four weeks)
October 13 – November 3 (four weeks)
2:00 p.m. – 3:00 p.m.
\$40 per four-week session (registration required)
\$12 per class for walk-ins

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.

HEAR BETTER AND IMPROVE YOUR COMMUNICATIONS STRATEGY

Monday, September 22
1:00 p.m. – 2:00 p.m.
Free

This engaging presentation from Dr. Jonette B. Owen will cover common problems with hearing loss and the importance of immediate care, particularly with hearing aids and other devices, to improve communication.

Dr. Owen is the Assistant Dean for the Practice and Assessment of Audiologic Medicine at the Osborne College of Audiology at Salus University.

Dr. Owen's clinical experience is multi-faceted, having served as a clinical audiologist in both a multi-disciplined medical group with hospital privileges, and in private practice where she specialized in advanced diagnostic testing and hearing aid dispensing.

ALL YOU WANTED TO KNOW ABOUT PODIATRY AND MORE

Thursday, September 25
12:30 p.m. – 1:30 p.m.
Free

Do your feet bother you and you're not sure why? Have you been meaning to make an appointment to see a podiatrist? Come learn the facts, common causes, symptoms and treatments for foot and ankle conditions, including arthritis.

John Scanlon, MD from Chestnut Hill Hospital, will be here to share this information as well as answer any questions you may have.

ZUMBA GOLD

Tuesdays, ongoing
10:00 a.m. – 10:45 a.m.
\$5 per class or free for Silver Sneakers members

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 and low-impact cardio class.

Fitness, dance moves and great music are added together for a fun-filled time. Don't be shy. It's not about perfection, it's about working up a sweat as you keep it moving at your own space.

Freda Ebba, certified Zumba instructor, will guide you through all the moves.

DON'T LET ARTHRITIS KEEP YOU DOWN

Monday, October 6
12:00 p.m. – 1:00 p.m.
Free

June Weise, RN Administrative Director for the Orthopedic and Spine Institute at Abington Hospital returns to the Center on the Hill to help us learn helpful ways to find relief, improve mobility and treat our arthritis symptoms.

June holds degrees in Nursing and Business Administration, and a Masters in Health Services Administration. She has presented at numerous conferences nationally and locally on the strategies of creating a musculoskeletal program of distinction. Her experience also includes management and clinical roles in Orthopedic, Trauma and Medical Surgery Nursing.



BREAST HEALTH UPDATE

Thursday, October 16
12:30 p.m. – 1:30 p.m.
Free

Patricia Bailey, M.D., F.A.C.S. from Chestnut Hill Hospital will discuss the latest information on early diagnosis and treatment of breast cancer in both men and women. She will also review the recent recommendations on screening mammograms. You can even sign up for a screening mammogram.

A LIFE WORTH CELEBRATING

Thursday, October 30 – November 20
2:00 p.m. – 3:15 p.m.
\$12 each session or \$48 for all four sessions
Minimum of 5 participants

Every life is a miracle and worthy of celebrating ... especially yours!

This four-part interesting and informative series will explore how our lives can be better and happier. This course will help you:

- Understand the importance of humor and laughter in maintaining our health and well-being
- Increase positive self-esteem and self-respect
- Develop and nurture supportive friendships and relationships
- Communicate more assertively and directly with friends and family
- Learn effective and practical ways to manage everyday worry, stress and anxiety

Facilitator Susan Lonker has worked as a Social Worker at the Travelers Aid Society, and as a Manager for the Greater Philadelphia Urban Affairs Coalition. She has served as a Adjunct Faculty member for the USDA Graduate School's training program, teaching courses such as Conflict Resolution, Interpersonal Skills, Assertiveness Skills and more.

NOVEMBER IS ALZHEIMER'S AWARENESS MONTH

LIVING WITH THE CHALLENGING SYMPTOMS OF DEMENTIA

*Tuesday, November 4
10:30 a.m. – 11:30 a.m.
Free*

Join Chris Kelly and Barbara Kroberger, from Griswald Home Care, for an interactive overview of recent research findings related to the nature and impact of dementia symptoms. Chris and Barbara will break down the research so that you have a better understanding of what these findings actually mean. This session will also offer best practice treatment guidelines and tools for managing dementia symptoms.

MAXIMIZE YOUR MEMORY: HOW TO REMEMBER WHAT YOU ARE STARTING TO FORGET

*Tuesday, November 11
12:30 p.m. – 1:30 p.m.
Free*

This is a fun-filled presentation about how the memory works and why it fails us. Topics include how we remember, why we forget, factors affecting memory, brain improving exercises, and strategies for improving your memory. Rita Leinheiser MA, Social Gerontologist and Elder Life Specialist from Abington Hospital, will be our speaker.

CAREGIVING: FOCUS ON STRENGTH

*Monday, November 17
10:00 a.m. – 11:00 a.m.
Free*

Caregiving responsibilities are on the rise, impacting families, work and financial lives of the caregivers. The role of a caregiver creates emotional, physical, spiritual and financial challenges, AND caregiving can be a powerful bonding opportunity.

How can the Caregiver care for him/herself over the course of time? Come join a panel of dedicated caregivers and health care professionals to share their stories of creativity, strength and empowerment. Leading the panel will be Wendy Liebling, a Certified Geriatric Care Manager who has been a Pennsylvania-licensed social worker for more than 20 years.

BRAIN AGING AND DEMENTIA

*Thursday, November 20
12:30 p.m. – 1:30 p.m.
Free*

Like the rest of the body, the brain changes as we age. Join Dr. Cacciamani, CEO of Chestnut Hill Hospital, to discuss how the brain changes as we age. Understand how dementia may present itself and the importance of diagnosing dementia so symptoms such as depression, delusions and agitation can be treated. This presentation will discuss issues important to the person with dementia and to their families. All are welcome.



123stitch.com

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

*Third Tuesday of the month: join at any time
5:30 p.m. – 6:45 p.m.
Free*

For more information, call Wendy Liebling, 610-733-1473 or e-mail wendyliebling@gmail.com.

Share your care giving challenges with others and join our support group for caregivers, sponsored by the Alzheimer's Association of the Delaware Valley. Share your wisdom, experiences and joys with others who are caring for a loved one. This group support is provided in a confidential and supportive environment.

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

CAREGIVING AND THE HOLIDAYS

Monday, December 8
12:30 p.m. – 1:30 p.m.
Free

Adults who are managing the care for someone who has health problems or cognitive impairments frequently feel stressed and overwhelmed with all their responsibilities and caregiving tasks. Anticipating the holidays and feeling the need to plan and prepare can feel like one more obligation rather than a heart-felt pleasure.

This workshop will be presented by Lori Curtis, MSW, LSW, oncology social worker for the Women's Center at Chestnut Hill Hospital. Lori will offer suggestions that can make the holidays more enjoyable for adult caregivers and their loved ones.

ATTUNING OURSELVES WITH THE SEASON: LET IT FLOW

Monday, December 15
11:00 a.m. – 12:00 p.m.
Free
Minimum of 5 students

Join Rachel Clark, licensed acupuncturist Chestnut Hill, in this interesting program to learn tips and techniques to help attune yourself with the changing seasons.

Rachel will share philosophy and background from the ancient Chinese medical point of view. We'll discuss the common feeling of wanting to do less as the days get shorter. The focus of this session will be on how to remain vibrant and alive in the depths of winter.

AWARENESS THROUGH MOVEMENT

Daytime: Mondays, join at any time
10:30 a.m. – 11:30 a.m.
Evenings: Wednesdays, join 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 the first class.

Ease chronic pain or overcome injuries through a gentle movement program for people of all ages and abilities. You will increase flexibility, strength and balance at your own pace and ability. Will Byrd, a 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.

SUPER BONES EXERCISE CLASS

Daytime: Thursdays – join at any time
10:30 a.m. – 11:30 a.m.
Evenings: Wednesdays – join at any time
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

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 – join at any time
9:00 a.m. – 10:00 a.m.
\$12 per class, or \$85 for eight classes, plus a one-time \$10 equipment fee
To register, call Joanne Fagerstrom, 267-432-1795



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.

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



DIABETES EDUCATION PROGRAM

Wednesdays, 12:00 noon – 2:00 p.m.

September 3, 10, 17, 24

October 1, 8, 15, 22

*November 5, 12 and 19***

*December 3, 10 and 17***

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.

*** The 3rd and 4th sessions are merged into one workshop for these months.*

INDIVIDUAL MEDICARE COUNSELING

By Appointment

Free

Medicare can be complicated and confusing for retirees, baby-boomers preparing for retirement, children who are handling their parents' health care, and social security disability recipients.

The APPRISE program, sponsored by the Montgomery County RSVP, is part of the State Health Insurance Assistance Program ("SHIP") and offers free, unbiased and confidential Medicare counseling.

On Thursdays from 2 to 5 p.m., meet with state trained volunteer counselor Barbara Rutberg, a retired medical/legal consultant. This will help you understand what Medicare does and doesn't cover and explains your options concerning Medicare HMOs, supplemental insurance, and Part D prescription drug plans. Also learn about special assistance programs available to low-income recipients.

Make your appointment for free Medicare counseling by calling 610-834-1040, ext. 59, leaving your name and phone number for Barbara Rutberg to will call you back to arrange an appointment.

APPRISE MEDICARE COUNSELING: ANNUAL OPEN ENROLLMENT SESSION

Thursday, October 23

1:30 p.m. – 3:00 p.m.

Free

Every year you have the opportunity during the Annual Open Enrollment period to review your choices and pick the Medicare health and drug plans that work best for you. The Open Enrollment period starts on October 15 and ends December 7.

This gives people with Medicare a full seven weeks to compare and make decisions, and helps ensure that they will have essential plan materials and membership cards in hand on January 1, 2015, when their new coverage starts.

It is important to review your current Medicare plans to see if they continue to meet your needs and whether premiums have changed. Barbara Rutberg, a state trained APPRISE counselor will conduct a group meeting to talk about changes to Medicare in 2015.

RSVP of Montgomery County's APPRISE Medicare Counseling program is a free unbiased and confidential health insurance counseling program.



yoga-nidralotus.soucurrymagazine.com

YOGA NIDRA

Tuesdays, September 16 – November 18

4:00 p.m. – 5:00 p.m.

\$5 per class

Minimum of four participants

Yoga Nidra is known as yogic sleep or sleep with awareness. It is a profound technique for deep relaxation that addresses psychological, physiological and neurological needs in the body.

The instructor will guide the class into various yoga poses then instruct the class into various techniques such as guided imagery and body scanning to promote deep relaxation.

Yoga Nidra is excellent for decreasing stress, anxiety and insomnia. It can also improve other physiological needs such as lowering blood pressure, improving the immune system and creating an overall sense of well-being.

Kiyomi LaFleur, B.S.W., R.Y.T., has been practicing yoga since she was 12 years old. Her passion for yoga goes beyond her personal experiences. She has taught yoga, mindfulness, meditation and Yoga Nidra in numerous areas in Philadelphia including Temple University and most recently a psychiatric hospital in Fort Washington.

She plans to expand her practice by getting her Masters in Psychotherapy with a focus on meditation and mindfulness. Her goal is to incorporate these practices in therapy and spread awareness on the importance of mindfulness in schools.

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



reverbation.com

T'AI CHI CH'UAN

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.

T'AI CHI CH'UAN – LEVEL ONE

Wednesdays, October 1 – December 10

(No class on November 26)

12:30 p.m. - 1:30 p.m.

\$99 for 10 sessions

*A Chestnut Hill Center for Enrichment program –
To register, contact Mt. Airy Learning Tree at 215-843-6333 or mtairylearningtree.org.*

T'AI CHI CH'UAN – LEVEL TWO

Wednesdays, October 1 – December 10

(No class on November 20)

10:00-11:00 a.m.

\$99 for 10 sessions

*A Chestnut Hill Center for Enrichment program –
To register, contact Mt. Airy Learning Tree at 215-843-6333 or mtairylearningtree.org.*

Susan Heineman teaches several advanced T'ai Chi classes. Please call the Chestnut Hill Center for Enrichment (CHCE) at 215-248-0180 or email CHCE at the.chce@verizon.net to get Susan's phone number for more information.

The 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, join 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.

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.

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

Join 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 email goldenyoga@aol.com.*

Golden Yoga is a Classical Yoga that accommodates 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

Fridays, join at any time

9:30 a.m. – 11:00 a.m.

\$45 per month

Walk-ins \$15 per class

*A Chestnut Hill Center for Enrichment program –
To register call CHCE at 215-248-0180
or email the.chce@verizon.net.*

This is basic yoga with breath warm-ups, asana and meditation. Students of all ages and levels of experience are welcome. The class provides a method that 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

Fridays, join at any time

11:30 a.m. – 1:00 p.m.

\$45 per month

Walk-ins \$15 per class

*A Chestnut Hill Center for Enrichment program –
To register call CHCE at 215-248-0180
or email 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.

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.

Over twenty-five years ago, Grace Perkins created this program for people recovering from illness or who have physical limitations.



AARP SMARTDRIVER COURSE

*Monday and Tuesday, September 29 and 30
12:30 p.m. – 4:30 p.m. (eight hours total)
\$15 for AARP members/\$20 for non-members**

*Phone registration and pre-payment is required.
Call Leslie Lefer at 215-247-4654.*

To hold your spot, send your check prior to the class (made payable to AARP) to Center on the Hill, 8855 Germantown Avenue, Philadelphia, PA 19118. Please write your AARP # on your check.

This new and improved eight-hour, in-classroom driving review program is designed for adults fifty and older who want to develop safe, defensive driving techniques. Full attendance is mandatory in order to receive the AARP certificate.

Pennsylvania state law requires insurance companies to give a minimum 5% premium reduction to persons 55 years and older who complete this course.

The above is the renamed, new and improved AARP Smart Driver Course which is scheduled to launch nationwide on January 1, 2014.

Advertise on Center the Hill's Monitor

Our color monitor announces upcoming events and displays photos of previous events. If you would like to place an advertisement on our monitor, please call Leslie Lefer at 215-247-4654 or email Leslie at llefer@chestnuthillpres.org.

AARP SMART DRIVER REFRESHER COURSE

*Monday, October 13 OR Monday, November 17
12:30 p.m. – 4:30 p.m. (four hours total)
\$15 for AARP members/\$20 for non-members**

*Phone registration and pre-payment is required.
Call Leslie Lefer at 215-247-4654.*

To hold your spot, send your check prior to the class (made payable to AARP) to Center on the Hill, 8855 Germantown Avenue, Philadelphia, PA 19118. Please write your AARP # on your check.

The AARP SMART Driver Refresher Course is available to all those who have completed the eight-hour AARP SMART Driver Class, or the AAA equivalent, within the past three years.

Interested participants will need to bring to class their driver's license and proof of having previously completed the two-day training.

In order to continue to receive the discount on your Pennsylvania car insurance premium, your AARP certificate needs to be updated every three years.

**Due to the higher cost and quality of new AARP Smart Driver Course materials, there will be a moderate course fee increase for participants taking the classroom course. For AARP members, the new course fee is \$15. For non-members, it is \$20. This course fee must be charged for all courses starting January 1, 2014.*

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



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

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via email, please call Leslie Lefer
at 215-247-4654 or email
llefer@chestnuthillpres.org.