

AT THE CENTER OF THINGS

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

— WINTER 2015 —

Winter is here and most of us will want to hunker down and not come out until spring time. However, I want to challenge you to make the effort to come to the Center on the Hill for one (or more) of our educational seminars, health and wellness programs, speaker series or musical programs. I promise you, you won't be sorry you did!

We have a very talented group of facilitators and instructors joining us this winter. In fact when you look inside this Winter 2015 newsletter you'll notice that it's packed with almost **20 new programs** to pick from. And of course, we have our amazing ongoing instructors and classes in yoga, art, dance, t'ai chi, qigong, super bones and more in which to get involved.

Here are a few programs I'd like to highlight:

Behind the Scenes: Opera, Operetta, Musical Theater — Join Leigh Munro, a retired opera diva who studied under Beverly Sills, as she discusses these three art forms and shares some "insider" tips and stories. (page 6)

Mindfulness Programs — Our Fall mindfulness programs were so well received that we're continuing with Michelle Carlino's Experiences in Mindfulness and we've added a new course by David Dimmack who studied with zen master Thich Nhat Hanh. David's class is titled Mindfulness Practice: The Foundation of Healing. (page 13)

ID Theft, Scams, Financial Predators — I've heard many stories of people, especially seniors, getting disturbing phone calls from financial scammers. But how are we to know if they're real or a scam? Come to this important program to hear about current scams being used and ways to identify them. (page 5)



Art Experiences for People with Dementia and Their Care Partners — We're delighted to be partnering with Woodmere Art Museum to offer a tour for visitors with dementia and their care partners. The tour provides safe, intimate, visual experiences that engage participants with opportunities for self-expression and dialogue. (page 2)

William R. David Musical Performance — We're very lucky to have classical-jazz flutist William R. David, aka Bill Davis, sharing his passion and talent for music with us. For those of you who attended our Center on the Hill Homecoming Celebration, you'll certainly remember Bill and his beautiful music. (page 2)

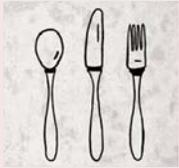
March Trip — The Fall trips were such a success that we're continuing our visits to local art museums with Fonthill Castle and the Moravian Pottery & Tile Works at the end of March. Both of these are wonderful historical sites in Bucks County that are not to be missed. Sign up early because space is limited to 10 on our church van. (page 3)

With gratitude,

Leslie A. Lefer
Director, Center on the Hill
215.247.4654

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MONTHLY COMMUNITY LUNCHEON

The fourth Tuesday of the month

January 27, February 24 and March 24
12:00 p.m.

\$8. Please pay at the door.

To register, call Leslie Lefer, 215-247-4654, or e-mail llefer@chestnuthillpres.org.

IMPORTANT: PLEASE REGISTER BY THE FRIDAY BEFORE. REGISTRATIONS AFTER MONDAY AT 10:00 AM OR THE DAY OF THE LUNCH, 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 seven dollars. Our very large room full of round tables are simply decorated and 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.



DAYTIME MOVIE— CHEF

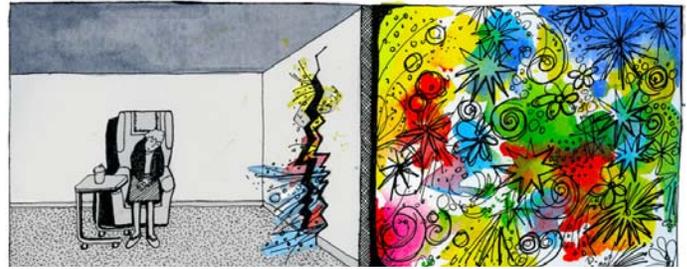
Tuesday, March 3

3:00 p.m.

\$1.00 (includes popcorn and munchies)



Are you looking for an enjoyable activity that's economical, an escape from the weather and during the daytime so you don't have to drive at night? Join us for the movie Chef starring Jon Favreau, Dustin Hoffman, John Leguizamo and Sophia Vergara. This movie chronicles a chef (Jon Favreau) who quits his prestigious Los Angeles restaurant job after a controlling owner pushes him too far. As he tries to figure out what his next step should be, he finds himself in Miami where he launches a food-truck business. The venture and adventure provides a chance to reignite his passion for cooking -- as well as his zest for life and love.



ART EXPERIENCES FOR PEOPLE WITH DEMENTIA AND THEIR CARE PARTNERS – WOODMERE ART MUSEUM

Monday, March 9

10:30 a.m. – 11:30 a.m.

(meet at Woodmere Art Museum at 10:20 a.m.)

Free

Minimum of 4 participants plus their care partners

Woodmere Art Museum is offering tours for visitors with dementia and their care partners, family and friends. The tours provide safe, intimate, visual experiences that engage participants with opportunities for self-expression and dialogue. Interactions with artworks stimulate communication with participants and their care partners as well as offering a chance to rediscover one's sensory self. Donations to the Woodmere Art Museum are welcome.



WILLIAM R. DAVIS MUSICAL PERFORMANCE

Thursday, March 19

1:30 p.m.

\$5.00 (dessert and coffee provided)

Please pre-register by Wednesday, March 18.

Classical-Jazz Flutist William R. Davis, Jr., aka Bill Davis, is a retired music teacher of the Philadelphia School District. His passion though is in live performances of repertoires including Debussy, Corigliano, Bach and Samuel Barber (classical) and Monk, W. Shorter and H. Hancock (jazz) and original compositions of various genres. Bill earned a BA in Music and a BA of Bible from The Philadelphia College of Bible (now known as Cairn) and Bach of Music Ed from Chestnut Hill College. He continues to teach private lessons on woodwind instruments and piano. He can be heard performing every Sunday in fellowship at Zion Baptist Church where he is also the Director of Music for the Zion Youth Orchestra.

Speaker Series on the Hill

This monthly speaker series meets at noon on the second Thursday of the month at The Presbyterian Church of Chestnut Hill. Bring your lunch and a friend. Dessert and coffee are provided. Presentations begin at 12:30 p.m. A \$5 donation is requested.



DAVID THORNBURGH – LEADING THE COMMITTEE OF SEVENTY

Thursday, January 8

David Thornburgh assumed the position of Executive Director of the Committee of Seventy in December 2014. The Committee of Seventy is a “community watchdog”, which works hard to see that public officials are doing the right thing. An important part of that is giving clear guidelines to those officials that help them comply with the law and serve the public with honor and effectiveness. The objective is to root out waste, fraud and corruption throughout the entire government.

Prior to taking the helm at the Committee of Seventy, David Thornburgh held the position of Executive Director of the University of Pennsylvania’s Fels Institute of Government. From 1994 until 2006 he served as Executive Director of the Economy League of Greater Philadelphia.



LYNNE ABRAHAM – JUST WHERE IS PHILADELPHIA HEADED, ANYWAY?

Thursday, February 12

With the public schools in crisis, a drop-out and failure rate of alarming proportions, and a steep rate of poverty, are we capable of “fixing” the schools in this City so that they become engines of economic developments and job creation? What can be done to make Philadelphia one of the best places to live and work in the 21st Century?

Lynne Abraham is a Shareholder in the law firm of Archer & Greiner, P.C. She has had a long and distinguished career in public service as Executive Director of Philadelphia’s Redevelopment Authority, as a Judge in Philadelphia’s Courts, and almost 19 years as District Attorney of Philadelphia. She is a candidate for Mayor of Philadelphia in the May 19th 2015 Primary Election.

FONTHILL CASTLE AND MORAVIAN POTTERY & TILE WORKS

Monday, March 30

10:00 a.m.

Meet at the Center at 8:30 a.m.

(Van leaves promptly at 8:40 a.m.)

Minimum of 6 participants and a maximum of 10 \$40

(includes entrance fees, guided tour of Fonthill Castle, transportation and parking; lunch cost is not included.)

REGISTRATION/PAYMENT DUE BY FRIDAY, MARCH 13

This trip includes two wonderful historical sites in Bucks County, PA. The first will be a guided tour of Fonthill Castle. Built between 1908-1912, Fonthill was the home of Henry Chapman Mercer (1856-1930). Archaeologist, anthropologist, ceramist, scholar and antiquarian, Mercer built Fonthill both as his home and as a showplace for his collection of tiles and prints. The first of three Mercer buildings in Doylestown, Fonthill served as



a showplace for Mercer’s famed Moravian tiles that were produced during the American Arts & Crafts Movement. Designed by Mercer, the building is an eclectic mix of Medieval, Gothic, and Byzantine architectural styles, and is significant as an early example of poured reinforced concrete.

Next we’ll move onto the Moravian Pottery and Tile Work which is a National Historic Landmark, maintained as a “working history” museum. We’ll have an introduction to the Tile Works and then

we’ll be free to enjoy it with a self-guided tour. Handmade tiles are still produced and can be purchased as a keepsake of our trip.

We’ll enjoy a casual lunch at a nearby restaurant in Doylestown, PA. Lunch is not included in the cost of the trip.

****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.**



VEGETARIAN COOKING CLASSES

*Tuesdays, March 31 & April 7, 14, 21
12:30 p.m. - 2:30 p.m.
\$20 per class (includes recipes and lunch)
Please pay at the door.*

Would you like to learn how to transform 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.



MOVIE NIGHT FOR ADULTS

*The fourth Tuesday of every month
Movies start at 6:45 p.m. sharp.
Harris Room
\$1 suggested donation, No registration necessary.*

Calling all movie buffs! Please join us for Movie Night for Adults where parking is easy, the "theater" feels 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:
January 27: All is Lost
February 24: Doubt
March 24: Her*



LETTING GO OF THE OLD AND CREATING NEW

*Monday, January 26
4:00 p.m. - 5:30 p.m.
Free*

The kids are gone, the house feels empty, and it really is a good time to move EXCEPT... The house isn't empty. It's full of THINGS: Your things, your kids' things, your parents' and grandparents' things; things, things, things! YOU DON'T KNOW WHAT TO DO WITH IT ALL. What's valuable? What's junk? How do I know the difference? Who can I trust? Where can I turn for help? What the heck do I do with it all? How do I let these things go? How do I create a new future as I let go of the past? These are questions that paralyze us and keep us living in a past that no longer suits our current needs or future lifestyle. Come to find solutions and learn from people who know what you're going through and can help.

Our presenters:

Abby Lederman heads up Swiftsellit which is a company that sells everything on sites like Craigslist and eBay. Abby can assess the value of your items, help you figure out what will sell, what should be donated and what to keep.

Claudia Apfelbaum, MSS, LCSW will help us through the emotional process involving transitions and life changes. Claudia has over thirty years of experience as a social worker, teacher, and psychotherapist.

Save the Date
WELLNESS DAY
Saturday, March 28
9:00 a.m. - 2:00 p.m.
Chestnut Hill Hospital
Main Level Conference Room
Free
Special Guest Speakers to be Announced
Learn about:
Mental Health Matters
Healthy Heart
Nutrition and Weight Loss
Health screenings will be available

BEHIND THE SCENES: OPERA, OPERETTA, MUSICAL THEATER

Tuesdays, January 6, 13, 20, 27

2:00 p.m. – 3:00 p.m.

\$40 for four sessions

Minimum of 5 students.

Leigh Munro, a retired opera diva from the New York City Opera under Beverly Sills, will lead lively discussions of all three art forms: their similarities, differences, vocal requirements, and dramatic preparations. Get 'insider tips' to help you be better informed in your next theatrical experience. We'll discuss Lehar's *THE MERRY WIDOW* before we see it on January 17th at a local movie theater. This Live HD broadcast from the Met Opera starring Renee Fleming and Broadway's Kelli O'Hara is directed by Susan Stroman, who, no doubt, will bring more than a touch of Broadway to the opera house! (\$24 ticket price not included in class fee). So come join the fun as Leigh shares her vast experience, humor, and knowledge.

Leigh Munro has had a long and successful career in all three theatrical formats, including a PBS Great Performance of Romberg's THE NEW MOON, and a star turn as 'Carlotta Giudicelli' in Webber's PHANTOM OF THE OPERA, a role she played for a decade all over the world including on Broadway. Currently Leigh Munro teaches "Singing for Seniors" in her Chestnut Hill Voice Studio.

DESSERT WITH A DOCENT

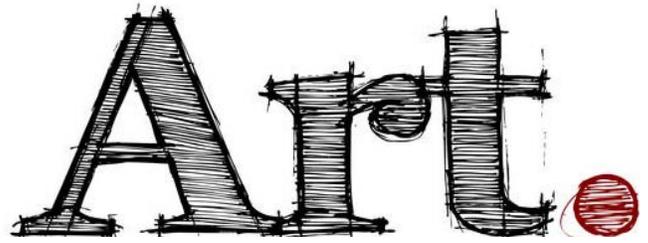
Tuesday, March 17

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

\$8 (\$6 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: March 9

Enjoy a tasty treat while being treated to a spectacular visual lecture about one of the special exhibits currently on display at the Philadelphia Museum of Art. Will it be "Ink & Gold - Art of the Kano" (Japan's ancient and most esteemed school of painting), "200 Years of African American Art" (from PMA's exceptional holdings, including Tanner, Weems, Pippin), "Drawn with Spirit - Pennsylvania German Fraktur (documents decorated with brilliant colors and whimsical imagery)? Come join us to find out which special exhibit we'll be learning about.



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-three 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

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.

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.

THE MORAL UNIVERSE OF THE VANITAS PAINTING

Tuesday, March 31

1:00 p.m. – 2:30 p.m.

\$5

Vanitas paintings are works of art that grew in the Netherlands in the early 17th century. Vanitas are still life paintings that used symbols such as skulls, clocks, burning candles to create extraordinary beauty and convey life meaning. Join Flo Gelo, docent at the Woodmere Art Museum and a guide at the Philadelphia Museum of Art, in a presentation and discussion.

WINTER ART EXHIBITS AT CENTER ON THE HILL

JANUARY — Faith on the Avenue

This is a photographic exhibit of images by Edd Conboy for a book named Faith on the Avenue by Katie Day (Oxford University Press, 2014). Katie is a sociologist and professor of religion and society at the Lutheran Theological Seminary in Mt. Airy. Faith on the Avenue represents her research over 10 years of all the houses of worship along Germantown Ave--and there are about 90 of them! She will be speaking about the book on January 18 at 11:30 a.m.

FEBRUARY—Debs Bleicher

Debs Bleicher majored in ceramics at Tyler School of Art and earned a teaching certificate in Art Education. Afterwards he taught in the Philadelphia School District for eight years and continued taking courses in ceramics, printing, paper making, collage, collograph, monoprint and monotype. Since 2003, he's been developing and deepening his knowledge of mixed media collage painting and showing his artwork at many locations including the Woodmere Art Center. He works exclusively in water based media and his methodology can be summed up in one word- "experiment".

MARCH—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.



ITALIAN

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

ELEMENTARY ITALIAN

a Chestnut Hill Center for Enrichment (CHCE) program

Wednesdays, February 11 – April 15

10:30 a.m. – 12:00 p.m.

\$75 for ten sessions

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

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 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

a Chestnut Hill Center for Enrichment (CHCE) program

Mondays, February 9 – April 13

10:00 a.m. - 12:00 p.m.

\$100 for ten sessions

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

Minimum of 5 students.

This class is for those who have had 2 to 3 years of Italian comparable to the Italian IV course 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.

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



SOUL LINE DANCING FOR BEGINNERS

Thursdays, start at any time.

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

\$5 per class. Pay at the door, but please register ahead your first time.

To register, call Leslie Lefer, 215-247-4654, or e-mail llefer@chestnuthillpres.org.

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

(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, folkdancefridays.org) or the Chestnut Hill Center for Enrichment (CHCE) at the number above.

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

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, January 28 – February 18

10:00 a.m. - 12:30 p.m.

\$99 for four sessions

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 lap-tops are provided. You'll definitely feel more comfortable with computers by the end of the course!

WINDOWS 8.1 MADE EASY

Tuesdays, February 3-17

10:00 a.m. - 12:30 p.m.

\$84 for three sessions

Need help with your Windows 8 laptop? Are you confused by the new layout? Having trouble figuring it all out on your own? Bring your laptop to class and get the help you need! Discover the new features and functionality of the Windows 8 operating system for personal and/or professional use. No prerequisite skills are required, but any previous exposure to personal computers and the Internet is helpful.

INTERNET AND E-MAIL

Wednesdays, March 4 - 11

10:00 a.m. - 12:00 p.m.

\$39 for two sessions

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 necessary.

To register for any of these computer classes call Mt. Airy Learning Tree at 215-843-6333 or go to their website www.mtairylearningtree.org.



BRIDGE

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.

REFRESHER BRIDGE

a Chestnut Hill Center for Enrichment (CHCE) sponsored program
Tuesdays, February 3 – March 24
10:00 a.m. – 12:00 p.m.
\$99 for eight sessions
To register, call 215-843-6333 or visit www.mtairylearningtree.org
Minimum of 4 students.

If you have taken the Beginning Bridge class and want more, 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.



MAH JONGG – OPEN PLAY

Fridays, join at any time
1:30 p.m. – 3:30 p.m.
No registration is necessary.
\$1.00 (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.



AGING, CONTROL AND CHANGE: SOLUTIONS FOR POSITIVE OUTCOMES

Thursday, January 22
12:30 p.m. – 1:30 p.m.
Free

No one likes to be told what to do when facing the prospect of losing independence. Learn how the aging process in our life-cycle is linked to generational needs, and how dynamics of control and change influence decision making. This presentation will identify factors causing resistance, and solutions to promote positive outcomes.

Our presenter, Gary Kozick has over 30 years of experience in healthcare and clinical practice in geriatrics and mental health in such settings as home care, assisted living/personal care communities, and skilled nursing facilities. Gary is a Licensed Clinical Social Worker and he is the sole proprietor of Gary Kozick Elder Care Solutions, L.L.C. providing elder care consultation and geriatric care management for families and older adults.

INCREASED INCIDENCE OF OBESITY

Thursday, January 29
12:30 p.m. - 1:30 p.m.
Free

In the early 1970s, 14 percent of the population was classified as medically obese. Today, obesity rates are two times higher (Centers for Disease Control, 2003). Americans are fatter than medical science recommends, and weights are still increasing. While other countries have experienced increases in obesity, no other developed country is quite as heavy as the United States. Is it mindless eating, sedentary lifestyles, portion sizes, or something else? Join the discussion on why we’re experiencing an increased incidence of obesity and learn how experienced bariatric surgeon John Meilahn, M.D., has helped more than 2,000 people in our region gain a new lease on life.

WOMEN'S SELF DEFENSE

*Tuesdays, February 3, 10, 17, 24
4:00 p.m. – 5:00 p.m.
\$40 for four sessions*

Learn simple but effective techniques of striking, blocking, and escaping from basic attacks. Discussions on personal awareness & everyday weapons at hand will be presented. Everyone is welcome... remember, Knowledge is Empowering.

Michael McCormack holds the rank of 4th degree black belt in Japanese karate and has taught Women's Self Defense for over twenty years. He teaches in a manner that makes the lessons easy to understand and to remember.

ASK THE AUDIOLOGIST (WITH HEARING SCREENINGS)

*Thursdays, February 5
1:30 p.m. – 3:00 p.m.
Free*

Do you have questions about your hearing (or lack of hearing), hearing aids or treatment options? Be sure to join Dr. Lisa Mariello for this "Ask the Audiology" program. She'll provide some basic information about hearing loss and then help answer questions about your specific hearing situation. Participants will have the opportunity to learn from each other and then after the questions are over Dr. Mariello will be available for individual hearing screenings.

Dr. Lisa Mariello is part of Aberdeen Audiology, a private audiology practice in Wayne, PA. She also serves as an audiology consultant at the Pennsylvania Ear Institute at Salus University. Her focuses include diagnostic evaluations, hearing aid fittings, check-ups and tinnitus evaluations.

THE SCIENCE OF DIABETES

*Monday, February 9
12:30 p.m. - 1:30 p.m.
Free*

Dr. Andrew Berta, a Chestnut Hill family physician who has taken care of many patients with Type 2 Diabetes, will discuss the basic science of the disease. Join him as he explains the options for treatment and the various healthy decisions people can make to prevent getting the disease.

NUTRITION: THE BASICS OF HEALTHY EATING

*Thursday, February 19
12:30 p.m. - 1:30 p.m.
Free*

Looking for some helpful tips and tricks on ways to lower your cholesterol or blood pressure? Can't figure out the difference between a good fat and a bad fat? Want to start eating healthy but don't know where to begin? Well, worry no more! Come join Chestnut Hill Hospital's Clinical Nutrition Manager and Registered Dietitian Carlie Maradonna as she gets to the basics of heart healthy eating techniques. Label reading activities, menu planning and recipes will be provided!

AROUND THE HOUSE—FALL PREVENTION

*Monday, February 23
12:00 p.m. – 1:00 p.m.
Free & Light Lunch Provided!
Pre-registration required by Thursday, February 19
at noon.*

Remember the commercial where the woman has fallen and says, "Help! I've fallen and I can't get up!" Very telling isn't it? The Centers for Disease Control report 35.2% of traumatic brain injuries (TBI) in 2013 were from falls. And 61% of all TBI's were among adults aged 65 and older. Truthfully, falls can happen anywhere, anytime and to anyone regardless of age. This topic explores ways to prevent falls. It may surprise you how simple measures can make a difference.

Join Julia Coleman, Director of Admissions and Marketing from Brookside Healthcare and Rehabilitation Center, as we discuss this important topic.

YOUR KIDNEYS AND YOU

*Tuesday, March 3
1:00 p.m. – 2:00 p.m.
Free*

Kidney disease kills more people than breast and prostate cancer combined. The National Kidney Foundation's "Your Kidneys and You" program offers a comprehensive overview of your kidneys, risk factors for kidney disease, and how to keep these hard-working organs healthy. Those at risk for kidney disease – anyone with diabetes, high blood pressure, over 60 years of age, or a family history of kidney failure -- are especially encouraged to attend.

AGING AND MENTAL HEALTH

Monday, March 23
12:30 p.m. - 1:30 p.m.
Free

Our bodies change as we age, and so do our minds. Seniors face an increased risk of mental challenges, including clinical depression and memory impairment. But there's good news, in most cases, these conditions can be successfully treated and managed with specialized care. Join Chestnut Hill Hospitals Senior Behavior Health Specialist to learn more about this important topic.

PREVENTION AND TREATMENT OF COLON AND RECTAL CANCER

Thursday, March 26
12:30 p.m. - 1:30 p.m.
Free

Dr. Khanna from Chestnut Hill Hospital will lead this informative educational discussion aimed at improving your understanding of colon and rectal cancer prevention and treatment by reviewing the available evidence for screening, exercise, and dietary risk factors. Dr. Khanna works to empower the community to engage actively in their digestive health and cancer prevention. He will review the current guidelines for colorectal cancer screening and discuss new options including DNA testing, as well as, standard techniques such as a colonoscopy. He will also review available data to support the importance of exercise and diet in the prevention of colon cancer.

ZUMBA GOLD

Mondays, 4:30 p.m. – 5:15 p.m., ongoing
Tuesdays, 9:00 a.m. – 9:45 a.m., ongoing
\$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 & 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.

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

**SUPER BONES EXERCISE CLASS**

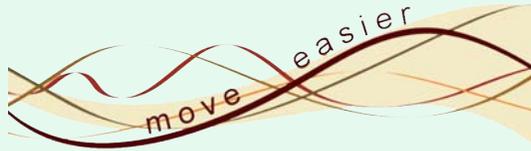
Daytime: Thursdays, start at any time.
10:30 a.m. - 11:30 a.m.
Evenings: Wednesdays, start at any time.
5:30 p.m. - 6:30 p.m.
\$12 per class, or \$85 for eight classes, plus a one-time \$10 equipment fee.
To register, call Joanne Fagerstrom, 267-432-1795.

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, 9:00 a.m. - 10:00 a.m.,
start at any time
Thursdays, 1:00 p.m. – 2:00 p.m. (NEW),
start at any time
\$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.



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.

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.

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, offers free, unbiased and confidential Medicare counseling. Meet with state trained volunteer counselor, Barbara Rutberg on Thursdays from 2 to 5 pm. In an individual meeting Barbara can you help 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 or problem solve about your current Medicare, HMO, or Supplemental Insurance benefits.

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

**To Register for Events and Classes –
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Leslie Lefer at 215-247-4654 or
email llefer@chestnuthillpres.org.**

WEDNESDAY DIABETES WORKSHOP

January 7, 14, 21, 28

February 4, 11, 18, 25

March 4, 11, 18, 25

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

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.

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 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.

EXPERIENCES IN MINDFULNESS - CONTINUED

Tuesdays, January 6, 13, 20 and 27

10:00 a.m. – 11:15 a.m.

\$10 per class or \$40 for all four sessions

Back by popular demand, the Experiences in Mindfulness classes are continuing into 2015.

We spend much of our time everywhere but in the present moment. Mindfulness is a way of experiencing the life you are living...one moment at a time. These classes will explore and expand ways to weave the practice of mindfulness into our daily lives. Experiential activities and practices will be covered each week.

Whether you were able to make the previous classes or not, all are welcome. Feel free to take one, two, three or all four of these mindfulness sessions.

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.

MINDFULNESS PRACTICE: THE FOUNDATION OF HEALING

Tuesdays, February 3 – March 10

9:30 a.m. – 11:00 a.m.

\$75 for six sessions

“My whole being is healthy, healed, (w)hole and holy”, the 4H Club. This powerful affirmation is used daily by hundreds of people. It takes only 21 days to begin or discontinue any habitual pattern. In this class, we will work with developing a healthy lifestyle. Components we will practice include:

- Simple mind body exercises to enhance the flow of vital energy
- Non-strenuous movement and stretching
- Relaxation and meditation
- Affirmation and visualization
- Emotional support
- Attention to diet

All levels are invited; beginners to this model are welcome. All that is required is your whole-hearted willingness to participate.

David Dimmack, M.Ed. has been practicing (w) 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.

INTRODUCTION TO MEDITATION

Tuesdays, March 17, 24, 31 and April 7

11:00 a.m. – 12:00 p.m.

\$20 for four sessions

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 a 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. 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 it's easy to do. All are welcome. We will sit comfortably in chairs.

Rachel Clark has practiced meditation and Tai 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 is a licensed acupuncturist with a private practice in Chestnut Hill.



QIGONG (HEALING MOVEMENTS) MONDAYS

January 5, 12, 26 & March 2 (four weeks)

February 9, 23 & March 2, 9 (four weeks)

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

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

\$12 walk-ins per class

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.

*No class on January 19th or February 16th due to national holidays.

YOGA AT THE CENTER ON THE HILL

YOGA CLASSES

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

GOLDEN YOGA

Wednesdays and Fridays, start 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 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 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.

YOGA NIDRA

Tuesdays, ongoing

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 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 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.

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.

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 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.



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.

WHAT IS 'Tai Chi'?

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

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

Wednesdays, January 21 – March 25

11:15 a.m. - 12:15 p.m.

\$99 for ten sessions.

T'AI CHI CH'UAN – LEVEL TWO

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

Wednesdays, January 21 – March 25

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

\$99 for ten sessions.

T'AI CHI CH'UAN –LEVEL THREE

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

Wednesdays, January 21 – March 25

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

\$99 for ten sessions.

To register for any T'ai Chi class, call Mt. Airy Learning Tree at 215-843-6333 or go to their website www.mtairylearningtree.org.

Susan Heineman teaches several more 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 for more information.

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AARP SMART DRIVER COURSE

Monday and Tuesday, March 9 and 10

12:30-4:30 p.m. (eight hours total)

\$15 for AARP members/\$20 for non-members

(Please write your AARP number on your check.)

Phone registration and pre-payment is required. Call Leslie Lefer, 215-247-4654. To hold your spot, checks, made payable to AARP, must be sent ahead of time to Center on the Hill, 8855 Germantown Avenue, Philadelphia, PA 19118.

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.



AARP SMART DRIVER REFRESHER COURSE

Tuesday, February 3

12:30 p.m.-4:30 p.m. (four hours total)

\$15 for AARP members/\$20 for non AARP members

Phone registration and pre-payment is required. Call Leslie Lefer, 215-247-4654. To hold your spot, checks, made payable to AARP, must be sent ahead of time to Center on the Hill, 8855 Germantown Avenue, Philadelphia, PA 19118.

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.



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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at 215-247-4654 or email
llefer@chestnuthillpres.org.