

AT THE CENTER OF THINGS

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

— FALL 2015 —

As you read this Fall 2015 newsletter, I will be celebrating my second anniversary as the Director of the Center on the Hill. I truly enjoy seeing each of you walk through the door. It brightens my day and knowing that you're coming here to grow, learn and improve brings joy to my heart.

This Fall 2015 newsletter has some exciting new programs and many favorites from years past. In fact, this newsletter has almost 20 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.



Photo by Sue Ann Rybek

Events of the Month — They're Back!! The Event of the Month program (our trips) were so successful that we brought them back. In fact they're so popular that we sold out of them within weeks of last newsletter's release. So if you're interested, call as soon as you can! (page 2)

Alzheimer's Awareness Month — November is Alzheimer's Awareness month. To help us understand this disease, the Alzheimer's Association will be presenting a program titled, "Know the 10 Signs: Early Detection Matters". (page 16)

Mindfulness Programs — David Dimmack returns for another exciting mindfulness program titled "Breathe for You and for Me: An Adventure in Mindful Living 101". (page 15)

Art Programs —You don't have to travel far this Fall to enjoy the wonderful art in the Philadelphia area. The Dessert with a Docent program with the Philadelphia Museum of Art will be coming back to the Center in September to share with us the magnificent exhibition called "Discovering the

Impressionists". Then in October, Woodmere Art Museum will be here to review their Fall exhibitions. (page 8)

Prayer and Meditation —We are very fortunate that our own Rev. Austin Shelley has generously volunteered to lead us in a workshop called "Pray the Creative Way". She'll provide us with some innovative ways to pray through art, music, journaling, reading, doing the dishes (really!), and more. (page 4)

I wish each and everyone 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
...the place for active adults
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EVENTS OF THE MONTHS

The Event of the Month program was a huge success in its' first year that we've brought it back. We use our church van on these trips. Space in our van is limited to 10 participants. The church van is not ADA accessible so participants must be able to climb in and out of van as well as move around to the back seats.

All trips run rain or shine. Because reservations with venues are made in advance, we cannot issue refunds. If we're able to find someone to fill your spot from our waiting list, we will return monies paid.



LONGWOOD GARDENS

LONGWOOD GARDENS, Kennett Square, PA

Wednesday, September 30

Meet at the Center on the Hill at 9:30 a.m., van departs promptly at 9:45 a.m.

\$50 (includes entrance fee, guided tour, transportation and parking)*

REGISTRATION AND PAYMENT DUE BY WEDNESDAY, SEPTEMBER 16.

Longwood Gardens is one of the world's great gardens—one of legacy, innovation, and stewardship. The Gardens are a living expression of all that its' founder, Pierre S. du Pont, found inspiring, meaningful, and beautiful. From the intricate fountain systems to the meticulous gardens to the architectural grandeur, awe-inspiring discoveries await at every turn.

Our guided walking tour starts at 11:30 a.m. Following the one-hour tour, we will enjoy a lunch at the on-site café (not included in the price). Then you'll have time to enjoy the rest of the beautiful gardens and the gift shop.

To register and reserve your spot in events and classes, please call Leslie Lefer 215-247-4654 or email llefer@chestnuthillpres.org.

BRYN ATHYN CATHEDRAL AND CAIRNWOOD ESTATE, Bryn Athyn, PA

Tuesday, October 6

Meet at the Center on the Hill at 9:00 a.m., van departs promptly at 9:15 a.m.

\$35.00 (includes entrance fee, guided tour, transportation and parking)

REGISTRATION AND PAYMENT DUE BY TUESDAY, SEPTEMBER 22.

Bryn Athyn Cathedral is a highly acclaimed Gothic and Romanesque style complex. The decorative aspects of the Cathedral are governed by a distinctive symbolism based on the teachings of the New Church, an international Christian Faith. Cairnwood Estate, designed in 1895, was the country house for the industrialist John Pitcairn and his family. Cairnwood evokes the grandeur of a bygone age.

We will begin our tour at Cairnwood Estate at 10:00 a.m. Following the tour, we will head to a nearby restaurant for lunch (not included in the price). Then we will return for a tour of the Bryn Athyn Cathedral and the cathedral gardens. (This is a walking tour and does involve steps.)

BARNES FOUNDATION, Philadelphia, PA

Wednesday, November 5

Meet at the Center on the Hill at 8:50 a.m., Van departs promptly at 9:05 a.m.

\$62.00 (includes entrance fee guided tour, transportation and parking)*

REGISTRATION AND PAYMENT DUE BY THURSDAY, OCTOBER 22.

The Barnes Foundation was established by Albert C. Barnes in 1922 to "promote the advancement of education and the appreciation of the fine arts and horticulture." The Barnes holds one of the finest collections of Post-Impressionist and early Modern paintings, with extensive works by Pierre-Auguste Renoir, Paul Cézanne, Henri Matisse, Pablo Picasso, Henri Rousseau and many more.

Our guided tour will be begin at 10:30 a.m. Following the tour we'll head to a local restaurant for lunch (not included in the price). Then we can head back to the Barnes Foundation to investigate more of the treasures within its' walls.

**A grant from the Chestnut Hill Community Fund has allowed us to keep the cost for these trips at a reasonable price. Limited scholarship money is available for those unable to pay the advertised fee.*

SPEAKER SERIES ON THE HILL

Gather at noon on the 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 donation is requested.

September 10



**RAY DIDINGER –
A PREVIEW OF THE
NFL THIS SEASON**

In this talk, Ray Didinger will preview the NFL season, which kicks off that night with the Patriots playing the Steelers.

Mr. Didinger is the author of eleven books on sports, including his three most recent bestsellers, *The New Eagles Encyclopedia*, *One Last Read*, and *The Ultimate Book of Sports Movies*. He wrote for the *Philadelphia Bulletin* and *Philadelphia Daily News* for more than 30 years and is a host on 94WIP all-sports talk radio in Philadelphia. He appears on Comcast SportsNet TV as the primary analyst on *Eagles Pre-Game Live* and *Post-Game Live*.

October 8



**PAUL W. MEYER –
THE HISTORY AND
REBIRTH OF THE
MORRIS ARBORETUM**

This illustrated talk will focus on the planning and implementation efforts that

have led to the revitalization of the Arboretum in recent years. Paul W. Meyer, The F. Otto Haas Executive Director of the Morris Arboretum of the University of Pennsylvania, will discuss the origins, development and recent restoration and adaptive reuse of the historic gardens at the Morris Arboretum. Mr. Meyer is a leader in the field of plant exploration and evaluation, and most recently he received the Liberty Hyde Bailey Award from the American Horticultural Society in 2014.

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

November 12



**CHRIS WHEELER –
THE PHILADELPHIA
PHILLIES**

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's take on the 2015 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.



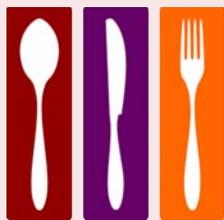
December 10

COMMUNITY HOLIDAY PARTY

PRE-REGISTRATION IS REQUIRED BY THURSDAY, DECEMBER 3RD.

Back by popular demand, the New Horizons Senior Glee Club, an award-winning ensemble of 40 singers and instrumentalists, will headline our annual community holiday party with a program titled "It's About Time". Selections include "Rock Around the Clock", "Summer Time", "Good Times" and many more. The concert will be followed by appetizers, delicious desserts and beverages. Join us for all the holiday festivities! \$12 per person in advance or \$15 at the door.

Thank you to the Chestnut Hill Community Fund for their gracious gift allowing us to keep the cost for this musical program at a reasonable cost.



MONTHLY COMMUNITY LUNCHEON

September 22, October 27 and November 17 (no luncheon in December)

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 eight dollars. Our large room is full of round tables, which 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, and Chestnut Hill Meals on Wheels. We'd love to see you there.



AFTERNOON MOVIES

1:30 p.m.

\$1 (includes popcorn)

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

Movie dates and shows:

Tuesday, September 8: To Kill a Mockingbird

Thursday, October 15: The Imitation Game

Tuesday, November 3: The Woman in Gold

PRAY THE CREATIVE WAY

Tuesdays, November 10 and 17

9:30 a.m.–11:00 a.m.

Free

This course will introduce several creative practices of prayer and meditation that extend beyond the traditional posture of closed eyes and folded hands. If you've ever struggled with finding the "right" words to pray--or if you have difficulty focusing your attention on the deepest cares of your soul as your daily tasks flood your mind--come learn how to pray through art, music, journaling, reading, doing the dishes (really!), and more.

Rev. Austin Shelley is Associate Minister for Christian Education at PCCH and a former high school and middle school art teacher. Please note that though Austin prays from the perspective of the Christian tradition, people of all faiths are welcome in this class. The more diverse our backgrounds, the richer our experiences of this course will be.



HOLIDAY PARTY

Thursday, December 10

12:30 p.m. - 2:30 p.m.

PRE-REGISTRATION AND PAYMENT REQUIRED BY THURSDAY, DECEMBER 3RD.

New Horizons Senior Glee Club

40 singers and musicians

Presenting

IT'S ABOUT TIME

Selections include "Rock Around the Clock", "Summer Time", "Good Times" and many more.

\$12.00 per person in advance (\$15.00 at the door)

Refreshments will be served post-performance.

Contact Leslie Lefer at 215-247-4654 or llefer@chestnuthillpres.org to make your reservation.

Thank you to the Chestnut Hill Community Fund for their gracious gift allowing us to keep the cost for this musical program at a reasonable cost.



SEE AND HEAR ABOUT HAVANA AND PINAR DEL RIO CUBA

Tuesday, September 29
 1:30 p.m.–3:00 p.m.
 Free

Join us for a visual tour of Carole Green's week long trip to Havana and Pinar del Rio, Cuba in November 2014. Three weeks after her return, President Obama announced upcoming changes to the relationship between our countries. See and hear about Cuba "as it is", frozen in time but with amazing resiliency and joie de vivre.



VEGETARIAN COOKING CLASSES

October 6, 13, 20 and 27
 \$20 per class. Please pay at the door.
IMPORTANT: This class will take place at the Chestnut Hill SDA Church (8700 Germantown Avenue).

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 seventeen years.



WRITING YOUR LIFE STORY— LEAVING A LEGACY

(a Chestnut Hill Center for Enrichment (CHCE) program)
 Tuesdays, October 6–November 10
 1:00 p.m.–3:00 p.m.
 \$65 for six weeks (\$60 CHCE members)
 To register, call CHCE at 215-248-0180 or email the.chce@verizon.net.
 Maximum of 12 students

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. Students will share portions of their writing with class members every week and will also receive feedback from the instructor. This course is open to new and continuing participants.

Sam Whyte is a retired professor and dean, the 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.



To register and reserve your spot in events and classes, please call Leslie Lefer 215-247-4654 or email llefer@chestnuthillpres.org.

BASIC TIPS AND TRICKS FOR YOUR IPHONE AND IPAD

Thursdays, October 29 and November 5
1:30 p.m.–3:00 p.m.
\$24 for two sessions

This class will cover the fundamentals necessary to effectively use the basic functions and applications that your iPhone, iPad, and iPod Touch has to offer. The first class will be an interactive class with lots of hands-on experiences and questions. The second class will allow you to practice at home what you've learned at the first session, and then come back for further questions and experience sharing. Please bring your Apple devices to both classes. And REMEMBER to also bring your Apple password.

BEYOND THE BASICS FOR YOUR IPHONE AND IPAD

Thursdays, November 12 and 19
1:30 p.m.–3:00 p.m.
\$24.00 for two sessions

This class is for those looking for more after the Basic Tips and Tricks class. This class is for those who are comfortable going into Settings and the App Store and especially if you have searched for new Apps that you have installed on your own. The first class will be an interactive class with lots of hands-on experiences and questions. The second class will allow you to practice at home what you've learned at the first session, and then come back for further questions and experience sharing. Please bring your Apple devices to both classes. And REMEMBER to also bring your Apple password.

Our facilitator for both Iphone and Ipad class is Peggy Leiby. Peggy has been a techie since the 1970s when she converted her bookkeeping office from pens and inkwells to accounting machines, and then on to mini computers. Peggy became a programmer and systems analyst for area companies, including a computer magazine publishing company she co-founded in the 1980s.

She's been a fan of iOS devices for over five years, and enjoys learning and sharing cool tips and tricks. Peggy has been teaching tips and tricks classes for two years. The payoff for her is enjoying "seeing light bulbs go off as attendees learn something they realize will make a big difference, making it accessible—and teaching HOW to do things rather than just showing."



HOW VALUABLE IS YOUR STUFF?

Tuesday, December 3
1:00 p.m.–3:00 p.m.
Free

That old Ansonia clock on the mantel. That sweet cameo pin with the diamond. Both have been passed down through your family, but none of the young folks seem to want them. They may be valuable, but are they?

This session will help you identify historical treasures in your home, determine their market value, and decide whether to keep them, donate them or sell them. Participants are encouraged to bring one item for research.

Sherry Howard writes the blog "Auction Finds" (myauctionfinds.com) about the interesting things she finds at auction and the history behind them. Rebecca Brown is a longtime collector of African American books and memorabilia.



To register and reserve your spot in events and classes, please call Leslie Lefer 215-247-4654 or email llefer@chestnuthillpres.org.



DESSERT WITH A DOCENT

A joint presentation of Center on the Hill and the Chestnut Hill Center for Enrichment

Tuesday, September 15

1:00 p.m. – 2:30 p.m.

\$8

Registration and payment by Thursday, September 10

“Discovering the Impressionists” is an extraordinary gathering of paintings telling the untold story of Monet, Renoir, Degas, and Pissarro, and their visionary art dealer Paul Durand-Ruel. Hard to believe, but as young artists they struggled to introduce their new style of painting to critics and the public. With Durand-Ruel’s tireless promotion in Europe and the United States, these artists forged an identity and moved from the margins to international fame. Philadelphia’s Museum of Art (PMA) is the only US venue for this one-of-a-kind exhibit. Enjoy a private PowerPoint tour by one of the brilliant PMA docents, bringing art and history to you.

OPERA—THE CONSUMPTIVE COURTESAN: VIOLETTA VALERY

Thursdays, September 17—October 8

2:00 p.m.—3:00 p.m.

\$40 for four sessions

Minimum of 5 students



Who was Marie Duplessis? In his *La Dame Aux Camelias*, Alexandre Dumas, fils, made her one of the most venerable romantic figures of the 19th century literature. In this class we’ll learn how Giuseppe Verdi interpreted her character in his opera, *La Traviata*, as the courtesan with a heart of gold...and a very bad cough, Violetta. She has been coveted by every actress from Greta Garbo to Julia Roberts in *Pretty Woman*, and by every opera star from Callas to Netrebko.

Guided by former ‘Fallen Woman’ of the New York City Opera, Leigh Munroe, we’ll examine the difficult vocal and dramatic challenges of the role, as we delve into the world of mid-century Paris with its

gorgeously gowned woman, sexual hypocrisy and disease. We’ll also see how Maestro Verdi brings this demi-mondaine to life in the 1982 Zeffirelli directed movie, *La Traviata*, starring Teresa Stratas and Placido Domingo.

Those interested in experiencing a live performance may also visit The Opera Company of Philadelphia for their matinee production of *La Traviata* on October 11.

BEADING WORKSHOP

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

Mondays, September 28, October 12 and November 30

1:00 p.m.—4:00 p.m.

\$25 per session or \$65 for all three, plus materials fee.

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

Minimum of 5 students.

September 28: 1-pair window earrings (\$15 materials kit for earrings)

October 12: Window bracelet (\$30 materials fee)

November 30: Learn to repair your broken jewelry (materials fee if you need materials for repairs)

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.

WOODMERE ART MUSEUM ON THE ROAD: FALL EXHIBITIONS

Monday, October 5

10:30 a.m.—11:30 a.m.

Free



Discover the art and artists of Philadelphia with Woodmere Art Museum On The Road. Enjoy an insightful power point presentation of what is current and new on view this fall, including artwork from Five Decades: Black Artists in Philadelphia, 1925-1976; Woodmere Welcomes Pope Francis: Biblical Art from the Permanent Collection; Raymond Theel: Making a Big Impressionism; The Weight of Watercolor: The Art of Eileen Goodman.

MIXED MEDIA WORKSHOP

*Mondays, November 16 – December 7
1:00 p.m. – 3:00 p.m.
\$85 for four sessions (includes materials)
Registration deadline Monday, November 9
Minimum of 6 students.*

To register, call the Chestnut Hill Center for Enrichment (CHCE) at 215-248-0180.

“Mixed Media : Altered and Decorated Papers” will explore the interactive properties of fabric, a variety of paper textures, found objects, painted surfaces, photo images, etc., resulting in a portfolio of decorated papers that can be used to create cards, tags, books, and pouches. To store our creations we will also design a portfolio structure which can become a work of art in itself.

Instructor, Martina Johnson-Allen is a writer and mixed-media artist with a passion for mathematics. Educated at Penn State University, University of the Arts, the Center for Book Arts in New York, and the Tyler School of Art, she has had works exhibited at Allen’s Lane and Abington Art Centers, The Renwick and National Museum of American Art in Washington, DC, Philadelphia Museum of Art, the African American Museum of Philadelphia, U.S. Embassies in Ghana and Djibouti.



INTRODUCTION TO ZENTANGLE

*Tuesday, December 1
1:00 p.m.–3:00 p.m.
\$25 (supplies included)*

This two-hour workshop is a basic introduction to the Zentangle drawing method. The class will cover the history, the applications, and the steps of creating an original Zentangle tile. We invite all levels. No artistic experience is required. This is a great starter class that is bound to leave you thirsty for more.



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-five 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*

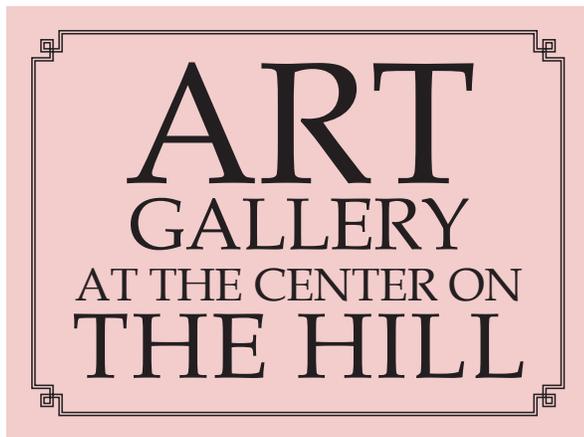
Enjoy sketching in a relaxed class. A variety of mediums will be demonstrated such as pen and ink, charcoal, pencil, and pastels. Still lifes and photographs will be used. All abilities are welcome.

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.

To register and reserve your spot in events and classes, please call Leslie Lefer 215-247-4654 or email llefer@chestnuthillpres.org.



**SEPTEMBER –
ARTIST CULTURAL EXCHANGE**

Artists Cultural Exchange (ACX) is an organization of regional professional and non-professional artists. Our goals are two-fold: to function as a support group for artists and to improve the visibility and status of art in the community. Our members' artwork has been exhibited in galleries and alternative spaces throughout the region. For more information call (215) 884-2954 or e-mail perkycohen@comcast.net.

Please join ACX on Tuesday, September 8th, 4:00 p.m. – 6:00 p.m. for an art reception in the Center on the Hill lobby.

**OCTOBER– PAUL MEYER, THE F. OTTO
HAAS EXECUTIVE DIRECTOR, THE
MORRIS ARBORETUM**

Paul Meyer has played a major role in Morris Arboretum's restoration of its historic gardens, architecture, and vistas with notable plant collections. He has taught Urban Horticulture in the University of Pennsylvania's Landscape Architecture and Regional Planning Department and is a frequent contributor to horticultural publications. Mr. Meyer is also an avid photographer. In fact many of the prints you'll see hanging at the Center on the Hill were recently hanging in the Pennsylvania Governor's Mansion.

Hear Paul Meyer speak about his love of horticulture and photography on Thursday, October 8,th at our monthly Speaker Series on the Hill.

**NOVEMBER– MELVIN CHAPPELL AND
SUSAN RICHARDS; COUNTERPOINT:
A VISUAL DUET**

Melvin Chappell is an award winning photographer whose work is in many private collections, including the permanent collections of the Woodmere Art Museum, the African American Museum of Philadelphia and, the Germantown Historical Society. The focus of his camera lens is his passion for nature and urban landscapes.

Susan Richards has made art all her life, but has plunged into full-time studio practice since moving back to Philadelphia in 2010. As a found object assemblage artist she is delighted to be a member of the Dumpster Divers. Two-dimensionally she enjoys playing with monoprint, collage, and mixed-media. In her former life in San Diego she was a psychotherapist in private practice.

Please join Melvin and Susan on Friday, November 13th, 7:00 p.m.– 9:00 p.m. for an art reception in the Center on the Hill lobby.

DECEMBER – SUZANNE MARINELL

Suzanne Marinell is inspired to paint by being out in nature, in Maine, where she spends her summers, in the lovely parks in the Philadelphia area, or where she travels. She especially enjoys painting with watercolors, though also sometimes uses oils, acrylics, or melted crayons. Her work ranges from abstract to impressionistic in style. She tries to convey not only what she sees, but how she feels about what she is painting. She has studied extensively with the Conshohocken Art League in the past, as well as taking private lessons in Maine. She is currently a member of the Manayunk-Roxborough Art Center, the Greater Norristown Art League, the Park Avenue Artisans Collaborative, the Boothbay Harbor Region Art Foundation and the Plein Air Painters of Maine. She has exhibited her work throughout the Philadelphia area and in Maine.



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:

- September 29: The Imitation Game (5th Tuesday)
- October 27: Still Alice
- November 24: Selma



To register and reserve your spot in events and classes, please call Leslie Lefer 215-247-4654 or email llefer@chestnuthillpres.org.



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. He also translates Italian poems and short stories into English

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

ELEMENTARY ITALIAN

*Wednesdays, October 7--December 9
 10:30 a.m. – 12:00 p.m.
 \$75 (10 sessions)
 Minimum of 5 students*

This class is for those who have had a short introduction to Italian comparable to the Italian I course offered through the Center for Enrichment, or who have been away from Italian for some years. We will concentrate on improving vocabulary and conversational skills.

ADVANCED ITALIAN

*Mondays, October 5–December 7
 10:00 a.m. – 12:00 p.m.
 \$100 (10 sessions)
 Minimum of 5 students*

This class is for those who have had two to three years of Italian comparable to the Italian IV offered through the Center for Enrichment. We will read some short stories by Italian authors, discuss them in Italian, and use them to increase vocabulary and review grammar.



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 of your first time.*

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 one hundred 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 1970's and are part of Three's a Village, which provides participatory dance instruction with live music for public and private events. Bill also plays with the folk dance band International Folk Sounds. For more information, contact either Bill Wadlinger (bill@beaverfolkdance.org, 215-233-9399, www.folkdancefridays.org) or the Chestnut Hill Center for Enrichment (CHCE) at 215-248-0180.



BRIDGE CLASSES AT THE CENTER

Instructor Bill Farmer has been playing Bridge since the age of eighteen, some 78 years ago. He became a Life Master in his 50's, and devotes five to six days each week to playing for pleasure, competing and teaching others to play the game.

BEGINNING BRIDGE

Tuesdays, September 29–December 1

10:00 a.m.–12:00 p.m.

\$109 for ten classes

Minimum of 5 students

Registration Deadline: Tuesday, September 22

To register, call MALT at 215-843-6333 from 9:00 a.m.–2:00 p.m. or visit www.mtairylearningtree.org.

This introductory course will introduce 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.

BRIDGE REFRESHER

Thursdays, October 1–November 19

10:00 a.m.–12:00 p.m.

\$94 for eight classes

Minimum of 5 students

Registration Deadline: Thursday, September 24

To register, call MALT at 215-843-6333 from 9:00 a.m.–2:00 p.m. or visit www.mtairylearningtree.org.

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.





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, September 23 – October 14

10:00 a.m.–12:30 p.m.

\$104 for four sessions

To register, call the Mt. Airy Learning Tree (MALT) at 215-843-6333 from 9:00 a.m.–2:00 p.m. or visit www.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!

Advertise on Center on 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.

To register and reserve your spot in events and classes, please call Leslie Lefer 215-247-4654 or email llefer@chestnuthillpres.org.



INTERNET AND E-MAIL

Wednesdays, October 28 and November 4

10:00 a.m.–12:00 p.m.

\$44 for two sessions

To register, call the Mt. Airy Learning Tree (MALT) at 215-843-6333 from 9:00 a.m.–2:00 p.m. or visit www.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 necessary.



MahJongg – Open Play

Fridays, join at any time

1:30 p.m. – 3:30 p.m.

No registration is necessary

\$1

This is an opportunity to simply enjoy others' company and play the game of MahJongg. Not for beginners: 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.



THYROID CANCER AWARENESS

Tuesday, September 8
10:30 a.m.–11:30 a.m.
Free

September is Thyroid Cancer Awareness Month. Do you know where your thyroid is or what it does? It is a very important organ and you really don't want to lose it. Learn about thyroid cancer from those who have survived it.

This type of cancer is on the rise. It does not always show symptoms. It can be detected by a simple test that your doctor should perform when doing a physical. Once you do not have a thyroid anymore you will be dependent upon a pill (thyroid hormone replacement) for the rest of your life. Some celebrities are survivors of thyroid cancer: Catherine Bell, Sofia Vergara and Brooke Burke-Charvet.

Come and get to know Pat Paillard, Linda Bell-Powell and Roberta Perry, who are members of the ThyCa's (Thyroid Cancer Survivors' Association) NW Philly Support Group, and who will tell you what you need to know about this disease.



HEMORRHOIDS HAPPEN!

Thursday, September 17
12:30 p.m.–1:30 p.m.
Free

While hemorrhoids are not a frequently discussed topic, it is estimated that fifty percent of Americans will, at some point in their lives, suffer from them. Let's get right to the bottom of this common issue with Amit Khanna, MD, colorectal surgeon, Chestnut Hill Hospital. Learn about ways to find relief and get back to enjoying life faster. From changes in diet to over-the-counter medications, a majority of cases require simple measures to alleviate symptoms while the problem gets better on its own. In some cases, simple procedures may be required. We'll cover prevention and treatment options.

TALKING TO YOUR DOCTOR

Monday, September 21
11:00a.m.–12:00 p.m.
Free

This program addresses how to more effectively manage your time with your medical doctor for annual routine office visits or for follow up appointments. We'll cover helpful questions for you to ask your medical doctor and offer suggestions on how to get the most out of your office visit to your doctor.

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.

To register and reserve your spot in events and classes, please call Leslie Lefer 215-247-4654 or email llefer@chestnuthillpres.org.



IMPROVE YOUR LIFE THROUGH 'MENTAL MOVIES'

Thursdays, September 24 and October 1
1:00 p.m. – 3:00 p.m.
\$30, includes handouts
(Minimum of 5 students)

Imagine for a minute, lower blood pressure: 'seeing' the measurement going down to where it's meant to be! In your own 'mental movie' see yourself on the doctor's scale with your weight 10 pounds less. Watch yourself in your favorite clothing store, successfully trying on smaller-sized clothing, and hear the sales clerk marvel at the change. Or 'see' your response to your cranky neighbor become easy and stress-free. Literally, 'image-in' the situation as it is now, then re-create the movie. Your 'mental secretary', the subconscious mind, notices everything but cannot tell the difference between fairy tales and physical reality! When we are resting, physically relaxed, the mind takes in positive suggestions much more effectively and works to create the 'new reality'. We'll use progressive body relaxation and easy breathing to allow the mind to work at its most efficient level; you'll be re-programming your brain-computer!

Angie Rapalyea has been teaching clients and students for many years to hold a changed situation in their minds, WITH REPETITION. (One woman was discharged from post-op quickly as she healed far faster than was expected.) Angie is a Certified Holistic Counselor, Hypnotherapist and Reiki Teacher. Following many years in retailing and the corporate world, she made a major switch to Holistic Healing. This 'local girl' has been teaching for the Mt. Airy Learning Tree since 1989. She sees students and clients in her Wyndmoor home.



EAT, MOVE, LIVE – WHAT OUR FURRY FRIENDS TEACH US ABOUT DIET, EXERCISE AND LIFE

Monday, September 29
12:00 p.m.–1:00 p.m.

\$5.00 (requested towards donation to Delaware Valley Golden Retriever Rescue)

In this program, participants will learn how animals have become teachers in the ways of eating, moving and living. For anyone who has ever loved an animal and received that love unconditionally, this talk will warm the heart and soul like a steaming cup of chicken soup. This slide presentation will be accompanied by a very friendly aging Golden Retriever named Tucker, a sweet guy whose family had to give him up for financial reasons. Please bring a brown-bag lunch to enjoy. A healthy lunch will be provided by Barbara Sherf our presenter.

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

KNOW^{the} 10 SIGNS

EARLY DETECTION MATTERS

ALZHEIMER'S: KNOW THE 10 SIGNS

Monday, November 9
10:30 a.m. – 12:00 p.m.
Free

The Alzheimer's Association Delaware Valley Chapter will visit the Center on the Hill to share with us how early detection matters. Specific topics to be discussed include:

- The 10 signs of Alzheimer's disease
- How to become prepared if warning signs occur
- How a healthy lifestyle and brain health are related
- Some of the risk factors for Alzheimer's and Dementia



T'AI CHI

**T'AI CHI CH'UAN:
A GENTLE MARTIAL ART**

These classes are for students who have previously studied the Yang Style short form and wish to continue and deepen their practice. Qigong and meditation will be included in all levels.

T'AI CHI CH'UAN – TWO

This class is for students who have completed Level One.

*Fridays, September 25 – December 4
(No class on November 27)
9:30 a.m. - 10:30 a.m.
\$109 for ten sessions.*

T'AI CHI CH'UAN – LEVEL THREE

This class is for those who have completed Level Two.

*Wednesdays, September 30 – December 9
(No class on November 25)
11:15 a.m. - 12:15 p.m.
\$109 for ten sessions.*

T'AI CHI CH'UAN – LEVEL FOUR

This class is for those who have completed the first third of the Yang Style short form and wish to further their practice.

*Wednesdays, September 30 – December 9
(No class on November 25)
12:30 p.m. - 1:30 p.m.
\$109 for ten sessions.*

Instructor, Susan Heineman has continued her study of T'ai Chi Ch'uan with Maggie Newman since 1987 and has taught since 1993. She has studied QiGong and Meditation for many years with Master FaXiang Hou.

To register for any of these T'ai Chi Ch'uan classes, call the Mt. Airy Learning Tree (MALT) at 215-843-6333 from 9:00 a.m.–2:00 p.m. or visit www.mtairylearningtree.org.

Feel free to also contact MALT if you'd like further information about more advanced classes that Susan teaches.

TAI CHI CHIH

*Tuesday,
October 13 – November 17
11:30 a.m.–1:00 p.m.
\$10 per session or
\$60 for six sessions*

T'AI
CHI
CHIH!

Learn how to de-stress, energize your life, and create balance with Tai Chi Chih. Tai Chi Chih is a moving meditation that balances and circulates the Chi, the intrinsic energy inherent in all life. Derived from Tai Chi Chuan, Tai Chi Chih consists of nineteen gentle movements that are easily learned by anyone, regardless of physical condition, and can also be done in a chair. These simple movements release stress by relaxing and rejuvenating the body while refreshing the mind. The complete practice can be learned within this series.

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



**To register and reserve your spot
in events and classes, please call
Leslie Lefer 215-247-4654 or email
llefer@chestnuthillpres.org.**

HEARTBURN

THE BURN OF HEARTBURN

Monday, October 26
12:30 p.m. – 1:30 p.m.
Free

So you've finished the entire bottle of antacid for heartburn and the pain and discomfort won't go away? You run to the pharmacy for something stronger, but still no relief. Why? Well there may be a simple reason called GERD. GastroEsophagealReflux Disease or GERD is heartburn that comes back more than twice a week. Research has shown that as many as 19 million Americans may suffer from GERD, but are not aware of its potential dangers or effective treatment options. Join Robert Bailey, MD, gastroenterologist, Chestnut Hill Hospital, to learn more. GERD may cause symptoms such as chest tightness, chronic coughing and wheezing and in some people even hoarseness and difficulty swallowing. For people who have asthma, GERD may worsen the symptoms, however, if their chronic heartburn, or GERD, is effectively treated, flare-ups may decrease. Bring your questions.

ACID REFLUX

To register and reserve your spot in events and classes, please call Leslie Lefer 215-247-4654 or email llefer@chestnuthillpres.org.



WELCOME TO MEDICARE

Thursday, October 29 or Monday, November 9
1:00 p.m. – 3:00 p.m.
Free

Are you or someone you know approaching Medicare or retirement? Are you currently employed and not sure how Medicare works with your employer's insurance? Are you a caregiver for your parents and have questions about their Medicare coverage? Are you confused about what you need to do and when? Look no further. APPRISE Medicare Counseling can help. New to Medicare workshops are available to help you understand the basics of the program and give you a better idea of the decisions you will need to make.

Barbara Rutberg, a state trained APPRISE counselor, will conduct a group meeting to discuss Medicare enrollment, Part A and Part B, Prescription Plans, Medicare Advantage Plans and other health insurance options.

RSVP of Montgomery County's APPRISE Medicare Counseling program is a free, unbiased and confidential health insurance counseling program created by the Pennsylvania Department of Aging to help Pennsylvanians understand their Medicare and other health insurance benefits and assist them in making sound decisions about what is best for them.



LIFE AFTER LOSS

Monday, November 2
1:30 p.m. – 3:30 p.m.
Free



Come together for an afternoon of sharing about loss and life changes in a safe and supportive environment. Give yourself this moment-in-time to talk about your losses and how your life has been affected. And, come to this workshop to think about the life you are creating or want to create for yourself. What are your dreams, hopes and aspirations? What are the barriers you face? How can you surmount them? Come and get support to realize your dreams.

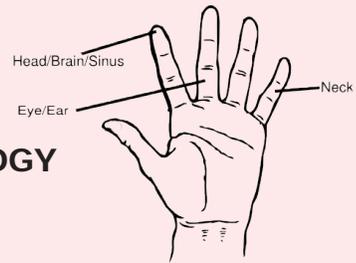
Claudia Apfelbaum, MSS, LCSW, is a licensed clinical social worker who lives and works in NW Philadelphia, PA with her husband, dog and cat. She works with individuals, couples, and families, helping them to heal from anxiety, stress and trauma, create better lives and fulfill their dreams.



OFF BALANCE?

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

Dizziness is one of the most common symptoms people seek medical attention for, but the causes of dizziness can be complex and elusive. During this lecture, Dr. James R. Barsky, PT, DPT, Advanced Vestibular Therapist, Chestnut Hill Hospital, will discuss what causes dizziness and balance problems. He also will talk about how to best get the answers about what is causing your dizziness and/or imbalance and what treatments options are available.



HAND REFLEXOLOGY

Tuesday, December 1
10:30 a.m. – Noon
\$10 per person

Minimum of six students or three pairs of partners

Reflexology is a healing art that recognizes reflex points on the hands and feet correspond to the internal organs of the body. Applying pressure to specific areas using thumb techniques result in stress reduction and increased energy. Learn how to give a hand reflexology treatment and receive one in return. Come with a partner and have a relaxing morning or come and meet a new friend.

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

VARICOSE AND SPIDER VEIN TREATMENTS

Monday, December 7
12:30 p.m. – 1:30 p.m.
Free

While those visible veins on your thighs and lower legs may be hidden now, shorts and bathing suit weather will soon return. So now is the time to be thinking about treating them. If you are in good general health, have a positive attitude and realistic expectations, you may be a good candidate to have them removed. The removal of varicose veins isn't just about vanity. They often cause fatigue of the legs, swelling and general discomfort. They can also be a warning of long-term health risks including deep vein thrombosis, blood clots, poor circulation, and leg swelling. Douglas Troutman, MD, Pennsylvania Vascular Associates/Chestnut Hill Hospital, will explain the difference between varicose and spider veins and discuss current treatments for both. Yes, men have them too! Bring your partners and your questions.



SUPER BONES SUPER

PLANNING CHECKLIST FOR AGING WELL

Tuesday, December 8
1:00 p.m. – 2:00 p.m.
Free

As people age, seniors and their family members often want to know how to get their affairs in order. This program will identify documents, information, and procedures that are important for ensuring your affairs are responsibly taken care of. Learn how to be better prepared for unexpected life events that may have a disruptive impact on life while growing older.

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.



ZUMBA GOLD

Tuesdays
10:00 a.m.–10:45 a.m., ongoing
\$5 per class; 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.

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., 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.

YOGA

YOGA CLASSES

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

GENTLE THERAPEUTIC YOGA

Mondays, start at any time

2:15 p.m.–3:30 p.m.

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

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

This class is designed for those who benefit from a slow, gentle flow of movements to stretch the body and relax the mind. It is tailored for those dealing with fibromyalgia, multiple sclerosis, back injuries, chronic fatigue, or other physical challenges. A deep relaxation is included to support the body's inner healing.

Yoga instructor Michelle Carlino has been studying multiple styles of yoga since 1982 and teaching since 1990. She has a Bachelor of Arts degree in Special Education and Communications and has developed yoga programs for many special populations. Michelle is certified in Hatha, Kripalu, Arusara, Kundalini, and cardiac/cancer therapeutic yoga. She is also a certified reflexologist, Reiki Master, therapeutic touch practitioner, and seated chair massage therapist.

GOLDEN YOGA

Wednesdays and Fridays, start either or both classes at anytime

2:30 p.m.–3:30 p.m.

\$20 for four classes

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. VijayendraPratap for forty years. Barbara is Secretary of the SKY Foundation and is a yoga instructor for the Jefferson-Myrna Brind Center of Integrative Medicine.

YOGA WITH ATTITUDE

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

Fridays, start at any time

9:30 a.m.–11:00 a.m.

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

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

This is basic yoga with breath warm-ups, asana and meditation. Students of all ages and levels of experience are welcome. The class provides a method which allows us to adopt an "attitude" when confronted and to respond to the adventures in our lives. Participants practice alternative viewpoints, "while standing in truth and light."

Grace Perkins has been teaching yoga in and around Philadelphia for twenty four years. She has developed a unique program, integrating seasons, posture, metaphors, poetry and stories to enhance the basic Integral Yoga approach.

YOGA, A CHAIR and YOU

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

Fridays, start at any time

11:30 a.m.–1:00 p.m.

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

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

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

To register and reserve your spot in events and classes, please call Leslie Lefer 215-247-4654 or email llefer@chestnuthillpres.org.



QIGONG (HEALING MOVEMENTS)

*Mondays, 2:00 p.m.–3:00 p.m. (ongoing)
Thursdays, 9:00 a.m.–10:00 a.m. (ongoing) NEW
\$40 per four classes; \$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 twenty years. All are welcome.



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.

AARP SMART DRIVER COURSE

*Monday and Tuesday, October 19 and 20
12:30 p.m.–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. Please write your AARP number on you 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.



AARP SMART DRIVER REFRESHER COURSE

*Tuesday, November 10
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. Please write your AARP number 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.



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