

# AT THE CENTER OF THINGS

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

## — WINTER 2016 —

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 trips, educational seminars, health and wellness programs, or musical programs. I promise, you won't be sorry you did!

We have a very talented group of speakers and instructors joining us this winter. In fact when you look inside this Winter 2016 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:

**The Air War in Europe**—David Friedman will talk about the Normandy invasion on D-Day through the Battle of the Bulge in December, 1944 based on his father's experiences as the co-pilot of a B-24. (page 5)

**Managing the Elder Care Maze: A Practical Guide to Senior Housing**— I often here "where do I start?" In this presentation, Jane and Clark Shuster from Graceful Senior Solutions will talk about all the options that are out there for seniors no matter what their budget or care needs may be. (page 5)

**Valentine's Day Sing-Along**—Come for a fun and festive sing-along where we'll join our voices to popular songs like "Young at Heart", "I Left my Heart in San Francisco", "I'll Be Loving You", and "When I'm 64" to name a few. Pianist, Judy Rubin, will lead us in song. (page 4)

**Living a Heart Healthy Life**—February is Heart Health Month. Come join Pamela D'Hurieux, from Griswold Homecare, to learn simple lifestyle

changes to keep your heart healthy and fend off heart disease. (page 11)

**Healthy Smoothies**—Have you been hearing about smoothies in the paper, on the news or from your friends and family? Learn to make rich, nourishing smoothies with knowledgeable Weavers Way Wellness Department staff members. Samples available. (page 5)

**Yoga and Wellness for Arthritis**— Join Michelle Carlino as she teaches you how to incorporate yoga, simple exercises, breath work and principles of wellness to manage the symptoms of arthritis. (page 11)



Photo by Sue Ann Rybek

Finally, I want to say thank you to all the instructors and to you, our guests. I've been the Director of the Center on the Hill for over two years now and I can't imagine doing anything else. I am constantly inspired by your dedication to learning and well-being. Keep up the good work!

With gratitude,

*Leslie*

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# SPECIAL EVENTS AT THE CENTER ON THE HILL

## WINTER TRIPS

Due to the cold weather, our 2016 trips will begin in March. We use our church van for 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 the 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.



### **ACT II PLAYHOUSE showing Driving Miss Daisy, Ambler, Pennsylvania**

*Wednesday, March 23  
Meet at the Center on the Hill at 1:00 p.m., Van departs promptly at 1:10 p.m.*

*\$40.00  
(includes transportation, parking and admission)  
Minimum of 8 participants and a maximum 10.  
REGISTRATION AND PAYMENT DUE BY TUESDAY, MARCH 1.*

Act II Playhouse in Ambler is an intimate and professional theatre. We're lucky to be seeing the Pulitzer Prize winning show *Driving Miss Daisy*, a warm-hearted, surprisingly funny look at an unlikely friendship that spans decades and overcomes prejudices. Many might remember the 1989 film starring Jessica Tandy and Morgan Freeman.

*We will be seeing the 2:00 p.m. matinee. Following the show, participants are invited to enjoy one of many local restaurants in Ambler. (Meal not included.) Additional tickets may be available for those who want to drive separately. Please inquire with Leslie.*



### **PENNSYLVANIA ACADEMY OF FINE ARTS MUSEUM, Philadelphia, PA**

*Tuesday, March 29  
Meet at the Chestnut Hill West train station at approximately 8:55 a.m.*

*\$20.00 (train not included)  
Minimum of 7 participants and maximum of 12.  
REGISTRATION AND PAYMENT DUE BY TUESDAY, MARCH 8.*

The Pennsylvania Academy of Fine Arts (PAFA) was founded in 1805 by artist and scientist Charles Wilson Peale and other civic-minded artists and business leaders. PAFA is the first museum and

school of fine arts in the nation. Nearly every major American artist has taught, studied, or exhibited at PAFA. PAFA's collection has been described by scholars and collectors as one of the finest American art collections in the world.

*We will have a private tour at 10:30 a.m. of the permanent collection located in the historic Landmark Building. Following the tour, you're welcome to visit the special exhibit titled "Procession: The Art of Norman Lewis" located right next door in the Hamilton building and/or visit a local restaurant for lunch. (Lunch is not included.) Important: Participants must be able to walk to/from Suburban train station. This trip will go rain or shine.*

### **GROUNDS FOR SCULPTURE, Hamilton, New Jersey**

*A joint effort with the Chestnut Hill Center for Enrichment*



*Wednesday, April 13  
Meet at the Center on the Hill at 9:00 a.m., bus departs promptly at 9:15 a.m.  
Minimum of 20 participants and a maximum 30.  
\$45.00*

*(includes entrance fee, guided tour, transportation, parking and gratuity)  
REGISTRATION AND PAYMENT DUE BY WEDNESDAY, MARCH 23.*

Back by popular demand! If you missed the last two trips, don't delay in registering for this one!!

Nestled in the heart of central New Jersey, Grounds for Sculpture is a magical place where art and nature are always at play. At its core are more than 270 sculptures by renowned and emerging contemporary artists, each thoughtfully positioned on meticulously landscaped parkland full of thousands of exotic trees and flowers. It is a feast for the senses. Check out the Grounds for Sculpture website <http://www.groundsfor Sculpture.org> for more information.

*We are due to arrive at Grounds for Sculpture by 10:30 a.m. for our 11:00 a.m. walking tour. Following the one-hour tour, the group will head over to one of the onsite cafes for a tasty lunch. (Lunch is not included.) Note: This trip will go rain or shine.*

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

# 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. No registration required.

**January 14**

**WILLIAM J. AGATE, Jr. – Successes of The Philadelphia Navy Yard, Sustainability and Progressive Energy in Practice**

Will Agate, Senior Vice President, Navy Yard Energy Operations and Initiatives will speak about the most recent developments occurring at The Navy Yard, with specific emphasis on the sustainability and energy activities. A number of strategies and “lessons learned” are occurring that have direct relevance to how all of our communities in the greater Philadelphia region, can grow and prosper. Will’s talk will also touch on recent developments brought about via President Obama’s recently released Clean Energy Plan, that mandates game changing actions by all states, that will have an impact on how we purchase energy for years to come

**February 11**

**Rev. BILL GOLDERER - Insights into the Founding of Broad Street Ministry and Becoming a Candidate for U.S. Congress**

Reverend Bill Golderer is the senior pastor at Arch Street Presbyterian Church and founding pastor and convener of the Broad Street Ministry (BSM) in Philadelphia. BSM is an innovative ministry that emphasizes hospitable outreach, civic involvement, and creative expression. In November, Reverend Golderer announced he was running for Congress in the Delaware County-based 7th district, hoping to win the Democratic nomination to take on the incumbent Republican, Rep. Pat Meehan. Bill recently described himself as “a faith leader, with the heart and spirit of a social entrepreneur”. Earlier in his career, he served as the founding Director of the Center for Church Life at Auburn Theological Seminary in New York City, Associate Pastor for Youth, Young Adult and Public Church Ministry at the Fourth Presbyterian Church of Chicago, and the Founding Director for Religious Outreach for The Interfaith Alliance in Washington D.C.

**SAVE THE DATE**

***Being Mortal: Facing the Hard Questions at the End of Our Lives and the Lives We Love***

*Panel Discussion  
Tuesday, April 19*

*7:00 p.m.— 9:00 p.m.*

*Program based on the New York Times bestselling book Being Mortal by Atul Gawande.*



**INCLEMENT WEATHER**

If you’re not sure whether the Center is open due to inclement weather, please call 215-247-4654.

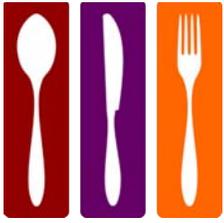
A message will be left on the Center voicemail by 8:15 a.m. if we are closed. (If you get the regular Center on the Hill voicemail, then the Center is open.)

**BREATHE: AN ADVENTURE IN MINDFUL LIVING 101**

*Tuesdays, February 9 – March 22  
(No class on March 1)  
9:30 a.m.–11:00 a.m.  
\$75 for six sessions*

Mindfulness is an aspect of meditation. It is learning to live in the present moment, the here and now. To not be dominated by our past or the anticipation of our future. All levels of meditation begin with our breath. For mindfulness to be successful it has to become a committed long-term practice. It’s like learning to develop a deep long-lasting friendship with your breath. Easier said than done. Components of this series will include: non-strenuous movement and stretching, mind-body-heart awareness, deep relaxation, affirmations and visualizations and emotional support.

*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 Hainnh.*



## MONTHLY COMMUNITY LUNCHEON

Tuesdays, January 26, February 23 and March 22  
12:00 p.m.

\$8. Please pay at the door.

To register, call Leslie Lefer, 215-247-4654, or e-mail [llefer@chestnuthillpres.org](mailto: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.

## VALENTINE'S DAY SING-ALONG

Tuesday, February 9

1:30 p.m. in Widener Hall

\$5 for advance registration; \$7 at the door  
(includes coffee and dessert)



Valentine's Day is a holiday not just for kids or for couples. It's a holiday to celebrate all kinds of love including love from family, friends, neighbors, pets, and for yourself. Come for a fun

and festive sing-along where we'll join our voices to popular songs like "Young at Heart", "I Left my Heart in San Francisco", "I'll Be Loving You", and "When I'm 64" to name a few.

*Pianist, Judy Rubin, will lead us in song. Judy taught grades K-5 vocal music in the Philadelphia School District for many years. She also taught private piano lessons at Germantown Friends School. Inspired by her mother's philanthropic example, Judy organized a music program for Down's syndrome children while at Oberlin College and has played piano for sing-alongs in several retirement and senior facilities, including Keystone Hospice*



## 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, January 5**

#### "The Hundred Foot Journey"

Hassan Kadam (Manish Dayal) is an extraordinarily talented and largely self-taught culinary novice. When he and his family are displaced from their native India and settle in a quaint French village, they decide to open an Indian eatery. However, Madame Mallory (Helen Mirren), the proprietress of an acclaimed restaurant just 100 feet away, strongly objects. War erupts between the two establishments, until Mallory recognizes Kadam's impressive epicurean gifts and takes him under her wing. (2014)

**Tuesday, February 16**

#### "The Intouchables" (subtitles)

An unlikely friendship develops between a wealthy quadriplegic (François Cluzet) and his caretaker (Omar Sy), just released from prison. (2011)

**Thursday, March 31**

#### "Lincoln"

With the nation embroiled in still another year with the high death count of Civil War, President Abraham Lincoln (Daniel Day-Lewis) brings the full measure of his passion, humanity and political skill to what would become his defining legacy: to end the war and permanently abolish slavery through the 13th Amendment. (2013)

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

**READING TO OUR  
PRE-SCHOOL  
KIDS**

*Tuesday or Thursday  
Mornings*



Do you miss reading to your kids and grandkids? Do you long to see young children's eyes light up or break out in laughter from one of the classic children's stories like Dr. Seuss or Paddington Bear? The Center on the Hill and the church Pre-School are partnering for an intergenerational book reading program. Books can be provided by the pre-school or you can bring a book of your own. Please contact Leslie Lefer at 215-247-4654 to find out more about this exciting partnership and to sign up to read to the pre-school children.

**INTRODUCTION TO SOULCOLLAGE©**

*Tuesday, January 12  
1:00 p.m. – 3:30 p.m.  
\$20 (plus \$5 for supplies)  
Minimum of 5 participants.*

Using the SoulCollage© process developed by Seena B. Frost, everyone can be an artist and explorer of the Soul. Using intuition, imagination and cut out images, your SoulCollage© card emerges before your eyes and offers insight into one of the many aspects of your Self. The cards become a form of visual memoir, giving expression to your unique story, in all its complexity and beauty. The process is open, creative and FUN. In this course, you'll have an opportunity to learn about the SoulCollage© process while making one or more SoulCollage© cards and it's easy to continue making cards at home. Leslie Lefer will lead this program.

**THE AIR WAR IN EUROPE**

*Thursday, January 21  
1:00 p.m.—2:00 p.m.  
Free*



This riveting lecture will cover the war in Europe from the Normandy invasion on D-Day through the Battle of the Bulge in December, 1944, the last major battle of the war. The focus will be on the role of the 8th Army Air Force. Our speaker, David Friedman, will base his remarks from his father's experiences as the co-pilot of a B-24, which flew 35 missions over France and Germany.

*David Friedman spent several years reporting for area newspapers. The majority of his career was spent as the Public Relations and Marketing Director for the Jewish Community Centers of Greater Philadelphia.*

*In retirement, David volunteer lectures for the Alzheimer's Association and on the War in Europe.*

**MANAGING THE  
ELDER CARE MAZE:  
A Practical Guide to  
Senior Housing**

*Thursday, January 28  
1:00 p.m.—2:30 p.m.  
Free*



As seniors and their families begin to consider housing options, we often hear the question, "where do I start?" In this presentation, we talk about all the options that are out there for seniors no matter what their budget or care needs may be. Join us for an interactive conversation on how to get started, what to look for and how to go about taking the next step.

*Presenters, Jane Shuster, MSW and Clark Shuster, CSA are the owners of Graceful Senior Solutions. They assist seniors and their families find the best options in housing and care. Their goal is to help families make informed decisions based upon needs and resources.*

**CHESTNUT HILL HISTORICAL SOCIETY  
VISITS**

*Thursday, February 18  
1:00 p.m. - 2:00 p.m.  
Free*

Join Lori Salganicoff of the Chestnut Hill Historical Society (CHHS) as she describes her experiences in the role of Executive Director over the past year. She will also share with us the exciting happens in this organization dedicated to preserving the historical, architectural and cultural resources and open spaces of Chestnut

**HEALTHY SMOOTHIES**

*Thursday, February 25  
1:00 p.m.—3:00 p.m.  
Free  
(Please pre-register by Wednesday, February 24)*

Delicious, quick and easy-to-prepare smoothies can be a great source of many important vitamins and nutrients that we all need in order to function at our very best. Learn to make rich, nourishing smoothies with knowledgeable Weavers Way Wellness Department staff members. They will show us how to combine a variety of fruits, vegetables and other ingredients into satisfying and nutritious beverages and meal substitutes. Samples of each smoothie will be provided. Bring a pen and paper to write down these delicious recipes and healthy tips.



## NEPAL IN 2010 AND NEPAL TODAY AFTER QUAKE & ECONOMIC CRISIS

Thursday, March 17  
1:00 p.m.—2:00 p.m.  
Free

Lynn Mather will share with us her month-long experience in Nepal, including home stays with two Quaker/Hindi families and hiking in the foothills of Annapurna. One family, residing in the Kathmandu Valley, lost their home to the earthquake last spring. As of late September, all Nepalis are facing what may be an even more devastating crisis as a result of an economic blockade of their border with India. At the presentation, you will be updated on the effects of both these crises on individuals in Kathmandu Valley, and on people in the mountains where winter compounds the risk to life and health. This presentation will include native Nepali music and images.

*Lynn Mather is a musician, teacher of the Alexander Technique, leader of Sing-Alongs, world-traveler, member of Weavers Way and Chestnut Hill Friends community, and resident of Mt. Airy.*

## Vegetarian

### VEGETARIAN COOKING CLASSES

Tuesdays, March 29, April 5, 12 and 19  
12:30 p.m.—2:30 p.m.  
\$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.

*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 18 years.*



## OPERA

**BEHIND THE VEIL**  
Thursdays, January 7-21  
2:00 p.m.—3:30 p.m.  
\$30 for three sessions  
Minimum of 5 students.

Everyone knows of 'Carmen,' but who is Bizet's other famous leading lady? Join Leigh Munro as she introduces us to 'Leila,' the veiled temple priestess of The Pearl Fishers (Les Pecheurs de Perles), a role she has performed in Paris and in the U.S. This lush, exotic score includes one of the most famous duets in all opera, Au fond du temple saint, which we'll hear when we attend the Met's Live in H.D. broadcast. Betrayal, vengeance, lust! What better way to spend Thursday afternoons in dreary January?

Students have the opportunity to attend The Pearl Fishers Live broadcast on Wednesday, January 20 at 6:30 p.m. in Plymouth Meeting. (The cost of the movie is not include in the price of the class.)

*Leigh Munro has had a long and successful career in opera, operetta and musical theater 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 in her Chestnut Hill Voice Studio.*

### DESSERT WITH A DOCENT

**A joint presentation of Center on the Hill and the Chestnut Hill Center for Enrichment**  
Tuesday, January 19  
1:00 p.m.—2:30 p.m.  
\$8  
Registration and payment due by Thursday, January 14

The Philadelphia Museum of Art (PMA) exhibit "Audubon to Warhol" is comprised of 130 oil paintings, watercolors, and works in other media. It is a survey of American still life, the first in over three decades. Enjoy masterpieces by John James Audubon, the Peale family, Georgia O'Keeffe, Andy Warhol, and many other examples of the genre from the 1700's to the late 1960's. Come hear one of the fabulous PMA docents present a stunning visual lecture just for our group, as we sample a few decadent desserts.

**BEADING WORKSHOP**

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

Mondays, January 25, February 22 and March 21  
1:00 p.m.–4:00 p.m.

\$25 per session or \$65 for all three, plus materials.  
To register, call CHCE, 215-248-0180.  
Minimum of 5 students.

**January 25:** Making a beautiful pair of post earrings (\$20 material fee)

**February 22:** A bracelet with textured rings and leather cord (\$30 materials fee)

**March 21:** Make a pair of caged pearl earrings (\$15 materials fee)

*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.*

**MIXED MEDIA WORKSHOP**

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

Thursday, March 3 – March 24  
1:00 p.m. – 3:00 p.m.

\$85 for four sessions (includes materials)  
Registration deadline Monday, February 22  
Minimum of 6 students.

To register, call CHCE at 215-248-0180.

In this course, we will emphasize the concept of the “altered book”. We will turn discarded hard back novels and text books into works of art. We will also continue exploring the interactive properties of fabric, several different paper textures, found objects and saved treasures, painted surfaces, photos, and more.

*Instructor, Martina Johnson-Allen is a writer and mixed-media artist with a passion for mathematics. Educated at University of the Arts, the Center for Book Arts in New York, and the Tyler School of Art, she has had works exhibited at The Renwick and National Museum of American Art in Washington, DC, Philadelphia Museum of Art, the African American Museum of Philadelphia and U.S. Embassies in Ghana and Djibouti. Martina’s work is currently on display at Woodmere Art Museum as part of We Speak: Black Artists in Philadelphia exhibition.*

**ART CLASSES**

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

*Instructor Alex Forbes has been teaching classes for the Chestnut Hill Center for Enrichment for the past twenty-six 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.

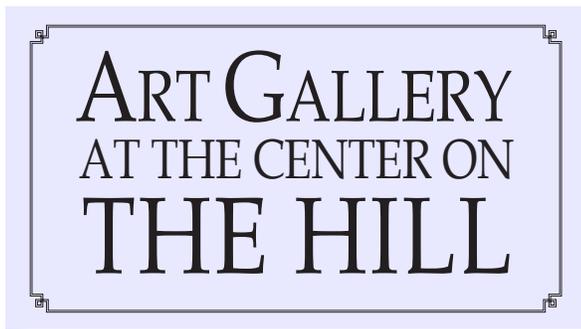
**WATERCOLOR WORKSHOP**

Tuesdays, join at any time  
9:30 a.m.–11:30 a.m.  
\$28 per month for CHCE members  
\$32 per month non-members  
Please bring check payment to first class.

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



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



## JANUARY – PRESBYTERIAN CHURCH OF CHESTNUT HILL PRE-SCHOOL

The Presbyterian Church of Chestnut Hill's Pre-School is back this month, by popular demand, to share with us their creative pieces of art. This watercolor and mixed-media exhibit will inspire and astound you. Don't miss this opportunity to see these young Matisse, Cezanne and Monet's before they become stars in their own right.

## FEBRUARY– MARK CONTI

Mark Conti has been making photographs for over 40 years. His images are in many private collections as well as the permanent collections of the Woodmere Art Museum and the Juniata College Museum of Art. Mark's experience extends to all traditional photographic material and newer digital processes. His photographs exploit form, shadow and texture as highlighted by natural light. He sees the job of the artist/photographer as one of observation, selection and organization in the camera. He is drawn equally to natural and man-made forms.

## MARCH– ROSEMARY RAHN

A Philadelphia native, Rosemary Rahn started her lengthy photographic career as a staff photographer for the Phillies Baseball Team. Her assignments took her to spring training, All-Star games, playoffs, Cooperstown and the World Series as well as the scheduled home games, PR and community events. Although most of her career was spent shooting sports images, her travels to Asia and Europe, especially Italy, continue to inspire her passion for photography.

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

## 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 26: ALL IS LOST**  
**February 23: A BEAUTIFUL MIND**  
**March 29: INTERSTELLAR**  
(Fifth Tuesday of the month)

## INTRODUCTION TO SPANISH

Wednesdays, February 10—March 30  
2:00 p.m.—3:30 p.m.  
\$65 for eight sessions

Bien venidos!! Want to learn a new language? It's never too late!! This class is a fun combination of information and experience. Not only do you learn the language but you will learn how to order in Spanish as we visit a local Spanish restaurant on the last day of class. If you ever wanted to speak Spanish, this is the class for you!! Come ready to have fun while learning this great new language.

*Instructor Janice Smith has an undergraduate degree from Penn State and has a graduate degree from Lincoln University. She minored in Spanish during both degrees. She also has studied Critical Languages, such as Chinese and Arabic, at Temple University. Janice has taught Spanish for 15 years through Temple University's Pan African Studies program and 4 years at the Center in the Park.*

## ITALIAN

*Instructor Steve Leonard has taught Italian for many years at the Chestnut Hill Center for Enrichment (CHCE), 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 Center for Enrichment to register, call CHCE at 215-248-0180 or e-mail [the.chce@verizon.net](mailto:the.chce@verizon.net).*

### ELEMENTARY ITALIAN

*Wednesdays, February 24—April 27  
10:30 a.m.—12:00 p.m.  
\$75 for ten 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 CHCE, or who have been away from Italian for some years. We will concentrate on improving vocabulary and conversational skills.

### ADVANCED ITALIAN

*Mondays, February 22—April 25  
10:00 a.m.—12:00 p.m.  
\$100 for ten 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 CHCE. 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.

*Instructor, Joette Wood-Patrick was introduced to Line Dancing in 2001. Intrigued by its complexity and simplicity she decided to create a genre of dance with a healthy new twist. Her own brand of physical fitness was borne, namely JO-ET-TICS Line Dance, Stretch and Trim. Joette is also the Creator and Host of the Lunch Hour Line Dance Workout which is in its 4th season at LOVE PARK.*

### 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).

### 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 27—February 17  
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!

### INTERNET AND E-MAIL

*Wednesdays, March 2—9  
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.



### **MAH JONGG FOR BEGINNERS**

*Tuesdays, January 12–February 16*

*(No class February 9)*

*1:30 p.m.–3:30 p.m.*

*\$65 for six sessions (plus \$9 payable at the first class for a NMJL playing card)*

*Minimum seven students, maximum of sixteen.*

Get in on the Mah Jongg Craze! This ancient Chinese tile game involves skill, concentration and luck. Learn the rules of the game and winning strategies –then play! A great class for new players and those needing a refresher course. Hands–on instruction while you play.

### **MAH JONGG: SUPERVISED PLAY/ STRATEGY**

*Mondays, February 29–March 21*

*1:30 p.m.–3:30 p.m.*

*\$52 for four sessions (plus \$9 payable at the first class for a NMJL playing card)*

*Minimum seven students, maximum of sixteen.*

This class is designed for those who have already taken the beginner class or have some prior experience in playing the game. Perfect for those trying to find other players or those desiring to hone their skills be learning strategy.

*Instructor Leah Feigenbaum has been playing Mah Jongg for well over forty years. She has been teaching the game throughout the Greater Philadelphia Area for beginners and experienced players alike for the past eight years.*

### **Mah Jongg – 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 Mah Jongg. 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.

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

### **SORE SHOULDER?**

*Thursday, January 7*

*12:30 p.m.–1:30 p.m.*

*Free*

Ouch, my aching shoulder! Do you experience soreness after activities such as painting, lifting or playing a sport, which require you to raise your arms? As we age the soft tissues surrounding the shoulder tend to degenerate. Shoulders get their range of motion from the rotator cuff, which is made up of four tendons. If the tendons or bones around the rotator cuff suffer damage or swelling, you may find it painful and difficult to lift your arm up over your head. Sometimes an injury that lasts a long time will cause the tendon to tear. This type of injury may need surgery. Join Leslie Barnes, MD, assistant professor of Orthopedic Surgery and Sports Medicine, and surgeon at Temple. Dr. Barnes specializes in shoulder and elbow disorders including rotator cuff tears and tennis elbow. Learn how to protect your shoulder from injury, exercises to improve motion and treatment options for pain. Registration required. Call the Center on the Hill, 215-247-4654, or email llefer@chestnuthillpres.org.

### **WHAT DID YOU SAY? (HEARING LOSS AND YOU)**

*Monday, January 11*

*12:30 p.m.–1:30 p.m.*

*Free*



Members of the Montgomery County Chapter of the Hearing Loss Association of America will provide important information and insights related to hearing loss. Topics presented will include: causes of hearing loss, strategies and resources for coping with hearing loss, and preventive strategies to avoid hearing loss. Attendees are encouraged to bring their Smart Phones.

### **PONDERING PALLIATIVE CARE?**

*Monday, February 1*

*12:30 p.m.–1:30 p.m.*

*Free*

Did you know that palliative care is appropriate at any stage of a serious illness and can be provided along with treatment meant to cure? Unlike hospice, it is not dependent on prognosis. If pain, stress and other symptoms are resulting from a serious illness, palliative care may be the answer. In addition, palliative care includes the wellbeing of family member's lives. Learn more about the difference palliative care can make to quality of life. *Susan Bray, MD, palliative medicine, Chestnut Hill*

Hospital, will explain the multifaceted treatments for physical, emotional, spiritual and practical problems. Learn how to access palliative care and if it's covered by insurance. Registration required. Call the Center on the Hill, 215-247-4654, or email llefer@chestnuthillpres.org.

**YOGA FOR WEIGHT LOSS**

Mondays, February 1 – March 7  
4:00 p.m.–5:00 p.m.  
\$10 per class or \$60 for all six sessions

Instructor Michelle Carlino will lead these yoga classes that include poses that address the glands that support metabolism, and breath work that boosts the metabolic rate. The focus will also include building muscle to burn more calories and mildly increase heart rate. Deep stretching and relaxation with shift the nervous system to bring forth a state of calm to rebalance and rejuvenate the body. No prior experience is needed.



**YOGA AND WELLNESS TO MANAGE ARTHRITIS**

Tuesdays, February 2 – March 8  
10:00a.m.–11:15 a.m.  
\$12 per class or \$72 for all six sessions

This class will incorporate yoga, simple exercises, breath work and principles of wellness to manage the symptoms of arthritis. By releasing tension through simple stretching, breath and movement, the nervous system is calmed. Principles of wellness will include establishing a healthy ph level, and use of various nutrients to balance the immune system which creates balance within the body at all levels.

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 does colon hydrotherapy at the Creative Health Institute and studied at the Optimal Health Institute.



**TAI CHI CHIH**

Tuesdays, February 2-March 8  
11:30 a.m.–12:30 p.m.  
\$10 per session or \$60 for six sessions



Tai Chi Chih is a moving meditation that circulates Chi, the intrinsic energy inherent in all life. Derived from Tai Chi Chuan, it consists of 19 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, relax and rejuvenate the body, and calm 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.

**LIVING A HEART HEALTHY LIFESTYLE**

Thursday, February 4  
1:00 p.m.–2:00 p.m.  
Free

February is Heart Health Month. According to the American Heart Association, "Caring for your heart through a healthy diet and regular physical activity is the secret weapon to preventing heart disease. The real preventative power lies with real changes to your lifestyle." Come join Pamela D'Hurieux, from Griswold Homecare, to learn simple lifestyle changes to keep your heart healthy and fend off heart disease.

**SAFE TO STOP MY MAMMOGRAM?**

Monday, March 14  
12:30 p.m.–1:30 p.m.  
Free

The American Cancer Society's (ACS) newest recommendations for breast cancer screening have ignited discussion among women. Who's impacted? Are you at average or higher than average risk? Is 3D mammography better for you than MRI or ultrasound? And, then there's the question of density. How do you know if you have dense breast tissue and what should you do to maintain breast health? Catherine Pizak, MD, surgeon, Chestnut Hill Hospital, will explain the ACS changes and help you understand when may be a safe time to stop annual screening. Registration required. Call the Center on the Hill, 215-247-4654, or email llefer@chestnuthillpres.org.



## INTRODUCTION TO MEDITATION

Tuesdays, March 22, 29, April 5, 12  
11:00 a.m.–Noon  
\$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 bringing kindness to whatever arises in the mind. 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 what arises that moves us away from that sense of not being enough. This is a very simple technique and shifts one's orientation away from judgment and the "to do" list to a sense of inner peace. Creativity is encouraged; the goal is just to create something simple enough that it's easy to do. All are welcome. We will sit comfortably in chairs as we meditate.

*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.*

## DEMENTIA CONVERSATION

Thursday, March 24  
1:00 p.m.–2:00 p.m.  
Free



This presentation by the Alzheimer's Association Delaware Valley Chapter offers tips on how to have honest and caring conversations with family members about:

- Going to the doctor
- Deciding when to stop driving
- Making legal and financial plans
- And much more.

Join us so that you'll feel better prepared to approach this difficult subject with your loved ones.

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

## MONTHLY MINDFULNESS PRACTICE

Drop-in class: the 2nd Tuesday of the Month  
9:30 a.m.—11:00 a.m.  
\$12 per session

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

Many say "it's too hard". But its essence is simply awareness of breathing and our sensations and thoughts. All that's really required is a safe place, a few minutes (or more) and a willingness to stay with it (focused relaxation). The teacher and the group's energy also usually make it easier. You are invited to be a part of us. Simply come with a light, whole-hearted willingness to participate, and a beginner's mind.

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

## ZUMBA GOLD

Tuesdays  
9:00 a.m.–9:45 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 and 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.  
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.*

**SUPER  
BONES  
SUPER**

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.*



**Feldenkrais  
Method**

® 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 has been a physical therapist for 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 2:00 p.m. to 5:00 p.m. In an individual meeting Barbara can help you understand what Medicare does and doesn't cover and explains your options concerning Medicare HMOs, supplemental insurance, and Part D prescription drug plans. Also learn about special assistance programs available to low-income recipients 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.

## WEDNESDAY DIABETES WORKSHOP

*January 6, 13 and 27\*\**

*February 3, 10, 17 and 24*

*March 2, 9, 16 and 23*

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

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

*For information, call Susan Pierce, 215-248-8479.*

You can live well with diabetes, pre-diabetes 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.

\*\*Some months, the third and fourth sessions are merged into one workshop.

**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.*

**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. 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, E.R.Y.T. 500 has been studying multiple styles of yoga since 1982 and teaching since 1990. Michelle is certified in Hatha, Kripalu, Arusara, Kundalini, and cardiac/cancer therapeutic yoga. She is also a certified reflexologist, Reiki Master, therapeutic touch practitioner, and seated chair massage therapist.



**GOLDEN YOGA**

*Wednesdays and Fridays,  
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. 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 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*

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 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*

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.

**QIGONG (HEALING MOVEMENTS)**

*Mondays, 2:00 p.m.–3:00 p.m. (ongoing)*  
*Thursdays, 9:00 a.m.–10:00 a.m. (ongoing)*  
 \$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.

**T'AI CHI CH'UAN: A Gentle Marial Art**

T'ai Chi is an ancient Chinese martial art that strengthens body and mind. The sequential flowing movements promote balance, flexibility, endurance, health and well-being. The Yang short form will be taught. Qigong and meditation will be included in all levels of practice. The classes below are sponsored by the Chestnut Hill Center for Enrichment (CHCE).

**T'AI CHI CH'UAN – LEVEL ONE BEGINNING**

*Wednesdays, January 27—March 30*  
*12:30 p.m.—1:30 p.m.*  
 \$109 for ten sessions.

**T'AI CHI CH'UAN – LEVEL TWO**

*This class is for those who have completed Level One.*  
*Fridays, January 22—March 25*  
*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 the first third of the Yang Style short form and wish to further their practice.*  
*Wednesdays, January 27—March 30*  
*11:15 a.m.—12:15 p.m.*  
 \$109 for ten sessions.

*Instructor, Susan Heineman has studied T'ai Chi Ch'uan with Maggie Newman since 1987 and has taught since 1993. She is a long-time student of Master FaXian gHou in the practices of QiGong and meditation.*

To register for any of these T'ai Chi Ch'uan classes, please 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](http://www.mtairylearningtree.org). Please call the MALT office for further information about Levels One – Three or about more advanced classes that Susan teaches.

**AARP SMART DRIVER COURSE**

*Monday and Tuesday, March 7 and 8*  
*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.*

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, March 1*  
*12:30 p.m.–4:30 p.m.*  
 (four hours total)  
 \$15 for AARP members  
 \$20 for non AARP 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.*

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.

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



**Center on the Hill ... the place for active adults**

The Presbyterian Church of Chestnut Hill

8855 Germantown Avenue

Philadelphia, PA 19118

215.247.8855 [www.chestnuthillpres.org](http://www.chestnuthillpres.org)

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