

AT THE CENTER OF THINGS

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

— SPRING 2016 —

Thinking of spring, my mind naturally envisions taking off the layers of clothes that we've been wearing to ward off the cold as well as tulip and crocus buds peeking out of the ground. As we physically shed the warm layers and Mother Nature's floral majesty begins to appear out our windows, it's a perfect opportunity to remind us of the power of renewal and the endless possibilities around us. So I ask you this, what new activity or program might you participate in this spring to renew yourself?

We have over 20 new programs this spring at the Center on the Hill and of course we have our popular weekly classes such as super bones, qigong, yoga, watercolor and soul line dancing to name a few. Below are highlights of some of our new programs/events this spring.

Introduction to Hebrew — Have you ever wondered how different it might be to read holy scripture in its original language? Come explore the scriptures that Judaism and Christianity share. Austin Shelley, Associate Minister for Christian Education at the church and former Hebrew teacher at Princeton Theological Seminary will lead this introductory class. (page 8).

Griffins Give Back — On Saturday, April 23 we welcome back this very popular program at the Center. Community minded Chestnut Hill College students will volunteer their time to help seniors with light home projects such as yard work, baseboard and window cleaning, organizing, and more. Space is limited so make sure to register early. (page 4).

Intergenerational Mother's Day Project — The Center on the Hill and the church Pre-School are partnering once again. This time we'll be assisting children ages 3-5 as they create a beautiful, one-of-a-kind planting for their Mother. (page 4).



The Tuskegee Airmen — The Philadelphia chapter of the Tuskegee Airmen International (TAI) will join us to share the accomplishments and history of the Tuskegee Airmen, the Army Air Corps program to train African Americans to fly and maintain combat aircraft in World War II. (page 6).

Declutter, Downsize and Organize Your Stuff — Is your stuff suffocating you? Are you suffering from "Possession Paralysis"? Is it keeping you from moving into a retirement community? If so, come to this session to learn a "Stuff Strategy". (page 6).

THE "E" PILL: How Exercise and Lifestyle Changes Can Strengthen Your Bones Without Drugs — Joanne Fagerstrom, a physical therapist with over 35 years of experience and popular instructor at the Center, will talk about the crucial role exercise and nutrition play in improving and maintaining your bone density. (page 12).

I wish each and every one of you reading this newsletter a happy and health spring season!

With gratitude,

Leslie

Leslie Lefer
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INSIDE

Trips and Special Events	2-5
For Your Interest	5-6
The Arts	6-7
Movies and Language	8
Dance and Games	9
Computers	9
Health and Wellness	10-13
Yoga	14
T'ai Chi and Driving Classes	15

TRIPS OF THE MONTHS

Our Trips of the Month have been such a success over the last two years, so we're delighted to continue them this spring. 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.



ADVENTURE AQUARIUM, Camden, NJ

Wednesday, April 27

Meet at the Center on the Hill at 12:00 p.m., van departs promptly at 12:15 p.m.

\$45 (includes entrance fee, transportation, tolls and parking)

REGISTRATION AND PAYMENT DUE BY WEDNESDAY, APRIL 13.

Adventure Aquarium is not just for kids; it's a destination for adults too. The Adventure Aquarium was named among the best aquariums in the United States in 2013 by the Travel Channel. The aquarium's Shark Tunnel and great hammerhead shark as two of the facility's must-see attractions. It has also the distinction of being the only aquarium in the country to exhibit great hammerhead sharks and the only aquarium in the world with hippos.

Trip Details: In an effort to avoid the many school trips that visit the aquarium, we're departing a bit later than usual for this trip at 12:15 p.m. sharp. We should arrive at the aquarium at approximately 1:00 p.m. The van will depart promptly at 4:00 p.m. to return to the Center on the Hill.

NEMOURS MANSION AND GARDENS, Wilmington, DE

Wednesday, May 18

Meet at the Center on the Hill at 9:00 a.m., van departs promptly at 9:10 a.m.

\$40.00 (includes entrance fee, transportation and parking)

REGISTRATION AND PAYMENT DUE BY WEDNESDAY, MAY 4.

The Nemours Mansion and Gardens was created by Alfred I. du Pont in 1909–10 as a gift for his second wife, Alicia, and named for the north central French town affiliated with his great-great-grandfather. It is a 300-acre country estate with formal gardens and a classical French mansion. Built to resemble a chateau, its 105 rooms on five floors occupying nearly 47,000 square feet. It shares the grounds with the Alfred I. duPont Hospital for Children, both owned by the Nemours Foundation.



Trip Details: We will arrive at Nemours at approximately 10:15 a.m. After getting our day-passes, a small bus will transport us to the gardens, where we will walk the grounds of this magnificent country estate. The self-guided tour of the mansion begins at noon. Docents are located in each room to

explain the history and answer questions. Following the mansion visit, we'll get back in our PCCH van and head to the DuPont Country Club for a delicious lunch. (Lunch is not included in the price of the trip.)

BRANDYWINE RIVER MUSEUM OF ART, Chadds Ford, PA

Thursday, June 23

Meet at the Center on the Hill at 9:40 a.m., Van departs promptly at 9:50 a.m.

\$42 (includes entrance fee, guided tour, transportation and parking)

The Brandywine River Museum is a museum of regional and American art. The museum showcases the art of Andrew Wyeth a major American realist painter, and his family: his father, N.C. Wyeth illustrator of many children's classics, and his son, Jamie Wyeth a contemporary American realist painter. The museum is housed in a converted nineteenth century mill with a dramatic steel and glass addition overlooking the banks of the Brandywine River.



Trip Details: Our docent-led tour of the museum will begin at 11:15 a.m. Following this one-hour tour, we'll head to the museum café for a casual, relaxing lunch. At 2:00 p.m., a bus will take us to Andrew Wyeth's studio for another guided tour.

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.

April 14

**Chris Brennan, Staff Writer and Political Columnist for
The Philadelphia Inquirer
Answering Your Questions about the Current Political Climate**



Do you have questions and concerns about what's going on in the national and local political scene? Come meet Chris Brennan, political columnist from The Philadelphia Inquirer, to get some answers. This gathering is particularly timely and relevant with the presidential primary election on April 26. There are also expected to be highly competitive races on the Democratic ballot for the U.S. Senate, state Attorney General, state Treasurer and the 2nd Congressional District, where U.S. Representative Chaka Fattah is seeking a 12th term while under federal indictment.

MONTHLY COMMUNITY LUNCHEON

Tuesdays, April 26, May 24 and June 28
12:00 p.m.

\$8. Please pay at the door.

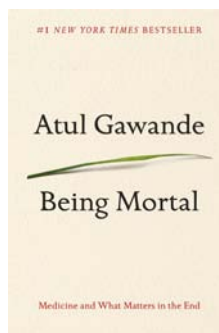
To register, call Leslie Lefer, 215-247-4654, or
e-mail llefer@chestnuthillpres.org.

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.

To Register for Events and Classes

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



BEING MORTAL: Facing the Hard Questions at the End of Our Lives and the Lives We Love

Tuesday, April 19
7:00 p.m.—9:00 p.m.
Free

This panel discussion is based on the New York Times best-selling book *Being Mortal: Medicine and What Matters in the End* by Atul Gawande. In this book, Atul, a practicing surgeon, has fearlessly revealed the struggles of his profession. He examines its ultimate limitations and failures – in his own practices as well as others' – as life draws to a close. He discovers how we can do better. His book also reveals that the ultimate goal is not a good death but a good life – all the way to the very end. Please join Russell Breish, MD family practice and geriatric medicine, Wendy Liebling, social worker, Tom Summers, chaplain and Mark J. Davis, elder law attorney for this very important topic, both for ourselves and our loved ones. Please bring your questions. All are welcome.

To register, please call Leslie Lefer at 215-247-4654. (Event co-sponsored by the Presbyterian Church of Chestnut Hill and Chestnut Hill Hospital)

GRIFFINS GIVE BACK DAY

A Volunteer Program with Chestnut Hill College Students

Saturday, April 23

9:00 a.m. - 1:00 p.m. (one-hour sessions)

Free

Community minded Chestnut Hill College students will volunteer their time to help seniors with light home projects such as yard work, baseboard and window cleaning, organizing, and more. Students will visit seniors living within 10-15 minutes of Chestnut Hill College for a one-hour timeframe. Previous feedback from seniors participating in Griffins Give Back Day has been full of appreciation and gratitude for the hard-working students who so willingly and energetically gave their time and energy.

Space is limited so sign up now. Contact Leslie Lefer at 215-247-4654 to book your spot. Registration deadline: Tuesday, April 19.

DEMENTIA CAFE

Thursday, May 5

2:00 p.m.—3:30 p.m.

Free



It's new! It's different! It's relaxing! Welcome to our Dementia Café, a European innovation that is slowly taking hold in the United States. Enjoy light refreshments and music in a casual setting while you have a chance to socialize with others experiencing similar challenges and joys. We welcome caregivers by themselves or with the person for whom they care for, and anyone who would like to contribute to an atmosphere of acceptance. Note: this is not an opportunity to drop off someone, and there will be no commercial presentations. For more information, contact Leslie Lefer at 215-247-4654.

INTERGENERATIONAL MOTHER'S DAY PROJECT

Wednesday, May 4

9:30 a.m. – 10:45 a.m.

Free

Pre-registration required by Monday, May 2.

The Center on the Hill and the church Pre-School are partnering once again for another intergenerational project. This time we'll be helping children ages 3-5 make their Mother's Day gift. We'll be assisting them as they create a beautiful, one-of-a-kind planting. Get ready to enjoy the company of these dynamic children and also get your hands a bit dirty.

FIX IT HEALTHCARE

Wednesday, May 11

10:00 a.m.—11:00 a.m.

Free



Two years in the making, FitIt looks at the increasing cost of US health care from a business perspective and offers a surprising remedy – single payer health care. Richard Master, CEO of MCS Industries describes his own personal journey as a businessman trying to do the right thing for his employees and why, after talking with experts here and business leaders in other countries, he came to the conclusion that it is time for a new approach to health care (just in time for this year's presidential election). Watch this 38-minute documentary on something that affects every business, every person in America. Filmed largely in Pennsylvania. Dr. Tsou, who is in the film, will be leading the discussion afterwards. For more information, visit <http://fixithealthcare.com>.

SING-ALONG: GREAT AMERICAN SONGS

Thursday, May 19

2:30 p.m.—3:30 p.m.

Free

Join Lynn Mather, singing from the piano, for a Great American Song Sing-Along. You'll enjoy music from Ellington, Kern, Porter, and Berlin. Bring your clapping hands, snapping fingers, and tapping feet. (And you're allowed to dance if you can't help it!). As an extra bonus, Lynn will share two tales from the dry wit of the British, as comic relief from all the emotive songs!

Lynn Mather is a professional musician. As a violinist and violist, she has been a member of the Philadelphia Opera Company Orchestra, the Mostovoy Soloists, various baroque groups, a leader of string quintet, and is proud mother of famed jazz drummer/clinician/composer, Ari Hoenig.

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.

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

Movie dates and shows:

Tuesday, April 12 showing "The Quartet"

Once-popular opera diva Jean Horton (Maggie Smith) creates a stir with her arrival at Beecham House, a home for retired performers. No one feels the uproar more than Reginald (Tom Courtenay), Jean's ex-husband, who still stings from her long-ago infidelity. Most of the other Beecham residents are delighted, and try to convince Jean to join them in a performance of "Rigoletto." Jean, however, knows that she is long past her prime and is reluctant to sully the memory of her once-lovely voice. (2013)

Tuesday, May 31 showing "Selma"

In 1965, an Alabama city became the battleground in the fight for suffrage. Despite violent opposition, Dr. Martin Luther King Jr. (David Oyelowo) and his followers pressed forward on an epic march from Selma to Montgomery, and their efforts culminated in President Lyndon Johnson signing the Voting Rights Act of 1965. (2014)

Tuesday, June 21 showing "The Martian"

When astronauts blast off from the planet Mars, they leave behind Mark Watney (Matt Damon), presumed dead after a fierce storm. With only a meager amount of supplies, the stranded visitor must utilize his wits and spirit to find a way to survive on the hostile planet. (2015)

ENERGIZING AND EMPOWERING: BECOMING ENGAGED IN COMMUNITY

Thursday, April 7
2:00 p.m.–3:00 p.m.
Free

Life is about giving and offering one's gifts for the good of others. Conversely, it is also good for the giver. Come listen to a presentation that investigates volunteerism today, and join in a conversation that explores the concept of volunteering. See how giving of one's gifts and abilities really does have repercussions on many different levels. This presentation is offered by Regina Heilman-Toth, Director of Faith-Based Outreach, Presby's Inspired Life.



GETTING TO KNOW YOUR ANDROID PHONE

Mondays, April 18 and 25
1:00 p.m.—3:00 p.m.
\$44



Explore how to navigate through your Android phone step-by-step. You will save contacts, connect email accounts to your phone, send a text message, download apps, adjust sounds and ringtones, and so much more. No experience necessary. Bring your Android S3-S5 to class.

Instructor Sederia Brown enjoys helping people learn how to use technology. And now it's her business, teaching people how to use cell phones, tablets and computers.

REMENISCING ABOUT THE PHILLIES BASEBALL TEAM OF OLD

Monday, May 23
1:00 p.m.–2:00 p.m.
Free



A Philadelphia native, Rosemary Rahn started her 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. In March 2016, Rosemary exhibited Philadelphia Phillies images at the Center on the Hill. She's joining us today to share her stories, memories and some more photos of her time as staff photographer. She welcomes you to come share your stories and experiences enjoying the Philadelphia Phillies of old.

VETERANS DISCOUNT CARDS

Tuesday, May 24
2:00 p.m.–4:00 p.m.
Free

Are you a Veteran or know someone who is a Veteran? The Montgomery County Recorder of Deeds has a wonderful program that provides Veterans with discount cards. These cards allow Veterans in the community to receive a discount at 400 plus local businesses. The staff from the Recorder of Deeds office will come to the Center on the Hill, take your photo and print out the cards onsite within seconds. Veterans will need to bring a copy of their DD214 to be filed at the Recorder of Deeds. (They will scan a copy of the DD214 and hold it for you or family members in case you lose it or need a copy.) If you don't have a DD214, please fill out the form SF-150 which can be found online, mail it to the address on the first page and a copy of your DD214 will be mailed to you in a couple of weeks.

THE TUSKEGEE AIRMEN

Thursday, May 26
1:30 p.m.–2:30 p.m.
Free



Memorial Day is almost here and we have a wonderful opportunity to honor our soldiers and veterans by learning the important story of the Tuskegee Airmen. "Tuskegee Airmen" refers to the men and women, African-Americans and Caucasians, who were involved in the so-called "Tuskegee Experience", the Army Air Corps program to train African Americans to fly and maintain combat aircraft in World War II. Only a few of these brave individuals are still alive. The Philadelphia chapter of the Tuskegee Airmen International (TAI) will join us to share the accomplishments and the history of this 332nd Fighter Group and 477th Bombardment Group of the United States Army Air Forces.

HELPING SENIORS WITH FINANCES

Thursday, June 9
1:30 p.m.–2:30 p.m.
Free

Do you have questions about your finances? Please join Denise Murphy and her Citizens Bank team as they share with you tips to improve your financial health. This team has assisted many senior clients in Chester County and they look forward to talking with you and assisting you with your financial needs. Please pre-register for this program by Monday, June 6.

DECLUTTER, DOWNSIZE AND ORGANIZE YOUR STUFF

Thursday, June 16
1:30 p.m.–2:30 p.m.
Free



Is your stuff suffocating you? Are you suffering from "Possession Paralysis"? Is it keeping you from moving into a retirement community? If so, you need a "Stuff Strategy"!

Join us for a "Stuff Strategy" presentation that will focus on the emotional factors that explain why it's so difficult to purge items collected over a lifetime and the challenges to unloading possessions. This educational session will provide practical and organizational tips for sorting your treasures and deciding on what to keep, gift, sell, donate, shred and discard.

Marlene Stocks is a certified senior move manager and the owner of Senior Transition Services, Inc. She is personally committed to providing her clients the traditional downsizing and relocation services

they need with the compassion, respect, patience and dignity they deserve so they aren't too stressed and overwhelmed with organizing their home and/or moving to a new home.

DESSERT WITH A DOCENT

A joint presentation of Center on the Hill and the Chestnut Hill Center for Enrichment
Tuesday, May 17
1:00 p.m.–2:30 p.m.
\$8
Registration and payment due by Thursday, May 12

The current Philadelphia Museum of Art exhibition *International Pop* reveals a world packed with bold and thought-provoking imagery, highlighting a period in history shaped by social, political, and cultural changes. Focusing on works made from 1956 to 1972, the exhibition highlights influential artists from twenty different countries, who share an interest in mass media, consumerism and figuration. One of the Museum's superb docents will help us understand the Pop Art movement while presenting beautiful images of many of the 150 pieces that make up the exhibit. Have your questions answered while enjoying fresh fruit and decadent sweets.

ZENTANGLE

Tuesday, May 31
1:00 p.m.–3:00 p.m.
\$25 (includes supplies)



Zentangle is an art form that is relaxing, creative, and meditative. Learn a few basic Zentangle patterns that can assist you in designing creative unique images. We'll sketch Tangles, which are created on small paper tiles with black pens. Supplies are included with the class and no experience is needed.

MARY TODD LINCOLN, the Woman You Thought You Knew

(a Chestnut Hill Center for Enrichment (CHCE) sponsored program)
Tuesday, June 7
1:00 p.m.–2:30 p.m.
\$10
To register, call CHCE, 215-248-0180.
Registration & payment due by Wednesday, June 1

Written and directed by Georgina Bard, Artistic Director of Beacon Theatre Productions. Get to know this misunderstood woman, wife-then-widow of America's 16th President. She will take you on a journey through the joys and sorrows of her life, including the death of three sons, constant criticism by the public, her husbands' assassination, and her own commitment to an institution. Mrs. Lincoln is

interpreted and portrayed by Janet Wasser. After her performance, join us for a question-and-answer moment with Ms. Wasser while sharing fruits, desserts and beverages.

MIXED MEDIA: THE METAMORPHOSIS OF GREEN KITCHEN PAPERS

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

Thursdays, June 2 – 23

1:00 p.m.–3:00 p.m.

\$85 for four sessions (includes materials)

Registration deadline Thursday, May 26;

Minimum of 6 students.

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

The instructor and students will gather a collection of papers used in the kitchen (wax and parchment paper, paper grocery bags, napkins and paper towels, tea bags and their envelopes, coffee strainers etc). In class we will manipulate and color and draw on these papers until they can be used to create a mixed media work of art such as a collage, three dimensional structure, journal pages and envelopes or wall hanging. The main idea is to create artistic paper surfaces from common materials used in our environment in a quest to help save the planet!!

Instructor, Martina Johnson-Allen is a writer and mixed-media artist. 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 Woodmere Art Museum, The Renwick, National Museum of American Art, DC, Philadelphia Museum of Art, the African American Museum of Philadelphia and U.S. Embassies in Ghana and Djibouti.

STAINED GLASS MOSAICS

Tuesdays, June 7–28

2:00 p.m.–3:30 p.m.

\$20 per session or \$80 for all four sessions

(includes materials)

Minimum of four students.

Calling all mosaic fans. Here is your chance to design a one-of-a-kind mosaic as large as 24" x 30". We'll use fast-drying glass glue, particles of stained glass and small window frames. All the stained glass comes from the Willet's Stained Glass Studio.

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



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-seven years. He also teaches illustration at The Hussian School of Art in the Bourse building in Philadelphia. Alex is an accomplished artist who exhibits at the Chestnut Hill Gallery and has held several of his own local exhibits.

SKETCHING AND DRAWING CLASS

Mondays, join at any time

9:30 a.m.–11:30 a.m.

\$32 per month

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

WATERCOLOR WORKSHOP

Tuesdays, 9:30 a.m.–11:30 a.m.

\$28 per month for CHCE members

\$32 per month non-members

Please bring check payment to first class.

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

Being Good Stewards

At the Center on the Hill, we strive to be good stewards of the earth. To this end, we'd like to cut down on the number of newsletters we print and mail out. Please contact Leslie at 215-247-4654 or via email at llefer@chestnuthillpres.org if you'd like future newsletters to be emailed to you rather than a hard copy sent in the mail. Thank you very much for your help!

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

ART GALLERY

APRIL – JO ANN WEST

Jo Ann West has a day job with The Presbyterian Church of Chestnut Hill as an administrator, and sometimes burns the midnight oil practicing art. She has traveled the American West extensively. A love of the natural world, white landscapes, vast open spaces, the serenity of the wilderness, the cover of the sky, and a certain light across the range have been the inspiration for a way to respond to a deep love of place. She is pursuing a translation of the geography and culture through print mediums both traditional and digital. Jo Ann studied recently with Christine Stoughton and Nic Coviello at Main Line Art Center and Tony Rosati of PAFA.

MAY – CELEBRATE ARTS AND AGING, PHILADELPHIA CORPORATION OF AGING

For the month of May, Philadelphia Corporation of Aging will showcase the wonderful, original work by older artists in the Philadelphia area. Coinciding with Older Americans Month, we will be part of a citywide celebration to promote the importance of creativity among older adults. The PCA Celebrate Arts and Aging reception will be held here on Tuesday, May 24, 4:00 p.m. – 6:00 p.m. Come meet some of the artists whose work so graciously hangs on our Center walls and enjoy light refreshments. For more information, go to www.pcaCares.org/seniorart.

JUNE – CHARLEEN STEVENS

Charleen Stevens has studied art and photography her whole life. She secured a job with Harriet Wild Fabric Arts in NYC and was in charge of colorings and repeats for upholstery and drapery. At the age of forty she began studying Chinese brush painting with Phoebe Shih. Painting mostly flowers, she was inspired to take a workshop in silk painting which led her to establish a scarf-painting business, producing her original creations, which were featured at the Deb Shop in Chestnut Hill and the Art Museum Crafts Shop. Besides flowers, birds, pets, and landscapes, Charleen excels in what she calls abstracts—details in nature that form compositions that are pleasing to the eye. She also loves working with light and its effects. Charleen has exhibited paintings at Cathedral Village, Mathers Mill, First Trust Bank, Norristown Art League, and Woodmere Museum. Charleen's photos are sold at The Hill Company and The Chestnut Hill Gallery.

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:

*April 26: Spotlight
May 24: The Martian*

INTRODUCTORY HEBREW

*Wednesdays, April 6-27
9:45 a.m.–10:45 a.m.
\$10 per class (scholarships available)*



Have you ever wondered how different it might be to read holy scripture in its original language? Come explore the scriptures that Judaism and Christianity share! Discover nuance, poetry, and mind-blowing meaning as you become acquainted with Hebrew letters, words, and verses that occur in scripture. Whether you're an ace who picks up foreign languages quickly or someone who has struggled with language learning in the past, this class is for you. Austin Shelley, Associate Minister for Christian Education at PCCH and former Hebrew teacher at Princeton Theological Seminary, will employ many diverse (and fun!) methods of learning this artful language.

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.

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.

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 CHCE at the number above.

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

Mondays, April 25–May 10

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, May 25– June 1

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.

BOARD GAMES OPEN PLAY

Tuesday, June 14

1:00 p.m.–3:30 p.m.

\$1



Are you a board game fan? Do you remember playing classic board games like Monopoly, Sorry, Life, Backgammon and Clue? Do you yearn to relive those days where you played board games for hours with friends and family? Now's your chance. Join other seniors from the Center on the Hill community for a fun-filled afternoon playing these games and many, many more. (Due to a generous donation of games, we have almost 20 games to choose from or feel free to bring your favorite game from home.)

MAH JONGG – OPEN PLAY

Fridays, join at any time

1:30 p.m.–3:30 p.m.

No registration is necessary

\$1

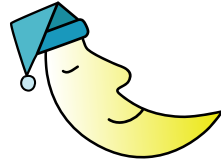


This is an opportunity to simply enjoy others' company and play the game of Mah Jongg. Not for beginners: participants should be familiar enough with the game to play without formal instruction. Over the past year, a small group of people have been meeting to play and would like to expand the number of players.

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

SLEEP TROUBLES?

Monday, April 11
12:30 p.m.—1:30 p.m.
Free



Is it hard for you to fall asleep or stay asleep though the night? Do you wake up feeling tired or feel sleepy during the day, even if you have had enough sleep? You may be suffering from a common sleep disorder that can be corrected with proper diagnosis and treatment. Unhealthy sleep is linked to heart disease, depression, obesity and lower life expectancy. Don't let poor sleep jeopardize your health. Join David Cohen, MD, neurology, Sleep Medicine at Chestnut Hill Hospital, for a discussion on sleep disorders and treatments. Get answers to your questions.

BREATHE, STRETCH AND RELAX

Mondays, April 11 – May 2
4:00 p.m.–5:00 p.m.
\$10 per class or \$40 for all four sessions

This class will introduce and provide practice for ways to use your breath, stretching and various relaxation techniques to unwind and deal with daily stress. Participants may use a yoga mat or sit in a chair.

Instructor Michelle Carlino, B.A., E.R.Y.T. 500, studied at the Optimal Health Institute and has been teaching yoga since 1990. Michelle leads holistic health workshops locally and in the Berkshires.

FOOT REFLEXOLOGY

Tuesday, April 19
10:30 a.m.–12:00 p.m.
\$15 per person



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 foot massage/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, is also a certified foot reflexologist.

INTRODUCTION TO REIKI

Thursday, April 21
1:30 p.m.–3:00 p.m.
Free



More and more hospitals and clinics are introducing Reiki for their patients to help reduce their pain, stress, and anxiety. The word Reiki is derived from two Japanese and Chinese characters, Rei meaning "spiritual or supernatural" and "ki" meaning "life force energy." It works to support the body's ability

to heal itself and is an excellent compliment to all medical or therapeutic modalities. Reiki is an energy healing technique that can be easily learned to help others as well as yourself. It is facilitated by laying on of hands, either on or off the body. This class is designed for people who are interested in knowing what Reiki is and what it can do for you and others. We will cover a brief history of Reiki, a demonstration of how it's done, and how it works.

Instructor Mariko LaFleur, Master Reiki practitioner, was trained in Japan as well as in America. She has been practicing since 1999. Co-Instructor Michael Legge, a certified hypnotherapist and Reiki practitioner.

CHINESE MEDICINE, ACUPUNCTURE, AND RENEWING OUR BODIES THIS SPRING

Tuesday, April 26
11:00 a.m.–12:00 p.m.
Free



Traditional Chinese Medicine (TCM) has diagnosed, treated, and prevented illnesses for over 2500 years. In TCM, health is seen as the capacity of a person to navigate the challenges of life in a way that ensures maintaining harmony and balance. Acupuncture can be an effective support during even the most challenging times. In this one hour talk, Rachel Clark will discuss the philosophy of Chinese medicine, how we can cleanse our bodies and spirits in spring, and align ourselves with nature. Come and learn about the foods to eat to cleanse ourselves and the types of activities that will renew the spirit!

Rachel Clark, L.Ac, M.Ac. is in private accupuncture practice, at Chestnut Hill Acupuncture. Rachel's goal is to listen attentively to your unique circumstances in order to bring health and balance into your life using natural medicine that encourages a deep level of ease and well being.

TRIM AND SCULPT PLUS ABS

Mondays, ongoing
Noon-12:45 p.m.
\$24 for four weeks or \$8 per class

This class will focus on firming and toning the body from head to toe, so you'll look great in your clothes. This is a low intensity, low impact workout that's suitable for beginners and all fitness levels. Please bring a mat for floor workout and hand weights. For more information contact Freda Ebba at fit.u.me@hotmail.com.

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

LIFE AFTER LOSS

Thursday, April 28
1:30 p.m.-3:00 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.

Facilitator, Claudia Apfelbaum, MSS, LCSW, is a clinical social worker practicing in Northwestern Philadelphia where she also resides. Her background includes work with individuals, couples, children and families who want to heal from trauma, heal relationships, and discover their full potential.

BREATH: AN ADVENTURE IN MINDFUL LIVING

Tuesdays, May 3–June 14
9:30 a.m.–11:00 a.m.
\$90 for seven sessions



"The mind ought sometimes to be diverted that it may return to better thinking" --Phaedrus

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 Hanh.

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, David Dimmack, 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.

TAI CHI CHIH

Tuesdays, May 3-24
11:00 a.m.–12:00 p.m.
\$10 per session or
\$40 for four 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.

PROPER POSTURE AND BALANCE

Tuesdays, May 10 and 17
1:00 p.m.–2:00 p.m.
Free



Chiropractor Dr. Dawn Cute will return to the Center on the Hill this spring to help us with our posture and balance.

1st Session: Proper Posture and Balance Exercises

- Learn why it is important to maintain proper posture while sitting, standing and sleeping.
- Learn exercises that will strengthen your core and legs, increase your mobility and balance so that you can enjoy your everyday activities.
- Postural assessments will be done on participants to include an emailed postural report of your posture findings.

2nd Session: Exercise Review

- Review of exercises taught in previous class.
- Exercise modifications for participants who may be having trouble with doing the exercises.
- Chiropractic screenings offered to all participants including examination form with findings.

Please come dressed in comfortable clothes and sneakers.

BEST PREVENTATIVE CARE OVER 50

Thursday, May 19
12:30 p.m.–1:30 p.m.
Free



Let's get back to the basics with the best current preventive care practices for those 50 and better. What matters? When should you be concerned? Michael Hirsch, MD, family practice, Chestnut Hill Hospital, will discuss screenings, vaccines, annual checkups and more! Bring your list of questions and your friends for an informative session.

THE "E" PILL: How Exercise and Lifestyle Changes Can Strengthen Your Bones Without Drugs

Monday, June 6
1:00 p.m.–2:00 p.m.
Free

Joanne Fagerstrom, a physical therapist with over 35 years of experience, will talk about the crucial role exercise and nutrition play in improving and maintaining your bone density. Her popular exercise class called Super Bones uses evidence-based exercises to safely and effectively strengthen the skeleton and improve balance. Diana Donaldson, one of Joanne's students says, "With Joanne Fagerstrom, you're in the hands of a master teacher: clear, articulate, organized, empathetic, funny, and above all, highly trained and skilled. I gave up on strength training exercises in the past, but Joanne's interesting and varied sessions have motivated me to keep going and have made me measurably stronger and healthier."

YOGA AND WELLNESS TO MANAGE ARTHRITIS

Tuesdays, June 7–28
11:00 a.m.–12:00 p.m.
\$12 per class or \$48 for all four 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.

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

BACK PAIN – What's Behind It?

Monday, June 13
12:30 p.m.–1:30 p.m.
Free

If you have lower back pain, you are not alone. About 80 percent of adults experience low back pain at some point in their lifetimes. Men and women are equally affected by low back pain, which can range in intensity from a dull constant ache to a sudden, sharp sensation that leaves you incapacitated. Meet local resident and back pain expert Michael Weaver, MD, neurosurgeon, Temple University, who is now treating patients at Chestnut Hill Hospital. He'll discuss what could be contributing to your back pain, current treatments and how to keep your back healthy.

ZUMBA GOLD

Thursdays, ongoing
11:30 a.m.–12:15 p.m.
\$24 for four weeks or \$8 per class



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.

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 35 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 to 5:00 p.m. In an individual meeting Barbara can help you understand what Medicare does and doesn't cover and learn about 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

April 6, 13, 20 and 27
May 4, 11, 18 and 25
*June 1, 8, 15***



12:00 noon-2:00 p.m.
Free if you attend all sessions OR \$5 for the cooking workshop alone, which is the last session of each series. 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

YOGA AT THE CENTER ON THE HILL

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. 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, 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 both at any time

2:30 p.m.–3:30 p.m.

\$25 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.

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

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 calendar month; first class \$10, walk-ins

\$15 for a single 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 Chestnut Hill Center for Enrichment (CHCE) sponsored program)

Fridays, start at any time

11:30 a.m.–1:00 p.m.

\$45 per calendar month; first class \$10, walk-ins

\$15 for a single 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 Marital 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, April 20—June 20
 11:15 a.m.—12:15 p.m.
 \$109 for ten sessions.



T'AI CHI CH'UAN – LEVEL TWO

This class is for those who have completed Level One.

Wednesdays, April 20-June 22
 12:30 p.m.-1:30 p.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.

Fridays, April 22-June 22
 9:30 a.m.-10:30 a.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 Fa Xiang Hou in the practices of QiGong and meditation.

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. 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, May 9 and 10
 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, May 3
 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.



Save the Date

HEALTH ON THE HILL

Food, Fun and Fitness for the Family

Chestnut Hill Hospital
 Saturday, April 2, 2016

10am – 1pm
 (Free Parking)



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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Being Good Stewards

At the Center on the Hill, we strive to be good stewards of the earth. To this end, we'd like to cut down on the number of newsletters we print and mail out. Please contact Leslie at 215-247-4654 or via email at llefer@chestnuthillpres.org if you'd like future newsletters to be emailed to you or if you're willing to pick up a newsletter at the Center on the Hill rather than a hard copy sent in the mail. Thank you very much for your help!