

AT THE CENTER OF THINGS

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

— FALL 2016 —

As you read this Fall 2016 newsletter, I will be celebrating the beginning of my fourth year as the Director of the Center on the Hill. I truly enjoy seeing each of you walk through the door. It brightens my day and knowing that you're coming here to grow, learn and improve brings joy to my heart.

This Fall 2016 newsletter has some exciting new programs and many favorites from years past. In fact, this newsletter has almost 20 new programs to pick from. Below are a few that I'd like to highlight. Please make sure to look within this newsletter to find out more about all our programs including our ongoing classes in yoga, art, dance, t'ai chi, super bones, qigong and more.

Senior Crime Prevention — The Center on the Hill and the Chestnut Hill Center for Enrichment are partnering on a very important program for all seniors. Mr. Blackmon, Education and Outreach Specialist for the office of the Pennsylvania Attorney General's Senior Crime Prevention University, will educate seniors and those who love them about the many crimes lurking "out there" and how to avoid becoming just another victim. (page 5)

Trips of the Month — This semester we'll be enjoying a tour of the Philadelphia Mural Arts program, Chanticleer Gardens in Wayne, PA and the National Constitution Center. Our monthly trips are so popular that we've been totally filling them up within weeks of the newsletter coming out. So if you're interested, call as soon as you can! (page 2)

Historical Programs — We're extremely fortunate to have three very diverse history programs this semester. The first one is titled "Philadelphia Musical History and The Polish Musician" in which Paul Krzywicki, principal tubaist with the Philadelphia Orchestra for 33 years, will share his knowledge of the Philadelphia Orchestra and the Curtis Institute

of Music and the Polish musicians influence on their history. Next we have authors Robert Sands and Alex Bartlett sharing their research and book titled *Images of America: Independence Hall and the Liberty Bell*. Finally, we have David Friedman returning to the Center on the Hill to help honor/celebrate Veteran's Day with a program titled "The Black Experience During World War II." (page 7)

Nutrition Programs — Science is beginning to confirm that many of the diseases and health conditions affecting people are the result of nutritional imbalances. For this reason, we're delighted to have Rabiya Bower, RD, LDN, in-store nutritionist from the Flourtown GIANT offer a 2-part series on "Label Reading" and the Weavers Way Co-op nutrition education team returns to the Center on the Hill to educate us on "Food as Medicine."

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

With gratitude,

Leslie

Leslie A. Lefer
Director, Center on the Hill...the place for active adults
215.247.4654
llefer@chestnuthillpres.org

INSIDE

Trips and Special Events	2-4
For Your Interest	5-7
The Arts	8-9
Languages and Dance	10
Computers	11
Games	12
Health and Wellness	12-17
Yoga	18
T'ai Chi and Driving Classes	19

TRIPS OF THE MONTH

Our Trips of the Month have been such a success over the last couple of years that we're delighted to continue them. We use our church van for Center on the Hill trips. Space on 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.

PHILADELPHIA MURAL ARTS PROGRAM, Philadelphia, PA

Wednesday, September 28

Meet at the Center on the Hill at 9:35 a.m., bus departs promptly at 10:00 a.m.

\$42 (All checks should be made out to "CHCE" for the Chestnut Hill Center for Enrichment.)

Minimum number of registrants is 30 and maximum is 34.

REGISTRATION AND PAYMENT DUE BY FRIDAY, SEPTEMBER 16.

The City of Philadelphia Mural Arts Program is the nation's largest public art program, dedicated to the belief that art ignites change. For 30 years, Mural Arts has united artists and communities through a collaborative process to create art that transforms public spaces and individual lives. The Mural Arts' outdoor art gallery, which has become part of the city's civic landscape and a source of pride and inspiration, has earned Philadelphia international recognition as the "City of Murals."

Trip Details: This is a joint trip between Center on the Hill and the Chestnut Hill Center for Enrichment. We have arranged for a mini-bus to pick us up and drop us off at the Center on the Hill. We'll enjoy a wonderful guided tour titled "Masterpieces of the West" which includes murals located in Germantown and North Philadelphia. Our trip will last approximately 2 – 2.5 hours. Please note: we will not be making any bathroom stops on this trip.

CHANTICLEER GARDENS, Wayne, PA

Thursday, October 20

Meet at the Center on the Hill at 9:20 a.m., van departs promptly at 9:35 a.m.

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

REGISTRATION AND PAYMENT DUE BY THURSDAY, OCTOBER 6.

Chanticleer has been called the most romantic, imaginative, and exciting public garden in America. The garden is a study of textures and forms, where foliage trumps flowers, the gardeners lead the design, and even the drinking fountains are sculptural. It is a garden of pleasure and learning, relaxing yet filled with ideas to take home.

Trip Details: We will arrive at Chanticleer at approximately 10:15 a.m. At 10:30 a.m. we will have a private docent-led tour of the house and gardens. Following our 1.5 hour tour, we'll get back in our PCCH van and head to a nearby restaurant in Wayne for a delicious lunch. (Lunch is not included in the price of the trip.)

NATIONAL CONSTITUTION CENTER

THE CONSTITUTION CENTER, Philadelphia, PA

Wednesday, November 2

Meet at the Chestnut Hill West train station at approximately 8:50 a.m.

\$25.00 (includes admission and a docent-led tour)
REGISTRATION AND PAYMENT DUE BY THURSDAY, OCTOBER 20.

Minimum of eight and maximum of fifteen.

With the presidential election fast approaching, the National Constitution Center is a wonderful place to be reminded us of our nation's constitution, the freedoms it affords us and the power of the President of the United States. The National Constitution Center is the first and only institution in America established by Congress to "disseminate information about the United States Constitution on a non-partisan basis in order to increase the awareness and understanding of the Constitution among the American people."

Trip Details: For this trip, we will meet at the Chestnut Hill West station at 8:50 a.m. and take a train to Jefferson Station and then walk to the National Constitution Center. (Cost of the train and parking is not included in the price of the trip. Parking at the train station costs \$1. Please bring 4 quarters to put in the machine.) Our 10:30 a.m. tour will begin with the viewing of newly renovated and updated program "Freedom Rising" a 360-degree live theatrical production. Then we'll have a docent-led tour of the main exhibit. Following lunch in the on-site Delegates' café (not included in the price of the trip), we recommend you check out the special exhibit of The Powers of the President.

SPEAKER SERIES ON THE HILL

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



September 15
(3rd Thursday of September)
Chuck Ormsby –
Building a Bridge to
Uganda

Chuck Ormsby is the Managing Partner of Semanoff Ormsby Greenberg & Torchia, LLC, a law firm serving the entrepreneurial spirit for over 25 years. He has also been involved, for the last ten years, in missionary work in Uganda. You will hear how a prayer request over ten years ago based in part on the Prayer of Jabez, changed the trajectory of his life and has led to numerous projects in Uganda including the biggest to date, the high school in the jungle of Uganda. This area of Uganda had been considered forsaken by the people, and even cursed, and through the 501(c)(3) organization Building A Bridge to Uganda, has been blessed by this institution of secondary education. You will find his story both mesmerizing and remarkable.



October 13
Ed Rendell – Insights on
the Political Landscape
(tentative)

Former governor Ed Rendell will share his insight on the political landscape, especially with the presidential election only weeks away. Ed Rendell has served as two-term Governor of Pennsylvania (2003-2011), two-term Mayor of Philadelphia (1992-2000), and as Chairman of the Democratic National Committee during the 2000 Presidential election. He currently serves on several boards, is a Brookings Fellow and teaches government and politics courses at the University of Pennsylvania. Rendell published his autobiography, *A Nation of Wusses*, in June 2012.



November 10
Chris Wheeler – The
Philadelphia Phillies

Chris Wheeler (a.k.a. "Wheels"), widely recognized in television and radio as the Phillies' broadcaster for thirty-seven years, is returning to the Speaker Series on the Hill to discuss the never-boring Philadelphia Phillies. Come hear Chris' take on the 2016 season, the players, and what Chris believes is next for the Phillies. Wheels is an accomplished storyteller whose reflections – from his early days in the 1960s to the 2009 Phillies ring ceremony – can paint word pictures like no one else.



December 8
Community Holiday Party

1:30 p.m.–3:30p.m.
\$10 per person in advance; \$12 at the door
PRE-REGISTRATION AND PAYMENT IS REQUIRED
BY THURSDAY, DECEMBER 1ST.

This year we're delighted to have a new musical group for our annual holiday party. In the Chestnut Hill community, we're so fortunate to have very talented youth vocal ensembles. Please join us for a wonderful holiday celebration which will highlight a local high school concert choir. Following the performance, please join us for a dessert buffet.

To Register for Events and Classes

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

SPECIAL EVENTS AT THE CENTER ON THE HILL

MONTHLY COMMUNITY LUNCHEON



Tuesdays, September 27, October 25 and November 15
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!

DECORATING THE CENTER ON THE HILL CHRISTMAS TREE

Wednesday, December 7
10:00 a.m.-11:00 a.m.
Free

For the past two years, the church Pre-schoolers have been decorating the Center Christmas tree with ornaments that they hand-made especially for our tree. This year they've invited us to join them in decorating the tree as well as help make and enjoy a pre-holiday snack. Please contact Leslie Lefer at 215-247-4654 or llefer@chestnuthillpres.org to sign-up for this fun holiday celebration.

HOLIDAY PARTY

Thursday, December 8
1:30 p.m.-3:30p.m.

\$10 per person in advance; \$12 at the door
PRE-REGISTRATION AND PAYMENT IS REQUIRED
BY THURSDAY, DECEMBER 1ST.



This year we're delighted to have a new musical group for our annual holiday party. In the Chestnut Hill community, we're so fortunate to have very

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

talented youth vocal ensembles. Please join us for a wonderful holiday celebration which will highlight a local high school concert choir. Following the performance, please join us for a dessert buffet.

DEMENTIA CAFÉ

Tuesday, September 20 and Tuesday, November 29
1:30 p.m.-3:00 p.m.
Free

Both of these Fall 2016 Dementia Cafés are possible due to the generous sponsorship of the Chestnut Hill Hospital.

**CHESTNUT HILL
HOSPITAL**

UNIVERSITY of PENNSYLVANIA
COMMUNITY HEALTH NETWORK

A Dementia Café is a European innovation that is slowly taking hold in the United States. It provides a safe, comfortable and supportive environment for people with dementia and their caregivers to socialize as well as offering a range of fun and engaging activities.

During our September 20th café we will enjoy creating one-of-a-kind pieces of art led by an art therapist who regularly works with seniors in our community. According to Dr. Daniel Potts, "roadblocks to verbal communication laid by dementia are bypassed through the artistic process, and individuals can express themselves through the art. Concentration and attention also improves."

On November 29th, we'll be interacting with friendly pets who are part of a local pet therapy program. Pet therapy has many benefits including helping release endorphins that produce a calming effect.

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. We'd also like you to enjoy light refreshments and music during our cafés. Note: this is not an opportunity to drop off someone, and there will be no commercial presentations.

Please RSVP for each of these events by contacting Leslie Lefer at 215-247-4654.

GRIFFINS GIVE BACK DAY

A Volunteer Program with Chestnut Hill College Students
Saturday, September 24
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: Wednesday, September 14.

SENIOR CRIME PREVENTION

Tuesday, October 4

1:00 p.m.–2:30 p.m.

Free

Pre-registration is required by Friday, September 30.



Senior citizens make up the fastest-growing segment of Pennsylvania's population. Seniors also make up a disproportionately large number of crime victims. They are targeted with all types of scams and cons: home "improvement" deals, sweepstakes, travel promotions, telemarketing. And the list goes on. A sense of charity and readiness to help others make senior citizens especially vulnerable to consumer fraud and financial exploitation. This program will educate seniors and those who love them about the many crimes lurking "out there" and how to avoid becoming just another victim.

Please join Ameer Blackmon, Education and Outreach Specialist for the office of the Pennsylvania Attorney General's Senior Crime Prevention University, for this important program.

(This event is co-sponsored by the Center on the Hill and the Chestnut Hill Center for Enrichment.)

READING AND ACTIVITIES WITH OUR PRE-SCHOOL KIDS

Tuesday, Wednesday or Thursday Mornings

Do you miss reading or doing arts and crafts projects with your kids and grandkids? Do you long to see young children's eyes light up or break out in laughter from a book or a fun activity? The Center on the Hill and the church Pre-School are partnering for an intergenerational book reading and activities program. Please contact Leslie Lefer at 215-247-4654 or llefer@chestnuthillpres.org to find out more about this exciting partnership. Books and activities will be provided by the Pre-school, but feel free to bring one of your kid's favorite books.

AFTERNOON MOVIES

1:30 p.m.

\$1 (includes popcorn)



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

Movie dates and shows:

Tuesday, September 6 showing "Brooklyn"

Eilis Lacey is a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. The initial shackles of homesickness quickly diminish as a fresh romance sweeps Eilis into the intoxicating charm of love. But soon, her new vivacity is disrupted by her past, and Eilis must choose between two countries and the lives that exist within. (2015)

Thursday, October 6 showing "The Lady in the Van"

Miss Shepherd, a woman of uncertain origins, "temporarily" parks her van in a man's London driveway. Over the course of fifteen years, what began as a begrudged favor turns into a relationship that will change both their lives. Based on a true story and Alan Bennett's stage play "The Lady in the Van." (2015)

Tuesday, November 8 showing "The Red Violin"

The intricate history of a beautiful antique violin is traced from its creation in Cremona, Italy, in 1681, where a legendary violin maker paints it with his dead wife's blood to keep her memory alive, to an auction house in modern-day Montreal, where it draws the eye of an expert appraiser. Over the years between, the violin travels through four different countries, where it has a profound impact on all those who own it. (1999)

Tuesday, December 13 showing "The Kings Speech"

England's Prince Albert must ascend the throne as King George VI, but he has a speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Elizabeth hires Lionel Logue, an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two

FOR YOUR INTEREST AT THE CENTER ON THE HILL

men, as Logue uses unconventional means to teach the monarch how to speak with confidence. (2010)

LABEL READING MADE EASY

Thursday, September 22

(at the Center on the Hill)

Thursday, September 29

(at Flourtown GIANT)

1:30 p.m.

Free



Join Rabiya Bower, RD, LDN, in-store nutritionist from the Flourtown GIANT, as she explains how to use the nutrition label once and for all. By exploring the nutrition facts label, you can learn how to help manage weight, cholesterol, blood pressure and other health conditions. This interactive lecture will include a follow-up "scavenger hunt" in the grocery store on Thursday, September 29 at 1:30 p.m.

PHILADELPHIA'S MUSICAL HISTORY AND THE POLISH MUSICIAN

Monday, October 10

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

Free

This program will combine a bit of America's musical history, the origins and accomplishments of Philadelphia's two most famous musical institutions- the Philadelphia Orchestra and the Curtis Institute of Music- and the Polish musicians who helped make them possible.

Paul Krzywicki was principal tubaist with the Philadelphia Orchestra for 33 years. He performed in over 4,000 concerts, 60 recordings and has held master classes throughout the world. He continues to teach at the Curtis Institute of Music, now in his 45th year. Krzywicki has written the book, From Paderewski to Penderecki, a history of Philadelphia's musical institutions which includes 170 biographies of Polish musicians whose influence in America was particularly important in Philadelphia.



VEGETARIAN COOKING CLASSES

Tuesdays, October 18, 25 and November 1, 8

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.



IMAGES OF AMERICA: INDEPENDENCE HALL AND THE LIBERTY BELL

Monday, October 24

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

Free

Independence Hall and the Liberty Bell, two of America's most revered symbols of freedom, date back to the British rule of the American colonies. The main structure of Independence Hall was begun in 1732, and the final casting of the Liberty Bell was completed in 1753. Visited by over two million people yearly, these historic icons have been used as backdrops for many political and social demonstrations and speeches. Filled with images from the archives of Independence National Historical Park, Philadelphia Department of Records, and collections from around the country, Independence Hall and the Liberty Bell illustrates how these two historic relics generate a sense of pride and patriotism set forth by the signing of the Declaration of Independence on July 4, 1776.

Robert W. Sands Jr. is a Seton Hall University graduate with a master of arts in museum professions. The author of two previous Arcadia Publishing books, Glassboro and Woodbury, he currently works at the Philadelphia History Museum. Alexander B. Bartlett was involved with the archaeological monitoring of Independence Square during its 2004-2005 renovation. A graduate of the University of the Arts with a master of arts in museum communications, he works as a librarian and archivist in three local institutions.

Robert Sands and Alex Bartlett are also the authors of the book Images of America: Independence Hall and the Liberty Bell. The book will be available for purchase after the program.

FROM PHANTOM TO HAMILTON: LOOK BEHIND AND BEYOND THE CURTAIN

Thursdays, November 3, 10, 17

2:00 p.m.–3:30 p.m.

\$30 for three sessions

Leigh Munro, former star of Phantom of the Opera with Michael Crawford, will compare the two musical phenomena of our times. She'll discuss the triumphs and trials of producing such major theatrical hits, including personal challenges of the artists involved in bringing them to life eight times a week. How did the 'Hamilton' hysteria happen? Why has 'Phantom' lasted 28 years? Join us for a lively discussion, including music and video presentations of both shows.

THE BLACK EXPERIENCE DURING WORLD WAR II

Monday, November 7

11:30 a.m.–12:30 p.m.

Free



David Friedman returns to the Center on the Hill to share his passion for World War II. This time his lecture will cover the African American servicemen who served with distinction in World War II and the bigoted racism they encountered. He will discuss several different groups including the famed Tuskegee Airmen and the Buffalo soldiers.

David Friedman was a reporter for several area newspapers and then turned to the world of public relations. 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 is a volunteer lecturer for the Alzheimer's Association and on the War in Europe.

FEAST FOR THE IMAGINATION: STORIES AND THEIR POWER IN OUR LIVES

Tuesdays,

November 15 – December 6

10:00 a.m.–11:00 a.m.

\$35 for four sessions or \$12 per session

Storytelling can either be
Used as a lock or as a key.
Use it wisely, and you will see
It has the power to set you free.



Prepare to dine on stories—tangy, sweet, bold, robust—as they work their magic and provide food for reflection and growth. Stories can offer us new perspectives, a dynamic world view, a way of

connecting with others in the exploration of values, and just plain enjoyment. Master Storyteller Tina Devine will share tales from the world's traditions as well as original material and adaptations of literary stories. Each class will feature a story or two, with time for silent reflection and dialogue.

For over 25 years Tina Devine has been performing professionally in schools, colleges, art centers, retreats, and festivals. She holds a master's degree in Oral Traditions, and enjoys learning how language functions to shape and transform our lives.

STRENGTHEN YOUR VOICE

Mondays, September 12, 19, 26, October 10

(No class October 3)

10:00 a.m.–11:00 a.m.

\$15 per class

Minimum four students.



Gradual voice changes are a normal part of aging. Commonly-reported age-related changes include differences in general pitch level, hoarseness, reduced ability to speak loudly or be heard in noisy situations, breathiness, reduced endurance, and shakiness. Just like other muscles in your body, the muscles of your vocal folds and respiratory system need exercise to stay physically fit. This class will focus on ways to keep your voice sounding strong and healthy. Participants will engage in a variety of vocal exercises designed to activate all facets of the voice. No singing experience is necessary, but participants should expect to engage the singing voice as well as the speaking voice.

Dr. Bishop is also available for private voice lessons on Mondays. These individualized instruction sessions can help you learn to release tension, improve breath management and support, increase your range, and improve your tone quality. \$75 per week for hour lessons, \$40 per week for half-hour lessons. For more information, please contact Dr. Bishop at jsbishop717@gmail.com.

Julie Bishop, DMA, is active as a performer, educator, and scholar. She currently serves on the voice faculty of the Boyer College of Music and Dance. She performs with the chorus of Opera Philadelphia, as a core member of The Crossing, and as a soprano soloist/section leader in the Gallery Choir at The Presbyterian Church of Chestnut Hill.

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

ART AT THE CENTER ON THE HILL

JEWELRY MAKING WORKSHOP

(a Chestnut Hill Center for Enrichment sponsored program)

Mondays, September 26 and November 28

1:00 p.m.–4:00 p.m.

\$30 per session, \$50 for both

Minimum of six students.

Please pre-register by September 20 for session 1 and November 22 for session 2 by calling the Center for Enrichment at 215-248-0180.

Session 1: Set gemstones into 8 millimeter sterling silver post earrings. Quick and easy.

\$20 for materials.

Session 2: Create a component bracelet using leather cords and metal elements. Achieve your own style. \$30 for materials.

Instructor Natalie Anderson has been making jewelry since her 1987 retirement from a career in Special Education. She is a member of the South Jersey Beading Society, personally finds beading to be great therapy, and takes real pleasure teaching others.

ZENTANGLE

Tuesday, October 11

1:30 p.m.–3:00 p.m.

\$25 (includes supplies)



Zentangle is an art form that is relaxing, creative, and meditative. This class will add a splash of color to give your new learned Zentangle patterns an added creative design. Zentangle patterns can be tangled into stenciled patterns on tiles and colors may be splashed as desired. Come, create, and have fun. All supplies will be provided.

Hazel Shepherd has been doing Zentangle for eight years and she has been teaching Zentangle for the past year.

DESSERT WITH A DOCENT

Tuesday, October 18

1:00 p.m.–2:30 p.m.

\$8 in advance, \$10 at the door

Pre-registration and payment due by Tuesday, October 11.

Recently-closed Philadelphia Museum of Art special exhibit "Embracing the Contemporary" celebrates a leading American collection of contemporary art. Philadelphians Katherine and Keith Sachs assembled a body of art featuring some of the most prominent European and American artists of the past fifty years. Many of these works have been donated or pledged as gifts to the Museum, which is expected

to make Philadelphia a principal destination for contemporary art. After the Docent's beautiful and informative presentation, enjoy dessert, fruit and beverages.

(This event is co-sponsored by the Center on the Hill and the Chestnut Hill Center for Enrichment.)



MIXED-MEDIA WORKSHOP

(a Chestnut Hill Center for Enrichment sponsored program)

Thursdays, November 17 – December 15

(no class on November 24)

1:00 p.m.–3:00 p.m.

\$85, includes basic materials.

Minimum of six students.

Please pre-register by Thursday, November 10 by calling the Center for Enrichment at 215-248-0180.

"Mixed-Media: The Metamorphosis of Green Kitchen Papers". We will gather a collection of papers used in the kitchen (parchment paper, paper grocery bags, napkins and paper towels, tea bags and their envelopes, coffee filters, etc.). In class we will manipulate, 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, a 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 with a passion for mathematics. She has had work exhibited at Allen's Lane and Abington Art Centers, The Renwick and National Museum of American Art in Washington, DC, Philadelphia Museum of Art, the African American Museum of Philadelphia, Woodmere Art Museum, U.S. Embassies in Ghana and Djibouti.

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



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

SKETCHING AND DRAWING CLASS

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

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

WATERCOLOR WORKSHOP

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

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

ART GALLERY

SEPTEMBER – MARY AGNES WILLIAMS

Mary Agnes Williams has used pinhole cameras exclusively for more than 20 years, finding inspiration in Italy, the Chesapeake Bay watershed area, and the American South. Her photographs are shot with film – black and white and color – and have been shown in solo and juried exhibitions locally and throughout the country in New York, California, Washington, Colorado, Illinois, Maryland,

and Georgia. She was awarded 3rd prize at the 2013 National Exhibition (all media) in Riverhead, NY, and recently published "Venice: A Gallery of Pinhole Photographs." As stated on her website, "Pinhole photography is apparently simple and direct, but can yield complex images. With no lens or viewfinder, the pinhole camera allows me to explore and create mystery and ambiguity – in many of my photographs the images appear to be emerging from, or about to enter, another time or place." www.MaryAgnesWilliams.com

OCTOBER–WILLIAM E. DALY

William E. Daly will be presenting landscapes, townscapes and children in oil paintings and pastels. Daly's work primarily focuses on the Wissahickon Creek and its environs. Never compromising on the time needed to attain his vision, several pieces being displayed took over a year to complete. Capturing light, detail and color in a composition that evokes a quiet peacefulness, the work will reward the viewer with something new every time. Drawing and painting for over 40 years, Daly says, "My artwork is an attempt to call attention to the beauty before us every day if we allow ourselves a moment to find rest."

NOVEMBER–LUCRETIA ROBBINS

Lucretia Robbins is an award winning artist, photographer, gardener, and teacher. She is a graduate in Fine Arts from Arcadia University and the Arboretum School of the Barnes Foundation. Her work is inspired by the world of nature. One of Japan's living treasures, Arikawa, stated "If the artist absorbs the beauty of the natural world it will be revealed in the work." Lucretia taught art at Springside School for many years and now teaches girls to paint in her Wyndmoor garden. This exhibit will include her latest work in botanical illustration and photography. Please visit www.lucretiasgarden.com

An opening reception with music and poetry by Michael Patrick McCormick will be held on Tuesday, November 8 from 4:00 p.m.-6:00 p.m.

DECEMBER–AMBLER ART CENTER

Over forty paintings and prints by local artists and members of Ambler Art Center (AAC) will be on display. The Ambler Art Center has been around for over fifty years and has been dedicated to

LANGUAGES AND DANCE AT THE CENTER ON THE HILL

furthering the arts in our area. AAC sponsors studio classes for adults with nationally recognized artists, demonstrations and workshops throughout the year, as well as regularly scheduled open studio time. AAC also provides opportunities for members to exhibit their work, including juried shows. In addition, each year they sponsor awards to nearby high school students. For information about membership and classes, call 215-572-6855.

INTRODUCTION TO SPANISH CONVERSATION

Wednesdays, October 5-November 23

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 and converse with someone in Spanish, this is the class for you!! Come ready to have fun while learning this great new language.

Instructor Janice Smith minored in Spanish during both undergraduate and graduate 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.

BEGINNING ITALIAN

(a Chestnut Hill Center for Enrichment sponsored program)

Mondays, October 24-December 12

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

\$55 for eight weeks

Minimum of five students.

Please pre-register by Friday, October 14 by calling the Center for Enrichment at 215-248-0180.

Have you always wanted to speak this beautiful romantic language, but feel intimidated by all that grammar? Then, this is the course for you! It is designed for those with little or no knowledge of the Italian language. The class will focus on speaking Italian and listening comprehension with special emphasis on pronunciation, building vocabulary and having a conversation.



INTERMEDIATE AND ADVANCED ITALIAN

(a Chestnut Hill Center for Enrichment sponsored program)

Mondays, October 24-December 12

11:00 a.m.-12:00 p.m.

\$55 for eight weeks

Minimum of five students.

Please pre-register by Friday, October 14 by calling the Center for Enrichment at 215-248-0180.

This course is designed for those who have studied Italian beyond the Beginner level and would like to practice speaking Italian in a conversational setting. We will focus on pronunciation, building vocabulary, listening comprehension and group discussion. Classes will be conducted exclusively in Italian. There is no textbook for this course. Each class session will cover a different topic of conversation, accompanied by a vocabulary list relevant to the topic being discussed. Written materials will be provided.

Instructor Alessandra Cartelli grew up speaking Italian, and also studied at the Università Cattolica del Sacro Cuore in Rome, Italy. She co-authored Emigrazione Friulana in Pennsylvania, published in Italian and English; and served as translator for EFASCE di Philadelphia. She lived in Italy for 2 years and travels to the Friuli region of Italy every fall. Alessandra has worked as a librarian and archivist and is currently the CHCE Assistant Director.

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 born, namely JO-ET-TICS Line Dance, Stretch and Trim.

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



INTERNATIONAL FOLK DANCING

(a Chestnut Hill Center for Enrichment sponsored program)

Fridays, start at any time.

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

\$50 for ten sessions for CHCE members/\$60 for ten classes for non-members

\$7 per session at the door. Your first visit is free.

To register, call the Center for Enrichment at 215-248-0180.

Start your weekend right! Enjoy learning folk dances from the Balkans, Greece, France, the British Isles, and beyond. No partner is needed, as most dances are done in lines and circles. There is always a mix of teaching and "just dancing" and it's a great place for beginners to pick up the basics in a super friendly group. Ask us about our special pre-session class from 12:30 p.m.-1:00 p.m.

Instructor Bill Wadlinger and his wife, Carol, founded Beaver Folk Dancing in the 70's and are part of Three's a Village, which provides participatory dance instruction with live music for public and private events. For more details about our Friday folk dance session, see our website at <http://folkdancefridays.org>, or call Bill at 215-233-9399 or the Chestnut Hill Center for Enrichment (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.



WINDOWS 10 MADE EASY

Tuesdays, September 20-October 4

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

\$84 for three sessions

To register, call the Mt. Airy Learning Tree (MALT) at 215-843-6333.

Need help with your Windows 10 laptop? Are you confused by the new layout? Having trouble figuring

it all out on your own? Bring your laptop to class and get the help you need! Discover the new features and functionality of the Windows 10 operating system for personal and/or professional use. No prerequisite skills are required, but any previous exposure to computers and the internet is helpful. If you are considering upgrading from 8.1 please join us and the instructor will walk you through the upgrade process.

INTRODUCTION TO COMPUTERS

Wednesdays, September 21-October 12

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.

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, October 26-November 2

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.



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.



BRIDGE CLASSES AT THE CENTER

Instructor Dr. Howard Wachtel is a retired professor, bronze life master at bridge and an accredited bridge teacher.

BEGINNING BRIDGE

Tuesdays, September 20–November 22

1:30 p.m.–3:30 p.m.

\$110 for ten classes

Minimum of five students

Registration Deadline and Payment Due: Tuesday, September 13

The game of bridge is a lot of fun, and many people keep on playing even into their 90s. In addition, studies have shown that playing bridge keeps your mind sharp and reduces the chance of Alzheimer's disease. This class assumes no knowledge of bridge. Bring pencil and paper.



BRIDGE REFRESHER

Thursdays, September 22–November 10

1:30 p.m.–3:30 p.m.

\$95 for eight classes

Minimum of five students

Registration Deadline and Payment Due: Thursday, September 15

If you have taken the Beginning Bridge class and want more, or if you want to improve your game, or if you played bridge "back in the day" and want to learn more modern treatments in bridge, this course is for you. Have fun while you learn. Bring pencil and paper.



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.



YOUR THYROID

Thursday, September 8

11:00 a.m.–12:00p.m.

Free

Do you know how important this little butterfly-shaped gland is? What it does; what can go wrong with it; what would you do without it? Members from The Thyroid Cancer Survivors' Association's NW Philly Support Group will help answer these and other questions for you. Please bring a friend and learn more about your thyroid gland. Handouts will be available. This event is being held in recognition of Thyroid Cancer Awareness Month (September).

LIVING LIFE TO THE FULLEST WITH A CHRONIC ILLNESS

Monday, September 12

12:30 p.m.

Free

Have you been managing a chronic illness? Depression and anxiety are not the 'normal' companions of chronic conditions, although often they are there. With acute illnesses we hope to return to full wellness as quickly as possible. When the condition is called chronic it can have a range of impacts on people's lives and families: emotionally, socially, financially, as well as medically. Learn how to maintain the fullest possible quality of your life while living with conditions such as asthma, rheumatoid arthritis, lupus, or pain.

Dan Livney, Psy.D., is a clinical psychologist on staff at the Geriatric Psychiatry Section of the University of Pennsylvania. He also consults to Chestnut Hill Hospital and the Masonic Village in Lafayette Hill. He works with patients across the lifespan, and has an interest in the problems related to traumas, medical conditions and older adults.

LOOKING DEEPLY: THE PRACTICE OF MINDFULNESS MEDITATION

Tuesdays, September 13 – October 18

9:30 a.m.–11:00 a.m.

\$75 for six sessions

"Our world is so crammed full with words, images and sounds... We are so focused on our past, our future and the next thing that we can't stop and just

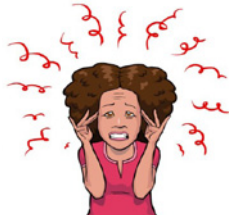
BE. That's why it's critical that we cut everything off from time to time—that we unplug the phone and let the email pile up. Our real power comes from knowing who we are and what we're here to do—and that begins with looking inside ourselves in silence. Solitude is part of the path to spiritual awareness." –Oprah Winfrey

Come join us in our quest to look deeply, using gentle mindfulness meditation as our guide. Mindfulness is the energy of being aware and awake to the NOW, this present moment. As a practice this has many beneficial effects that have been scientifically validated, especially the reduction of stress levels. All that is required is your whole-hearted participation and a willingness to grow and learn.

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.

MIGRAINES

Monday, September 19
12:30 p.m.-1:30 a.m.
Free



An estimated 1 in 4 American households include someone who experiences migraines. Characterized by debilitating headaches and occasional visual symptoms, called auras, migraines can significantly disrupt an individual's life. Keren McCarthy, DO, internal medicine, will review what makes a migraine different from a bad headache. Understand the triggers and treatments and what you can do to minimize your risk of getting them.

YOGA AND WELLNESS TO MANAGE ARTHRITIS

Tuesdays, September 20-October 11
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, 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.

HOW DOES UNTREATED HEARING LOSS IMPACT YOUR HEALTH?

Monday, September 26
11:30 a.m.-12:30p.m.
Free



Join Leila Martin, Licensed Hearing Aid Specialist from The Hearing Garden, for this informative presentation. She will share with us the history of untreated hearing loss as well as important research from 2002 to the present on the effects of untreated hearing loss on health, cognition and quality of life. Tinnitus or ringing ears will also be discussed. Please bring your questions.

INTRODUCTION TO MEDITATION

Tuesdays, October 11, 18, 25
and November 1
11:00 a.m.-Noon
\$20for 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.



EMOTIONAL BALANCE

Monday, October 17
12:30 p.m.–1:30 p.m.
Free



Feeling down or stressed out about something can cause sad or anxious feelings but these feelings come and go, last for a day or two, even a couple of weeks, but they are not constant. Emotional Balance occurs when we permit ourselves to feel whatever comes up and without being or feeling overwhelmed. This is a challenge, as life may be filled with constant change and emotions that need our attention may be difficult to react to.

The Emotional Balance program will discuss words that describe feelings of sadness, loss, disappointment, all normal events that may occur daily, and the balance and resilience that we show and how we deal with these emotions help to manage our lives.

The best way out is always through. Robert Frost

Recently retired after 50 years in the health care professions, Jeraldine Kohut now serves as part-time community liaison for Cathedral Village. During her career, she has served as a staff nurse and director of nursing in urban, suburban and rural hospitals, as a hospital and nursing home administrator, and university professor of nursing, to name a few.

MISUSE OF MEDICATION – ARE YOU AT RISK?

Thursday, October 27
12:30 p.m.–1:30 p.m.
Free



Older adults are more likely to be prescribed long-term and multiple prescriptions, which could lead to improper use of medications. Learn about trends in prescription drug abuse and know which drugs are most commonly misused. Find out how pain relieving opioids interact with other medications. Scott Bickel, RPh, Director of Pharmacy, Chestnut Hill Hospital, will help you recognize, prevent and understand the treatment for prescription drug abuse.

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

WELCOME TO MEDICARE

Thursday, October 27 or
Thursday, November 17
2:00 p.m.–4:00 p.m.
Free

**Medicare
made easy!**

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

Barbara Rutberg, a state trained APPRISE counselor, will conduct a group meeting to discuss Medicare enrollment, Part A and Part B, Prescription Plans, Medicare Advantage Plans and other health insurance options. RSVP of Montgomery County's APPRISE Medicare Counseling program is a free, unbiased and confidential health insurance counseling program created by the Pennsylvania Department of Aging to help Pennsylvanians understand their Medicare and other health insurance benefits and assist them in making sound decisions about what is best for them.

THE CHIROPRACTOR RETURNS

Dr. Dawn Cute has been sharing her expertise with us for more than four years. This fall she returns for two very informative and important sessions. Please pre-register if you'd like to learn about proper ergonomics and how to age gracefully from Dr. Cute.

PROPER ERGONOMICS

Thursday, November 3
10:30 a.m.–11:30 a.m.
Free



In this session, you will learn how to avoid stress on your body while doing everyday activities such as proper desk/computer ergonomics, proper sleep positions and proper driving techniques. Postural computerized exams will be performed on participants with an emailed report to follow.



AGING GRACEFULLY

Thursday, November 10
10:00 a.m.–11:00 a.m.
Free



Americans are living longer these days; however, aging does not need to be marked by disease and disability. Participants will learn tips to improve their mental and physical health so that they can function at their optimum potential at any age!

Dr. Dawn Cute is a 1996 graduate of New York Chiropractic College. She is the sole proprietor of Optimum Health Chiropractic in Roxborough Market Square. Dawn is committed to getting the message out to the public about chiropractic care and the importance of natural, holistic healthcare.

RELAXATION TECHNIQUES

Tuesdays, November 8-29
10:00 a.m.–11:00 a.m.
\$12 per class or \$48 for all four sessions

Modern science has acknowledged that stress is the leading cause of disease. The body only heals, rebalances, and restores itself when it is brought into a state of relaxation. This class will incorporate soft stretching, gentle yoga, breathwork, and different techniques to bring the body into this deep state of rest which is essential for good health.

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 reflexologist, Reiki Master, therapeutic touch practitioner and seated chair massage therapist.

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 call 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!

HEARTS AFLUTTER – AND OTHER COMMON CARDIOVASCULAR PROBLEMS

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



Learn about your heart and common heart problems such as electrical impulses that stimulate the heart and can cause it to beat out of sync. Parul Patel, MD, Penn Cardiology, Chestnut Hill Hospital, will review the latest information on heart health and discuss why arrhythmia matters. About 6 million Americans have A-fib. What is it and are you at risk?

NATURAL HEALTH DEMYSTIFIED: UNDERSTANDING SUPPLEMENTS

Thursday, December 1
12:30 p.m.–1:30 p.m.
\$5

Nutritional supplements are widely used in the natural health community and are often promoted as an essential for most people. At this 1-hour class you will learn about safe usage of nutritional supplements and why they aren't for everyone. We'll also go over a list of popular supplements on the market today and sort through the hype. If you take supplements and/or are on any kind of pharmaceutical medication that could potential react with certain supplements or cause nutrient depletions, this will be a great class for you.

Wendy Romig, MBA, MS, CNS, LDN and Clinical Nutritionist/Herbalist from Sage Integrative Health Center will be leading this workshop.

FOOD AS MEDICINE

Tuesday, December 6
1:00 p.m.–2:30 p.m.
Free



Science is beginning to confirm that many of the diseases and health conditions affecting people are the result of nutritional imbalances - either nutritional excesses like sugar, or nutritional deficiencies like magnesium or Vitamin E. Our food choices can contribute to health problems AND they can also help heal the body. At this workshop, we'll explore 'food as medicine' and discuss important nutrients that can help address some common conditions like diabetes, gastro-intestinal disorders and more. This class will be taught by the Weavers Way Co-op nutrition education team.

WHAT TO LOOK FOR IN A GOOD SENIOR LIVING FACILITY

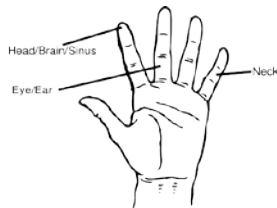
Monday, December 5
12:30 p.m.–1:30 p.m.
Free



Making the decision to leave the home you've lived in for decades can be overwhelming to say the least, not to mention finding a senior living facility that fits your needs and goals. On top of that the terminology the senior living facilities utilize is confusing, such as Personal Care vs. Assisted Living. Please join Kelly Wright, NHA, M.S.W. and Administrator for Phoebe Wyncote as she shares with us what items you should look for in a good senior living facility and also helps to decipher the terminology used within.

HAND REFLEXOLOGY

Tuesday, December 6
10:30 a.m.–Noon
\$15 per person
Minimum of six students or three pairs of partners



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

Instructor Michelle Carlino 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.

MINDFULNESS

Relaxation
Movement
Meditation

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.

SUPER BONES EXERCISE CLASS

Thursdays, 10:30 a.m.–11:30 a.m.
Evenings: Wednesdays, 5:30 p.m.–6:30 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.

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 BONESEXERCISE CLASS

Mondays, 9:00 a.m.–10:00 a.m., start at any time
Thursdays, 9:00 a.m.–10:00 a.m. (NEW) and 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.

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



AWARENESS THROUGH MOVEMENT

Daytime: Mondays, start at any time.

10:30 a.m.–11:30 a.m.

Evenings: Wednesdays, start at any time.

6:45 p.m.–7:45 p.m.

\$12 per class; \$65 for six classes.

To register, call Joanne Fagerstrom, 267-432-1795.

Please bring payment to first class.

Ease chronic pain or overcome injuries through a gentle movement program for people of all ages and abilities. Increase flexibility, strength and balance at your own pace and ability. Will Byrd, program participant said, "To feel the result of lengthened limbs and opened joints is nothing short of miraculous, and something I have not experienced anywhere else."

Course instructor Joanne Fagerstrom 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 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

September 7, 14, 21 and 28

October 5, 12, 19 and 26

November 2, 9, 16 and 30

(no class November 23)

December 7, 14 and 21**

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 CARE-GIVER 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

YOGA AT THE CENTER ON THE HILL

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. 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 either or both classes at anytime

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 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 the Center for Enrichment at 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 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 the Center for Enrichment at 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 Martial 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).

太 极 拳

T'AI CHI CH'UAN – LEVEL TWO

This class is for those who have completed Level One.

*Wednesdays, September 21-December 7
(no class on October 12 and November 23)
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.

*Wednesdays, September 21-December 7
(no class on October 12 and November 23)
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 Fa Xiang Hou 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. Please call the MALT office for further information about other classes that Susan teaches.



SMART DRIVER SAFETY COURSE

AARP SMART DRIVER COURSE

*Monday and Tuesday, October 31 and November 1
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, September 13
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.





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

Non-Profit Org.
U.S. Postage
PAID
Fort Washington,
PA #33



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 call 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!