

# AT THE CENTER OF THINGS

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

## — WINTER 2017 —

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

We have a very talented group of speakers and instructors joining us this winter. In fact when you look inside this Winter 2017 newsletter you'll notice that it's packed with almost 20 new programs to pick from. And of course, we have our amazing ongoing instructors and classes in yoga, art, dance, t'ai chi, qigong and much more in which you can get active and involved.

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

### **All about Dreams and How to Interpret Them**

— Have you ever wondered what messages your dreams were trying to communicate to you? Or how you can better remember them? Come to this workshop to find out. (page 3)

### **Assembling Care Packages for Seniors in Our Community**

— Inspired by Martin Luther King's day of service, the Center on the Hill and the church's preschool will partner on Tuesday, January 17 to create care packages for those seniors served by the Chestnut Hill Meals on Wheels program. (page 2)

### **The Basics of How to Use My Android Phone—**

Don't miss this free four-session workshop on how to navigate through your Android phone step-by-step. Handouts will be provided. (page 4)

### **Legal, Financial and Ethical Care Planning—**

Please join the Delaware Valley Chapter of the Alzheimer's Association for this very important two and half hour session on care planning. (page 5)



Photo by Sue Ann Rybak

**Music and Sound as Healer** — In this class you will learn how to use music and sound as a catalyst for healing, to reduce pain, relieve stress, improve memory, improve language, and support coordination and balance. (page 5)

**Dementia — Everything You Wanted to Know But Were Afraid to Ask** — Please join Charles Altman, M.D., psychiatrist, director of Chestnut Hill

Hospital's Senior Behavioral Health Program during Brain Awareness Week. He will discuss what you need to know about the growing rate of dementia. (page 11)

Even though it may be cold outside, you'll always get a warm, welcoming smile from me when you come through the door. I look forward to seeing you very soon. Wishing

you a very happy and healthy winter season!

With gratitude,

*Leslie*

Leslie A. Lefer  
Director, Center on the Hill  
215.247.4654  
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# UPCOMING EVENTS

## **MICHENER ART MUSEUM, Doylestown, PA**

Thursday, March 30

Meet at the Center at 9:00 am

(Van leaves promptly at 9:10 am)

Minimum of 7 participants and a maximum of 10  
\$45 (includes entrance and docent fee, transportation and parking; lunch cost is not included.)

**REGISTRATION/PAYMENT DUE BY THURSDAY,  
MARCH 16**

In 1988 the James A. Michener Art Museum opened as a non-profit cultural institution dedicated to preserving, interpreting and exhibiting the art and cultural heritage of the Bucks County region. The museum is named for Doylestown's most famous son, the Pulitzer-Prize winning writer who first dreamed of a regional art museum in the early 1960s.

We will have a private docent-led tour beginning at 10:30 am which will include highlights of the permanent collection as well as the current special exhibitions. Following our hour-length tour, you'll have time to linger in the galleries and visit the museum's gift shop. We'll enjoy a casual lunch at a nearby restaurant in Doylestown, PA. Lunch is not included in the cost of the trip.

\*\*The church van is not ADA accessible, so participants must be able to climb in and out of the van as well as move around to the back seats.\*\*



## **MONTHLY COMMUNITY LUNCHEON**

Tuesdays, January 24, February 28  
and March 28

12:00 pm

\$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!



## **ASSEMBLING CARE PACKAGES FOR SENIORS IN OUR COMMUNITY**

Tuesday, January 17

10:00 am - 11:00 am

Free

Inspired by Martin Luther King's day of service, the Center on the Hill and the church's preschool will partner once again. This time we will work together to create care packages for those seniors served by the Chestnut Hill Meals on Wheels program. Between Tuesday, January 3 and Thursday, January 12 we (both the Center on the Hill and the preschool) will be collecting items to put into our "snack pack" care packages. These items include:

- Instant oatmeal packets
- Tea bags
- Raisin boxes (mini-size)
- Granola bars (chewy)
- Cookies (mini-packs)

Then on Tuesday, January 17 we will work with the preschoolers to assemble the "snack pack" care packages including creating a hand-decorated card. All are welcome to drop off care package items. If you'd like to participate in assembling these packages, please contact Leslie at 215-247-4654 by Thursday, January 12.

## 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.



### January 12 Ray Didinge – A Review of the NFL Season

Mr. Didinge will talk about the NFL post-season and the upcoming Super Bowl. Ray Didinge is the author of eleven books on sports, including his three most recent bestsellers, *The New Eagles Encyclopedia*, *One Last Read*, and *The Ultimate Book of Sports Movies*. He wrote for the Philadelphia Bulletin and Philadelphia Daily News for more than 30 years and is a host on 94WIP all-sports talk radio in Philadelphia. He appears on Comcast SportsNet TV as the primary analyst on Eagles Pre-Game Live and Post-Game Live. Mr. Didinge also wrote his first play, *Tommy and Me*, which was performed at the Fringe Arts Theatre in August.



### February 9 Jenny Rose Carey – Insights into the Phila- delphia Flower Show

Join Jenny Rose Carey, Director of the Pennsylvania Horticultural Society's garden, Meadowbrook Farm in Jenkintown as she enlightens us about the Philadelphia Flower Show. Many of the plants for the Central feature are forced into early bloom at Meadowbrook, so Jenny will explain the process of tricking plants to leaf out and flower before they would normally if they were outside. She will also give a sneak preview of some of the exhibits at the Flower Show in March that this year has a theme of Holland. With this theme expect to see tulips and other bulbs but also some of the innovative and sustainable horticultural techniques that the Dutch are known for.

### To Register for Events and Classes

Unless otherwise noted, please call Leslie Lefer at 215-247-4654 or email [llefer@chestnuthillpres.org](mailto:llefer@chestnuthillpres.org).

### ALL ABOUT DREAMS, AND HOW TO INTERPRET THEM

Thursdays, January 12 – February 9  
2:00 pm – 3:30 pm  
\$5 each session  
Minimum of five students

For some time, scientists have known that everyone dreams every night, and throughout history people have noted the meaningful messages that some dreams communicate. How can we better remember them? Aside from their practical value, how can they help us attune to a more profound and fulfilled sense of who we are? After reviewing the basic biology of dreams, we'll spend each session learning basic principles of dreamwork from some major theorists (Jung, Taylor, etc.), do our best with symbols, and

go about helping each other understand our own dreams. Our goal will be to "dialogue" with our own deeper faculties of wisdom and intuition, and perhaps support each other in life changes we may wish to undertake as a result.



*David Low, MS PhD was an entertainer and drug counselor (doing some dream circles with clients) before getting his doctorate in Religious Studies and teaching as an adjunct professor at Rutgers, Rowan and other area colleges for ten years. He lived in both eastern and western spiritual communities for five years, and has been recording and interpreting his own dreams for over 30 years.*

## AFTERNOON MOVIES

1:30 pm

\$1 (includes popcorn)



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

Movie dates and shows:

### **Tuesday, January 10 showing "Silver Lining Playbook"**

After losing his job and wife, and spending time in a mental institution, Pat Solatano (Bradley Cooper) winds up living with his parents (Robert De Niro, Jacki Weaver). He wants to rebuild his life and reunite with his wife, but his parents would be happy if he just shared their obsession with the Philadelphia Eagles. Things get complicated when Pat meets Tiffany (Jennifer Lawrence), who offers to help him reconnect with his wife, if he will do something very important for her in exchange. (2012)

### **Tuesday, February 14 showing "The Light Between Oceans"**

Tom is a World War I veteran who maintains a lighthouse off the shore of Australia with his wife Isabel, a woman desperate to have a baby. Her prayers are answered when an infant washes up on shore in a rowboat. Tom thinks they should notify the authorities but ultimately gives in to Isabel's wish to keep the girl. Fate strikes again when the couple meet the child's biological mother on the mainland. Now, Tom and Isabel must make a decision that will forever affect the lives of four people. (2016)

### **Thursday, March 16 showing "Sully"**

On Jan. 15, 2009, Capt. Chesley "Sully" Sullenberger (Tom Hanks) tries to make an emergency landing in New York's Hudson River after US Airways Flight 1549 strikes a flock of geese. Miraculously, all of the 155 passengers and crew survive the harrowing ordeal, and Sullenberger becomes a national hero in the eyes of the public and the media. Despite the accolades, the famed pilot now faces an investigation that threatens to destroy his career and reputation. (2016)

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

## THERAPEUTIC LAUGHTER

Mondays, January 23 and 30

11:00 am – 12:30 pm

\$10 for two sessions or \$5 per session

Minimum of five students.

# Laugh

Therapeutic Laughter is full of FUN with benefits! We all know, LAUGHTER is the BEST Medicine. Traditionally, "therapy" has referred to fixing something, but developments in positive psychology and medicine are now extending the concept of therapy to: Strengthening what is good, Restoring Balance & creating Stress Resistant Personality traits. We LAUGH because we all need to have more LAUGHTER in our own personal world and because sometimes, it's the best expression for our energy outlet. We just have to accept that life is sometimes silly, absurd and just plain funny. Our LAUGHS are WITH each other, not at each other. There are no jokes being told - we will enjoy good hearted, good natured laughter in a non-intimidating safe place to LAUGH freely without inhibitions. We will also talk about looking for and "finding the Positive" using "Ways to Good Hearted Living" to help prevent "hardening of the ATTITUDES". Wear comfortable clothing and do your best to leave your worries at the door. Everyone is welcome! Let's share our laughter!! Join us and give yourself permission to laugh out loud!

*Sue Simmon received her Laughter Leader certification through the World Laughter Tour in 2004. Her background is as a Health Educator and she has had an extensive career in Health Care working with senior adults and their families in various capacities.*

## THE BASICS OF HOW TO USE YOUR ANDROID PHONE

Wednesdays, January 25, February 8, February 22 and March 8

12:00 pm – 1:30 pm

Free

Minimum of five students. Pre-registration required by January 18.



Explore how to navigate through your Android phone step-by-step. You will learn how to save contacts, set-up your voicemail (and learn how to access your voicemail messages), send a text message, take photos and connect your email account to your phone. No experience necessary. Bring your Android to class. Handouts will be provided.

*Instructor Kwaku Boateng is the Director of Marketing and Community Relations for Senior Helpers Philadelphia and enjoys helping seniors learn how to use technology.*

**WINTER DOLDRUMS?**

Tuesday, January 31  
11:00 am – Noon  
Free  
Minimum of five students.



Come for a talk on winter and Chinese medicine. Learn about Chinese philosophy and how we can align ourselves to this dark cold time of year. There are many foods that are beneficial for us to eat during the winter season. It is believed that by harmonizing oneself with the season you can stay healthier and prevent disease so winter is a good time to strengthen the kidneys. Rest is important for revitalizing. Winter is the most quiet and Yin time of year. Come listen, share, and be inspired to cook healthy foods to keep us well!

*Rachel Clark, L.Ac, M.Ac. has been practicing martial arts for 25 years and is in private acupuncture 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.*

**LEGAL, FINANCIAL AND ETHICAL CARE PLANNING**

Thursday, February 16  
1:00 pm – 3:30 pm  
Free



Please join the Delaware Valley Chapter of the Alzheimer's Association for this very important two and half hour session about legal, financial and ethical care planning. They will share information about:

- Legal and medical planning (advance directives, legal declarations), the role of legal advisors and how to access their services.
- Financial instructions, directives, documentation, how to go about paying for long term care (LTC) and the role of financial advisors.
- Ethical issues surrounding decision making for care, including truth in diagnosis, therapeutic goals and aggressive care. Legal capacity, personhood and autonomy.

**MUSIC AND SOUND AS HEALER**

Tuesdays, March 7, 14 and 28  
(no class on March 21)  
1:00 pm – 2:30 pm  
\$49 for three sessions  
Minimum of six students



When we listen to music and sound many bodily changes take place. There are changes in respiration, pulse, blood pressure, muscle tone,

brain wave frequency, and hormones. Some music and sound can be harmful to the body, and others can be therapeutic. In this class you will learn how to use music and sound as a catalyst for healing, to reduce pain, relieve stress, improve memory, improve language, and support coordination and balance.

*Instructor Alvina Ransaw, ND, MT is a Naturopathic Doctor, Music Therapist, and Concert Artist. She lectures and consults with patients in health maintenance, and music and sound research. She specializes in neurological and speech disorders. She also produced and hosted the radio program "From Head to Toe".*

**GOLDEN YEARS HEALTHY AGING**

Thursday, March 23  
1:00 pm – 2:00 pm  
Free



This program will focus on aging in our American society and how the way senior citizens live affects their lives and longevity in a positive or negative manner. We may think that genes and heredity are the most important or the sole factors to happiness and good health in our Golden Years, but in fact, it is never too late to change unhealthy habits to healthy habits thus resulting in a happy and rewarding lifestyle. Healthy and/or good habits include but are not limited to initiating a smoking cessation program, beginning a sensible and healthy diet, and embracing a sensible exercise regime. The authors, John Rowe and Robert Kahn, in their book titled, Successful Aging, remind us that "Perhaps the greatest anti-aging 'potion' is good old-fashioned clean living."

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.

**STRENGTHEN YOUR VOICE**

Mondays, January 9, 23, 30 and February 6  
(No class January 16)  
10:00 am – 11:00 am  
\$15 per class  
Minimum four students.



Gradual voice changes are a normal part of aging. Commonly-reported age-related changes include

## FOR YOUR INTEREST AT THE CENTER ON THE HILL

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. For more information, please contact Dr. Bishop at [jsbishop717@gmail.com](mailto: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.*

### DESSERT WITH A DOCENT

Tuesday, January 31

1:00 pm – 2:30 pm

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

Pre-registration and payment due by Wednesday, January 25.



The recent Philadelphia Museum of Art exhibit "Paint the Revolution-Mexican Modernism", will be brought to us

in a program jointly sponsored by the Center for Enrichment and Center on the Hill. From the 1910 Mexican Revolution to a half-decade following World War II, the intellectual and artistic communities in Mexico were at the epicenter of a debate over their country's future. The progress of this debate and concurrent development of Mexican modern art were closely watched world-wide. Enjoy and learn from one of the Museums' fabulous docents who will present a stunning visual lecture of the murals, photographs, paintings, books, prints and broadsheets included in "Paint the Revolution". You will be fascinated by the most comprehensive exhibit of Mexican modernism on view in the U.S. in over 70 years. An added treat will be a selection of fresh fruit and sweets.

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

### SOULCOLLAGE® CARD MAKING

Thursday, March 2

1:30 pm – 3:30 pm

\$25

(includes \$10 for supplies)

Minimum of five students.



SoulCollage

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

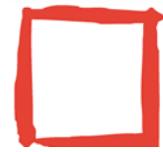
Leslie Lefer, Director of the Center on the Hill, will lead this program.

### INTRODUCTION TO ZENTANGLE

Tuesday, March 21

10:00 am – 11:30 am

\$25 (includes supplies)



z e n t a n g l e ®

This workshop is a basic introduction to the Zentangle drawing method. We will cover the history, the applications, and the steps of creating an original Zentangle tile. This class invites all levels and requires no artistic experience. This is a great starter class that is bound to leave you thirsty for more.

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

### **INCLEMENT WEATHER**

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

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

## ART CLASSES

### ART CLASSES

These classes are sponsored by the Chestnut Hill Center for Enrichment (CHCE). To register, call 215-248-0180.

Instructor Alex Forbes has been teaching classes for the Chestnut Hill Center for Enrichment for the past thirty 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 am – 11:30 am*

*\$32 per month*

*Please bring check payment to first class.*

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 am – 11:30 am*

*\$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

### JANUARY – MONTGOMERY COUNTY GUILD OF PROFESSIONAL ARTISTS

The Montgomery County Guild of Professional Artists (MCGOPA) has provided the platform for artists to exhibit their work since 1998. A nonprofit, MCGOPA is a co-operative artists group and is comprised of 20 artists who were juried into the organization by fellow artists. Group members are accomplished artists passionate about the visual arts and have each received a handsome measure of recognition for their creative work. Many of the artists are also art educators and instructors.

The exhibition at the Center will feature the work of thirteen of MCGOPA's artists working in a variety of mediums including: work on canvas, work on paper, mixed-media work, wall sculpture and photography. Exhibiting artists include: Millie Becker, John A. Benigno, Alice K. Chung, Perky Cohen, Karen Love Cooler, Barbara Glickman, May Lomax, Pam McLean-Parker, Deborah Northey, Rinal Parikh, Dae Rebeck Sanchez, Irma Shapiro and Kathleen Spicer. Much of the work in this group show features views and visions of winter.

### FEBRUARY–KEN WEINER

Starting with a simple idea and developing it by responding to the unfolding image, Ken Weiner paints acrylics layer upon layer, allowing elements of previous layers to peek through, imbuing his work with color and a sense of mystery. After retiring from a career in health care, Ken rekindled an early interest in painting, studying at the Pennsylvania Academy of the Fine Arts, the Woodmere Art Museum and the Main Line Art Center. Ken has had solo exhibitions at the Center on the Hill and the Or Hadash Staircase Gallery and has shown in juried exhibitions at The Pennsylvania Academy of the Fine Arts, the Philadelphia Sketch Club, the Mt. Airy Art Garage, and the Philadelphia Corporation for Aging. Ken is currently on the Germantown Settlement Music School Board and vice-president of the Philadelphia Sketch Club.

### MARCH–LAWRENCE H. GELLER

Lawrence H. Geller will exhibit his unique blend of metal work at our Center this month. Mr. Geller first learned copper tooling when he was thirty and it has been a "love affair" ever since. In subsequent years he added other dimensions to his metal craft. Writing, singing, senior softball, social activism and acting are among his other pursuits. He most recently appeared in 'The Country Girl' (Stagecrafters) and 'Breaking the Code' (Allens Lane). Retired from the Philadelphia Commission on Human Relations, he lives in Roxborough with his wife.

### INTERMEDIATE AND ADVANCED ITALIAN CONVERSATION

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

*Mondays, March 6 – April 24*

*10:00 am – 11:00 am*

*\$55 for eight weeks*

*Minimum of 5 students.*

*Please pre-register by February 27 by calling the Center for Enrichment at 215-248-0180.*



## DANCE AND COMPUTERS AT THE CENTER ON THE HILL

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, but the instructor will recommend a workbook or two for the students to purchase if they wish. Each class session will cover a different topic of conversation, accompanied by a vocabulary list relevant to the topic being discussed.

*Instructor Alessandra Cartelli grew up speaking Italian, and also studied at the Universita 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 two years and travels to the Friuli region of Italy every fall.*

### SOUL LINE DANCING FOR BEGINNERS

Thursdays, start at  
any time.

5:45 pm – 6:45 pm

\$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.*

### INTERNATIONAL FOLK DANCING

(a Chestnut Hill Center for Enrichment sponsored  
program)

Fridays, start at any time.

1:00 pm – 2:30 pm

\$50 for ten sessions for CHCE members/\$60 for ten  
sessions 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.

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

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 more details about our Friday folk dance session, see our website at <http://folkdancefridays.org>, or call Bill at 215-233-9399.*

### 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

Tuesdays, January 17 – February 7

10:00 am – 12:30 pm

\$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

Tuesdays, February 28 – March 7

10:00 am – 12:00 pm

\$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

*Thursdays, January 19 – March 23*

*1:30 pm – 3:30 pm*

*\$110 for ten classes*

*Minimum of five students*

*Registration Deadline and Payment Due: Thursday, January 12*

The game of bridge is a lot of fun for people of all ages! Younger players can enjoy the game for a lifetime, while many seniors 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.



### BASIC BRIDGE, PART II

*Tuesdays, January 17 – March 7*

*1:30 pm – 3:30 pm*

*\$95 for eight classes*

*Minimum of five students*

*Registration Deadline and Payment Due: Tuesday, January 10*



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 pm – 3:30 pm*

*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 years, a small group of people have been meeting to play and would like to expand the number of players.

### EXPERIENCING WRIST OR HAND PAIN?

*Thursday, January 5*

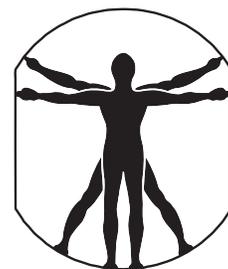
*12:30 pm – 1:30 pm*

*Free*

Wrist and hand pain has many causes, including injury and disease. Fortunately, many of those causes can be treated and the symptoms eased. The hand and wrist have multiple small joints that work together to produce motion, including the fine motion needed to thread a needle or tie a shoelace. When joint movement causes pain, activities of daily living can be difficult. Tendonitis, arthritis, carpal tunnel syndrome and fractures are a few common causes of discomfort. Hesham Adelfattah, M.D., Temple Orthopedics and Sports Medicine at Chestnut Hill Hospital, specializes in the diagnosis and treatment of disorders and injuries of the hand and wrist. He will discuss surgical and nonsurgical treatments for pain and give you some tips on how to keep your hands and wrists healthy. Bring your questions.

### THE CHIROPRACTOR RETURNS

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



### EASY CHAIR EXERCISES

*Tuesday, January 17*

*11:00 am – 12:00 pm*

*Free*

In this session, you will learn simple exercise to keep you flexible and pain free. Wear loose fitting, comfortable clothing and proper shoes for safety and support.

### POSTURE EXERCISES FOR BALANCE

*Tuesday, January 24*

*11:00 am – 12:00 pm*

*Free*

We all need to build a stronger spine. Learn how to maintain your posture to create a stronger torso

# HEALTH AND WELLNESS AT THE CENTER ON THE HILL

and legs. This will increase balance and stability to keep you strong and independent.

*Dr. Dawn Cote 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.*

## BALANCE AND STABILITY WORKSHOP

Wednesdays, January 18, February 15 and March 15  
2:00 pm – 3:30 pm  
\$30 for the three classes or \$12 per individual class  
Minimum of eight students. Please pre-register for each workshop.



The Schock Fitness Balance & Stability class will provide you with a knowledge of which muscles provide us with our balance and stability along with exercises to do in order to develop these muscles. The class will be a combination of both information as well as activity. Please come dressed to move and wear comfortable shoes that are secure on your feet.

*Rebecca S. De Pasquale has been in the fitness industry since 1998. Over the years she has taught a wide variety of group fitness formats from cardio, strength and interval classes to yoga and palates based formats. In 2005 she founded Schock Fitness which specializes in mature adult fitness.*

## THE JOY OF MEDITATION: LEARN TO RELIEVE YOUR UNWANTED STRESS

Tuesdays, January 24 – March 7  
9:30 am – 11:00 am  
\$90 for seven sessions



In a comfortable small group setting, we will provide concise, simple, easy to understand instructions. Our intention is for you to discover ways to self-regulate, leading to peace, understanding, clarity and resilience.

Throughout time human beings have practiced meditation, conscious breathing, calming and relaxing body, mind, heart and spirit. When the grip of hurry and worry are released we return to our natural state: balanced, vital and healthy.

In addition to traditional sitting, you will also be invited to participate in gentle enjoyable mindful

movements. The millions who meditate around the globe all come to their practice with a beginners mind. In this class no experience is necessary. All that is requested is your full whole-hearted participation.

*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.*

## DIABETES PREVENTION AND MANAGEMENT

Monday, February 6  
12:30 pm – 1:30 pm  
Free



Close to home, people are increasingly feeling the effects of diabetes as thousands of people suffer from the disease, and many others may have diabetes and not know it! Let's commit to learning how to stop diabetes and support those living with the disease. Join nationally known researcher on diabetes and Chestnut Hill Hospital endocrinologist Claresa Levetan, MD, to discuss what you can be doing to prevent and help others manage diabetes. Are you at risk for diabetes? Find out how diabetes can impact your health.

## NOURISH YOURSELF THROUGH MINDFUL EATING AND ENERGY MEDICINE

Thursday, February 2, 9, 23 and March 2  
(no class February 16)  
10:00 am – 11:00 am  
\$15 per class or \$50 for all four sessions  
Minimum of four students.

Nourishing ourselves is about food choices we make, and so much more. It's about when, where (not in a car) and how we eat, that is in a mindful way. It's about making sure we're hydrated, and getting enough sleep. It's about managing stress, and figuring out how to get the support we need. In this 4-session class we learn energy balancing tips, practice mindful eating, and learn simple stress management techniques, all in a supportive environment. Class one offers a 5-minute routine to balance your energies. Class two introduces mindful eating instruction and practice. Class three explores what gets in the way of mindful eating. Class four

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reviews all of the above and assists members in goal setting.

*Instructor Elizabeth Corea, MA., MS., is a retired communications instructor from Framingham State University. For ten years she also led groups for Feeding Ourselves, an Arlington, MA organization that focused on helping women achieve healthy relationships with food.*

**A HEALTHY GUT FOR A HEALTHY LIFE**

Thursday, February 23  
12:30 pm – 1:30 pm  
Free

Have you heard of a “microbiome”? How about “leaky gut”? “Bacterial immunity”? Join Rabiya Bower, RD, LDN and In-store Nutritionist for the Flourtown Giant as she discusses the connection between the organisms in your body and your health status. If you’ve ever wondered about probiotics, this is the class for you! Samples will be provided.

**YOGA FOR VISION**

Tuesdays, February 28  
10:30am – Noon  
\$12



Like all the muscles of the body, if the muscles of the eyes are not toned, they weaken and our vision is affected. The late physician Swami Sivananda considered sight the most abused of our five senses. This class will introduce a series of eye exercises, which have been proven to benefit vision. We will also dive more deeply into our internal vision. We will explore our intuitive aspects through restorative yoga poses, and meditation.

*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.*

**NUTRITION AND YOU**

Mondays, March 6 - 20  
10:30 am – 11:30 am  
\$39 for three sessions  
Minimum of six students



What is your body really telling you? Most disorders, and disease begin with nutrient imbalance, and inflammation in the body. As we age it becomes more difficult to correct an imbalance, and to rid the body of inflammation. Learn natural ways to help lower cholesterol, lower high blood pressure, strengthen bones, improve heart function, have better digestion, and reduce stress. And other disorders

which participants would like discussed. The foods we eat, our supplements and the prescription drugs we take can determine our nutrition and health levels, memory, emotions, learning, energy, and how we handle stress. These classes will address these issues through diet, supplements, and stress reduction techniques.

*Instructor Alvina Ransaw, ND, MT is a Naturopathic Doctor and Music Therapist. She is a nutritional consultant, teacher and lecturer on Music and Sound as Healer.*

**DEMENTIA—EVERYTHING YOU WANTED TO KNOW BUT WERE AFRAID TO ASK**

Monday, March 12  
12:30 pm – 1:30 pm  
Free



Please join Charles Altman, M.D., psychiatrist, director of Chestnut Hill Hospital’s Senior Behavioral Health Program during Brain Awareness Week. He will discuss what you need to know about the growing rate of dementia. The greatest risk factors for developing dementia is advancing age—a trend that will continue. You will learn: common symptoms of dementia; what to expect when a loved one has been diagnosed with dementia; where the latest research is headed; and what we can do to help our brains. Bring your questions.

**MONTHLY MINDFULNESS PRACTICE**

Drop-in class: the 2nd Tuesday of the month  
9:30 am – 11:00 am  
\$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**

*(only through January 2017)*

*Thursdays, 10:30 am – 11:30 am,*

*Evenings: Wednesdays,*

*5:30 pm – 6:30 pm,*

*\$12 per class, or \$85 for eight classes, plus a one-time \$10 equipment fee.*

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

**SUPER  
BONES  
SUPER**

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**

*(only through January 2017)*

*Mondays, 9:00 am – 10:00 am,*

*Thursdays, 9:00 am – 10:00 am and*

*1:00 pm – 2:00 pm*

*\$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](mailto:llefer@chestnuthillpres.org).**



## **AWARENESS THROUGH MOVEMENT**

*(only through January 2017)*

*Daytime: Mondays, 10:30 am – 11:30 am*

*Evenings: Wednesdays, 6:45 pm – 7:45 pm*

*\$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.

## **ZUMBA GOLD**

*Tuesdays, 1:30 pm – 2:15 pm, ongoing*

*\$24 for four sessions or \$8 per class*

*(start at any time)*

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.

## **WEDNESDAY DIABETES WORKSHOP**

*January 4, 11, 18 and 25*

*February 1, 8, 15 and 22*

*March 1, 8, 15 and 22*

*12:00 noon – 2:00 pm*

*\$5 for the cooking workshop, which is the last session of each series. All other sessions are free. 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.

## 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.

## ALZHEIMER'S CAREGIVER SUPPORT GROUP: WHY DO IT ALONE?

Third Tuesday of the month,  
join at any time

5:30 pm – 6:45 pm

Free

For more information, call Wendy Liebling, 610-733-1473 or e-mail [wendyliebling@gmail.com](mailto:wendyliebling@gmail.com).



Share your wisdom, experiences, challenges and joys with others as caregivers for those living with Alzheimer's and related dementias. This group is

an open support group for caregivers, sponsored by the Alzheimer's Association of the Delaware Valley. The group meetings are open to new and interested members. No enrollment or long term commitment is required, just a willingness to share in a confidential and supportive environment.

*Facilitator Wendy Liebling, LSW, C-ASWCM is a Licensed Social Worker who brings together caregivers dedicated to a common goal. Wendy owns a Geriatric Care Management practice in the Delaware Valley and brings over 20 years of Social Work experience to her volunteer role with the Alzheimer's Association.*

## YOGA CLASSES

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

### GENTLE THERAPEUTIC YOGA

*Mondays, start at any time*

*2:15 pm – 3:30 pm*

*\$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 pm – 3:30 pm*

*\$25 for four classes*

*To register, call Barbara Levitt, 215-247-3029 or e-mail [goldenyoga@aol.com](mailto:goldenyoga@aol.com).*

Golden Yoga is a classical yoga, adapted by the SKY Foundation, to accommodate those who have difficulty getting up and down from the floor. The

practices include stretching, breathing, relaxation, and meditation techniques – all done while sitting in a chair or standing. Barbara Levitt, author of *Golden Yoga: You Can Do It*, has practiced and taught Classical Yoga under the direction of Dr. Vijayendra Pratap for forty years. Barbara is Secretary of the SKY Foundation and is a yoga instructor for the Jefferson-Myrna Brind Center of Integrative Medicine.

## YOGA WITH ATTITUDE



*(a Chestnut Hill Center for Enrichment sponsored program)*  
Fridays, start at any time  
9:30 am – 11:00 am  
\$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 am – 1:00 pm  
\$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

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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 pm – 3:00 pm (ongoing)*  
*Thursdays, 9:00 am – 10:00 am (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.

## BEGINNING T’AI CHI

*Wednesdays, January 18 – March 22*  
*10:00 am – 11:00 am*  
\$109 for ten sessions  
To register, please call the Mt. Airy Learning Tree (MALT) at 215-843-6333.



The ancient Chinese martial art of t’ai chi is a low impact activity that offers benefits of meditation and cardio exercise. Requiring no special equipment, it can be done anywhere. Practiced regularly, t’ai chi can improve balance, reduce stress and anxiety, lower blood pressure, and promote general well-being. In this class you will learn the Yang Style short form, in the style of Cheng Man Ching.

*Instructor, Vicki Mehl has studied t’ai chi since 1995, has taught for ten years, and enjoys sharing this accessible and life changing exercise with others.*



## 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 both level two and three.

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### T'AI CHI CH'UAN – LEVEL TWO

*This class is for those who have completed Level One.*

*Wednesdays, January 18 – March 22*

*12:30 pm – 1:30 pm*

*\$109 for ten sessions.*

### T'AI CHI CH'UAN – LEVEL THREE

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

*Wednesdays, January 18 – March 22*

*11:15 am – 12:15 pm*

*\$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 Qi Gong and meditation.*

To register for the T'ai Chi Ch'uan Level One or Two 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.

### **INCLEMENT WEATHER**

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

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

**AARP**<sup>SM</sup>

## SMART DRIVER SAFETY COURSE

### AARP SMART DRIVER COURSE

*Monday and Tuesday, March 20 and 21*

*12:30 pm – 4:30 pm (eight hours total)*

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

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

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, April 4*

*12:30 pm – 4:30 pm (four hours total)*

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

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

The AARP SMART Driver Refresher Course is available to all those who have completed the eight-hour AARP SMART Driver course, 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**

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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 call Leslie at 215-247-4654 or via email at [llefer@chestnuthillpres.org](mailto: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!