



AT THE CENTER OF THINGS

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

— FALL 2017 —

As you read this Fall 2017 newsletter, I will be celebrating the beginning of my fifth 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 2017 newsletter has some exciting new programs and many favorites from years past. In fact, this newsletter has over 25 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 ongoing classes in yoga, art, dance, t'ai chi, giging and more.

Online Safety and Security for Seniors —

Having access to the Internet can help you connect with love ones near and far, give you easy access to news information and entertainment. However, you also have to be aware of issues like computer viruses and spam emails to name a few. (page 4)

Why Music Matters? Prevent Memory Loss by Playing and Listening to Music —

Numerous studies show that one can prevent memory loss by actively engaging in playing music, singing, or even just listening to music! You can even ward off dementia and Alzheimer's disease with music. (page 9)

Art Programs — We're extremely fortunate to have three very diverse art education programs this semester. The first one is our Dessert with a Docent program from the Philadelphia Museum of Art featuring their recent exhibition "Wild" by Michael "Nick" Nichols. Next Flo Gelo returns to present "African Woman Artists". She will take us on a journey that will enable us to "hear" from African women artists about women's lives

in Africa. Finally, we're delighted that Suzanne Fitzpatrick, docent and art educator, is back this semester to discuss Portraiture during the "Who's Looking at Who" program. (pages 6-7)

Opioid Addiction and Older Adults — Did you know that more than sixty percent of drug overdoses are occurring in adults over age fifty? Philadelphia ranks first in the state, followed by Delaware, Bucks and Montgomery counties, for opioid overdoses. Drug overdoses are happening here in our community, to our loved ones. (page 12)

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



Photo by Sue Ann Rybak

With gratitude,

Leslie A. Lefer
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TRIPS AT THE CENTER ON THE HILL

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, except where indicated. 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 include walking and 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



AMERICA'S FIRST ZOO

PHILADELPHIA ZOO

Monday, September 25
Meet at the Center on the Hill at 9:20am, van departs promptly at 9:40am

\$50 (includes entrance fee,

docent tour, transportation and parking)

REGISTRATION AND PAYMENT DUE BY

WEDNESDAY, SEPTEMBER 13.

Minimum of 8 and a maximum of 10 registrants.

The Philadelphia Zoo is home to nearly 1,300 animals, many rare and endangered. Leveraging its platform as America's first zoo, Philadelphia Zoo is working double-time to educate more than 1.2 million annual visitors about animal and environmental conservation via a first-in-the-world animal travel and exploration trail system, called Zoo360, that offers animals more room to roam. This innovative animal trail initiative enhances the quality of life for the animals, giving them the chance to travel longer distances and explore a greater variety of environments. At the same time, it transforms the Zoo visit for guests, evolving beyond the traditional experience of viewing animals in one-dimensional exhibits.

Trip Details: We will arrive at the Zoo at approximately 10:30am. At 11:00am we will have a private docent-led tour. Please feel free to bring your own lunch and beverage or purchase lunch there.

PRINCETON UNIVERSITY ART MUSEUM

Tuesday, October 3

Meet at the Center on the Hill at 9:20am, van departs promptly at 9:40am

\$25 (includes admission, a docent-led tour and parking)

PRINCETON UNIVERSITY ART MUSEUM

REGISTRATION AND PAYMENT DUE BY WEDNESDAY, SEPTEMBER 20

Minimum of 8 and maximum of 10 registrants.

With a history that extends back to the 1750s, the earliest days of art collecting at Princeton, and collections of over 100,000 works of art spanning the world of art from antiquity to the present, the Princeton University Art Museum is one of the finest university art museums in the world. See Greek vases and Roman mosaics, Chinese tomb figurines and wall hangings, and remarkable pre-Columbian sculpture and ceramics. Enjoy selections of American and Western European painting and sculpture and a growing collection of twentieth-century art.

Trip Details: We should arrive at the Princeton University Art Museum by 10:45am for our 11:15am docent-led tour. Following the tour and a little time to see more of the museum, we'll head to the Palmer Square area for lunch. (Lunch is not included.)



MUSEUM OF THE AMERICAN REVOLUTION

Wednesday, November 15

Meet at the Chestnut Hill West train station at approx. 8:20am. (Specific train departure time to be confirmed the week prior to the trip.)

\$48 (includes entrance fee and docent-led tour)

REGISTRATION AND PAYMENT DUE BY WEDNESDAY, MAY 1.

The Museum of the American Revolution explores the dynamic story of the American Revolution using its expansive collection of Revolutionary-era weapons, personal items, documents, and works of art. Immersive galleries, dynamic theaters, and recreated historical environments bring to life the events, people, and ideals of our nation's founding and engage people in the history and continuing relevance of the American Revolution.

Trip Details: We should arrive at the museum by 9:45am for our 10:00am docent-led tour. Following the tour and a little time to see more of the museum, the group will head out to a local restaurant. (Lunch is not included.)

SPEAKER SERIES ON THE HILL

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



September 14
James Chan – What Do the Chinese Believe?

James Chan shares his personal experiences and insights based on working since 1981 as a business and cultural go-between for American companies doing business with the Chinese. Born in Canton and educated in both Hong Kong and the United States, where he received a Ph.D. studying China's cultural geography, Chan helps U.S. firms export their products and services to China and Asia. Showing photos old and new and graphic images ranging from myths to malls, Chan will discuss how Chinese people think about their lives and how Americans and Chinese can understand each other better.

garden round out this presentation which is based on her book *Glorious Shade* gardens for Timber Press – released in May 2017. A book signing will follow the presentation.



November 9
Chris Wheeler – The Philadelphia Phillies

Chris Wheeler (a.k.a. "Wheels"), widely recognized in television and radio as the Phillies' broadcaster for thirty-seven years, is returning to the Speaker Series on the Hill to discuss the never-boring Philadelphia Phillies. Come hear Chris's take on the 2017 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.



October 12
Jenny Rose Carey – Glorious Shade, Dazzling Plants, Design Ideas and Proven Techniques for Your Shade Garden

Jenny Rose Carey, Director of Pennsylvania Horticultural Society's Meadowbrook Farm, will speak about design ideas and horticultural suggestions for shade gardening. She will show verdant photos of shade gardens that she has visited in different parts of the world, and talk about shade-specific design ideas. She will share lists of native and non-native, but well-behaved shade plants, as well as invasive plants. Personally tested tips for planting and maintaining a shade

December 14
COMMUNITY HOLIDAY PARTY
PRE-REGISTRATION IS REQUIRED BY THURSDAY, DECEMBER 7th.

The New Horizons Senior Glee Club, an award-winning ensemble of 40 singers and instrumentalists, will make their long awaited return to headline our annual Community Holiday Party. The concert will be followed by delicious desserts and beverages. Join us for all the holiday festivities! \$12 per person in advance or \$15 at the door.

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

MEMORY CAFÉ

*Tuesday, October 10
1:30pm – 3:00pm
Free (refreshments included)*



A Memory Café provides a safe, comfortable and supportive environment for people with memory problems, including dementia, and their caregivers to socialize and engage in fun activities. Join others in our community going through the same experiences and challenges. We also welcome caregivers by themselves and anyone who would like to contribute to an atmosphere of acceptance.

This month we're delighted to offer dancing courtesy of Artis Senior Living of Huntingdon Valley. A certified dance instructor working with seniors of all abilities will lead us in a joyous time. No experience necessary! Just let the music take control!

Come to relax, grab a bite, and let us take care of you! Please RSVP at 215-247-4654.

COMMUNITY LUNCHEON

*Tuesday, October 24
12:00pm
\$8. Please pay at the door.
To register, call 215-247-4654.
IMPORTANT: REGISTRATIONS RECEIVED AFTER FRIDAY, OCTOBER 20 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 can 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. We'd love to see you there!

ESTATE, LONG-TERM CARE AND SPECIAL NEEDS PLANNING

*Tuesday, September 12
1:00pm – 2:30pm
Free*

Most of us have heard of the phrase: "Get your affairs in order." Many of us have heard that you can "transfer your home to your child for a \$1.00?" Some of us may be concerned with planning for a special needs child (minor or adult) or an aging loved one. All such planning involves practical and tax implications. Terry Lee Farber, Esquire, will illustrate

these issues with real-life examples of problem solving.

Before practicing as an attorney in estate, special needs and long-term care planning, Terry Lee Farber gained valuable experience as a nurse in critical care, nursing homes and residential homes for special needs individuals.

ONLINE SAFETY AND SECURITY FOR SENIORS

*Wednesdays, Sept. 13, 27, Oct. 11, 25 and Nov. 8
12:00pm – 1:30pm
Free (Pre-registration required.)*

Having access to the Internet can help you connect with love ones near and far, give you easy access to news information and entertainment. However, you also have to be aware of the following issues which are the basis for our free workshops this fall:

- Computer Viruses and Threats
- Your Privacy online
- Spam Emails
- Creating passwords and securing your personal information
- And many more....

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

MEDICARE QUESTIONS & ANSWERS

*Wednesday, September 25
10:30am – 11:30am
Free*



Whether you are new to Medicare or want news about Medicare, you can have answers to your questions by attending a free, unbiased meeting with Barbara Rutberg. Barbara is a volunteer with the APPRISE program which is part of the Pennsylvania Department for Aging and Adult Services and SHIP (State Hospital Insurance Program). She will answer your questions about when to enroll in Medicare, what Medicare costs and what it covers, Medicare Supplemental Insurance, Medicare Prescription Plans, Medicaid, and how to get help to pay for Medicare. From parts and plans and cost-sharing, to formularies, tiers and coverage gaps, Barbara will break Medicare down into bite-size chunks that you can understand.

BASIC TIPS AND TRICKS FOR YOUR IPHONE AND IPAD

Thursdays, October 5 and 12
2:30pm – 3:30pm
\$24 for two sessions



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

BEYOND THE BASICS FOR YOUR IPHONE AND IPAD

Thursdays, November 2 and 9
2:30pm – 3:30pm
\$24 for two sessions

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

Our facilitator, Peggy Leiby, has been a techie since the 1970s. She became a programmer and systems analyst for area companies, including a computer magazine publishing company she co-founded in the 1980s.

VEGETARIAN COOKING CLASSES

Tuesdays, October 17, 24, 31 and November 14
(no class November 7)
12:30pm – 2:30pm
\$20 per class. Please pre-register.

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.

A 40-YEAR JOURNEY: SIX GROUPS, FOUR GURUS, AND INSIGHTS ABOUT WORLD PEACE

Tuesdays, October 17 – 31
10:30am – 12:00pm
\$30 for three sessions
(Minimum of four students)

In this lecture/discussion, participants will journey, along with the instructor David Low, through the different stages of his spiritual quest and discover what he learned along the way. You’ll discern insights at each stage (Christian, Hindu, Sufi, Buddhist, generic/agnostic), ideas he had to let go of, and uncover a wide range of experiences in these various mystical spiritualities.

David Low, MS PhD has a doctorate in Religious Studies and taught as an adjunct professor. He lived in both eastern and western spiritual communities for five years.

AFTERNOON MOVIES

1:30pm
\$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:

Thursday, September 21 showing “Fences”

Thursday, October 18 showing “The Zookeeper’s Wife”

Thursday, November 30 showing “Paris Can Wait”

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

NEW SEPTA ID's (KEY CARDS)

Tuesday, October 31

10:30am – 12:30pm

Free



State Representative Chris Rabb's office is holding a "Septa Senior Key Card Day" at the Center on the Hill. For now, Pennsylvania senior citizens can use their Drivers' License, Non-Driver ID or a SEPTA-issued transit pass to score free transportation via bus, trolley, and subway, and reduced fares on Regional Rail. SEPTA is slowly introducing its new computerized fare system, where everyone will use plastic cards to travel (no money, no tokens, no transfers). And if you want to be ready, we can help get your "key cards" now.

All you need to do is BRING A STATE ISSUED ID (Drivers or non-Driver's License) WITH YOU. Rep. Rabb's office will help you fill out the application, take your picture and then send it to SEPTA. In turn, SEPTA will mail your Senior Key Card to you.

DREAM CIRCLES

First Thursday of each month, join at any time

1:30pm – 3:00pm

\$5 each session

Dreams can communicate meaningful messages. Their practical value is that they can help us attune to a more profound and fulfilled sense of who we are. These Dream Circles will be a monthly gathering for learning about and interpreting nighttime dreams, "New people" welcome!

David Low, MS PhD was a drug counselor (doing some dream circles with clients) He has been recording and interpreting his own dreams for over thirty years.

AFRICAN WOMEN ARTISTS

Wednesday, September 27

10:00am – 11:00am

Free

Flo Gelo will take us on a journey that will enable us to "hear" from African women artists about women's lives in Africa. The common theme throughout this presentation is the active role that women artists play or wish to play in African society. Some items glorify women, while others challenge past colonialism and the lack of recognition for the needs of women and

their social contributions to society as a whole. The women artists displayed come from various countries in Africa. The images shown were acquired from the Smithsonian and from artists and galleries in Africa.

Flo Gelo is an active member of the Woodmere Art Gallery and is a retired tour guide at the Philadelphia Museum of Art. She is on the faculty of the Drexel College of Medicine. She also has a private therapy practice.

DESSERT WITH A DOCENT

Tuesday, October 17

1:00pm – 2:30pm

\$8 (registration and payment due by Thursday, October 12)

\$10 after October 12 or at the door

The Philadelphia Museum of Art will send one of its extraordinary docents to present a visual lecture of their recent exhibition "Wild" by Michael "Nick" Nichols. For more than three decades, Nichols has ventured to the farthest reaches of the world to document nature's wildest creatures and landscapes. As an award-winning photographer for National Geographic, he has recorded animals and habitats in locations as expansive as the Congo Basin, the Serengeti, and the American West with an unparalleled intensity. This exhibition presents Nichols's most important projects, highlighting his artistic accomplishments, technical innovations, and efforts to preserve wild spaces.

During and after the program you are invited to enjoy sweets and seasonal fruits.

JEWELRY MAKING WORKSHOP

Monday, November 6

1:00pm – 4:00pm

\$30 per person plus \$30 for supplies

(Minimum of five students. Please pre-register by Monday, October 30)

In this class students will create a Peyote stitch bracelet. This will involve basic (easy to learn) techniques using 8mm seed beads with a button lock. Each student will be able to pick their own bracelet color.

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.

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

WHO'S LOOKING AT WHO?

*Thursday, November 16
1:30pm – 2:30pm
\$10 per person*

Suzanne Fitzpatrick, docent and art educator, returns to discuss Portraiture. We will examine unusual, strange, beautiful, and amusing portraits by some rather unconventional, lesser-known artists, as well as those of better known painters. A good portrait draws us in, transporting us through place and time into someone else's world. And of course, behind every face is a story waiting to be told. Come join the fun as we take a close look at some very interesting portraits.

ART CLASSES

Instructor Alex Forbes has been teaching classes in the Chestnut Hill area for the past twenty-six years. He has also taught illustration at The Hussian School of Art 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
9:30am – 11:30am
\$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, 9:30am – 11:30am
\$32 per month
Please bring check payment to first class.*

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



SEPTEMBER – ALICE CHUNG

Alice Chung is a graduate of the Pennsylvania Academy of Fine Arts (PAFA). She has had eight solo exhibitions and numerous selected group exhibitions and many award winning experiences. In her paintings, her subject matter comes from various sources but she recreates paintings with feeling when

she paints. Her work is between representational to abstract with oil, acrylic, mixed media and watercolor. Sometimes she uses bright intensive color or sand texture to depict her strong feelings. Her hope is to make comfortable and peaceful inspirations for the viewer through her art.

OCTOBER – KATHRYN (KAS) DYMECKI

After graduation from Moore College of Art and Design, Kas was a textile designer in Philadelphia and New York studios. The P.A.B. Widener Traveling Fellowship awarded to her at graduation gave her four months of travel/study in Europe. Following years of commercial art, Kas became interested in weaving, wood carving and painting with watercolor and oil. At retirement sixteen years ago she vowed to concentrate on just watercolor painting. Kas interests range from florals to still-life to landscapes.

NOVEMBER – GREATER NORRISTOWN ART LEAGUE (GNAL)

GNAL, now in its 77th year, is a non-profit organization engaged in the promotion and teaching of the Arts. Located in the Old Norriton Schoolhouse, dating from 1894, in East Norriton Township, GNAL has a membership of over 400 people. Membership is open to all applicants, and classes, workshops, meetings, and activities are held at the schoolhouse. This exhibition showcases some of the marvelous artistic talent of the group's members. For more information, go to <http://www.gnal.org>.

DECEMBER – ALEX FORBES

Alex Forbes will exhibit his unique, realistic watercolors this December. This exhibition will be a retrospective of his work over the last forty five years. There will be illustrations from his time working as a Senior Graphic Designer for Thames Television and earlier for the BBC; also illustrations used for advertising while working with Leyden Diversified in Philadelphia. The exhibition will also include portraits and landscapes. For the last twenty five years Alex has painted, illustrated and taught art and continues to do so at the Center on the Hill.

INTERMEDIATE AND ADVANCED ITALIAN

*Mondays, October 9 – November 27
10:30am – 11:30am
\$70 for eight sessions
Maximum of ten students*



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,

DANCE AND COMPUTERS AT THE CENTER ON THE HILL

listening comprehension and group discussion. Classes will be conducted exclusively in Italian. Required textbooks for this course are: Italian Short Stories for Beginners by The Language Academy and Practice Makes Perfect: Italian Reading and Comprehension by Riccarda Saggese. Both books are available on Amazon.

Instructor Alessandra (Sandra) Cartelli grew up speaking Italian, and also studied at the Università Cattolica del Sacro Cuore in Rome, Italy.

FRENCH CONVERSATION

*Mondays, start at any time
2:30pm - 4:00pm
\$2 per session*



Whether you are refreshing your high school/college French, taught the language yourself, or have maintained fluency through travel, tutors and classes, you will be welcomed. The group sets its own pace and agenda.

SOUL LINE DANCING FOR BEGINNERS

*Thursdays, start at any time.
5:45pm – 6:45pm
\$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

*Fridays, start at any time.
1:00pm – 2:30pm
\$60 for ten sessions, \$7 per session.
Your first visit is free.*

Start your weekend off 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 12:30pm-1:00pm.

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 information, 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, September 19 – October 17
(no class October 10)
10:00am – 12:30pm
\$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, November 14 – 21
10:00am – 12:00pm
\$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.

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

LET'S PLAY POKENO!

Thursday, November 2
1:00pm – 2:30pm
Free



Pokeno is a casual game that combines elements of Poker and Keno. It also has characteristic of Bingo, where each person gets a game board and markers/chips. However in this game, the “caller” uses playing cards. Sound interesting? Then join us and see what it’s all about. No previous Pokeno experience necessary. Small prizes will be awarded! PLEASE PRE-REGISTER TO MAKE SURE WE HAVE ENOUGH POKENO CARDS. REGISTRATION REQUIRED BY THURSDAY, OCTOBER 26.

SCRABBLE – OPEN PLAY

Fridays, join at any time
10:00am – 12:00pm
\$2 (No registration necessary)

Do you love to play board games? Are you a great speller or want to be a great speller? Then join in on this classic crossword game that is full-on fun. You can feel the excitement begin as soon as you rack up your letters, choose a great word, and hope to land on a triple-word score. Scrabble game provided.

MAH JONGG – OPEN PLAY

Fridays, join at any time
1:30pm – 3:30pm
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.

BREAST HEALTH AND RECONSTRUCTION AFTER CANCER

Monday, September 11
12:30pm – 1:30pm
Free

Inspired by a history of cancer in his own family, Archit Naik, MD, breast surgeon at Chestnut Hill Hospital, understands the journey of his patients and their families. Find out what minimally invasive procedures Dr. Naik is using to remove the cancer while saving as much breast tissue as possible.

His techniques help plastic surgeons perform cosmetically superior procedures so patients get the look they desire. Ask everything you’ve wanted to know about breast augmentation and learn the latest news on breast health during this informative and interactive discussion.

THE LONG GOODBYE: ALZHEIMER’S DISEASE

Wednesday, September 20
10:00am – 11:00am
Free

This program will provide an overview of Alzheimer’s disease and dementia, the changes in the brain as a result of the disease, stages of Alzheimer’s disease, early signs and symptoms, and the importance of early detection. There will be time for discussion and questions.

Jeraldine Kohut recently retired after 50 years in the health care profession. Now she serves as part-time community liaison for Cathedral Village.

**WHY MUSIC MATTERS?
PREVENT MEMORY LOSS
BY PLAYING AND
LISTENING TO MUSIC**

Tuesday, September 26
1:00pm – 2:30pm
\$5 per person



Numerous studies show that one can prevent memory loss by actively engaging in playing music, singing, or even just listening to music! You can even ward off dementia and Alzheimer’s disease with music, which counteracts negative effects of aging, such as memory, hearing and other sensory difficulties. Concert pianist and educational expert Marja Kaisla, with extensive experience in teaching older adults, will talk about the latest research in the importance of engaging in musical activity to improve memory and processing speed, and how music leads to increased activity on both the left and right side of the brain, which can prevent cognitive brain disease development such as dementia and Alzheimer’s. She will also share how to engage in musical activity regularly to communicate, improve one’s quality of life, and preserve and strengthen social networks. Whether you have never held an instrument before or played one all your life, you will want to learn the best tools to keep your memory and other brain functions working at their optimal level.

THE FIVE BEST EXERCISES AS YOU AGE

Tuesday, September 19
10:30am – 11:30am
Free

In this session, you will learn the five best exercises for your body and mind in order to maintain your health, both physically and mentally. Dr. Dawn Cute will lead this workshop.

POSTURE EXERCISES FOR BALANCE

Tuesday, October 3
1:00pm – 2:00pm
Free

We all need to build a stronger spine. Learn how to maintain your posture to create a stronger torso and legs. This will increase balance and stability to keep you strong and independent.

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.

LIFE AFTER LOSS

Tuesdays, September 19 – October 10
2:30pm – 3:30pm
\$40 for four sessions
(Pre-registration required, min. of 5 max. of 10)

Losing someone is one of life's most significant and difficult passages. Having a safe and supportive environment in which to talk about the loss and its impact on you is healing. This class offers participants the opportunity to talk about a key loss in their life and the subsequent experiences of loneliness, depression, hopes, angers, despair, and new hopes and dreams. It is possible to go from despair to a new vision of life for yourself. This four week class will give you the time and place to talk about your loss and your hopes and dreams, whatever barriers you face in achieving those goals and strategies for putting a new life together.

Claudia Apfelbaum, MSS, LCSW, has a private practice in Germantown where she sees couples, individuals and runs a group called Overcoming Isolation. She has facilitated a number of Life after Loss workshops in the Mt. Airy/Chestnut Hill areas.

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

MEDITATION WITH LAMA COULTER

Thursday, September 21
10:30am – 12:00pm
\$5 per person (pre-registration required)

Lama Coulter will present traditional methods to help us recognize our innate wisdom and love, to restore compassion and joy in the midst of these tumultuous times. This session will be collaborative, allowing time for questions and answers, as well as guided meditations. We will focus on clarifying and deepening the essential practice of looking at our mind while letting go of thoughts. We will emerge from meditation to life itself - enthusiastic and at peace. Then our thoughts, speech and action can better benefit ourselves and the environment around us.

Lama Coulter Huyler has lived, studied and practiced with many lamas in the Tibetan Buddhist and Hindu traditions since 1973. Having completed the traditional Tibetan Buddhist three year, three month retreat, he was authorized to teach.

PILATES

Thursdays, September 18 – November 16
9:00am – 9:45am
\$79 for eight sessions
To register, please call the Mt. Airy Learning Tree (MALT) at 215-843-6333.

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. It emphasizes proper postural alignment, core strength and muscle balance. The exercises elongate and strengthen your muscles, improving muscle elasticity and joint mobility. A body with balanced strength and flexibility is less likely to be injured. Please bring your own mat.

Instructor, Michelle Olowolafe is the owner of MO Fitness and has more than 15 years of experience in the fitness and wellness industry.

SLEEP AND SLEEP PROBLEMS IN OLDER ADULTS

Wednesday, October 4
10:30am – 11:30 am
Free

Please join Luanne Bershaw, Research Nurse and Laurel Caffé, Research Project Manager, from the Biobehavioral Health Sciences Department at University of Pennsylvania's School of Nursing for a talk on how sleep changes as we age. They will also

discuss what we can do to improve our sleep and finally how to speak to healthcare providers about sleep patterns.

INCONTINENCE AND AGING

Monday, October 16
11:30am – 12:30am
Free

As one ages, changes in the body can make incontinence a more likely occurrence. This presentation will review pelvic floor therapy and how it can help treat incontinence. Never heard of a “pelvic floor”? Come learn about it, different types of incontinence, and some simple tricks to help right now. This program will benefit both men and women that have symptoms of incontinence.

Francesca Savage, PT, DPT joins us from Penn Therapy and Fitness. She is a 2009 graduate of Arcadia University doctorate of physical therapy program and in that same year she completed Good Shepherd Penn Partners (GSPP) Pelvic Floor Specialty Internship.

WHO’S CARING FOR YOU IN THE HOSPITAL?

Thursday, October 26
12:30pm – 1:30pm
Free

When a close friend, spouse, or family member is admitted to the hospital, it’s easy to feel overwhelmed. There are important decisions to make, and caregivers are often inundated with information. The primary care doctor that you’ve depended on doesn’t come to the hospital anymore. That’s why it’s important to stay on top of who’s who on the medical team. Learn who the key players are for inpatient care. Where does the buck stop? Who’s name and contact information should you have handy? How can you help manage care long-distance? Join Jennielyn Comia, MD, to learn what you need to know the next time you or a loved one is in the hospital.

NATURAL WAYS TO IMPROVE DIGESTION

Tuesday, November 7
1:00pm – 2:00pm
Free

Weavers Way Coop returns to the Center on the Hill for this very important workshop on digestion. Because when your digestive system is off, your health can suffer in all sorts of ways. If unaddressed,

these symptoms can manifest into chronic health conditions. Focusing on improving your digestive system can make a big difference in your overall health. In this program Wendy Romig, Clinical Nutritionist and Herbalist, will introduce several natural ways to improve digestion. Wendy will be joined by Kirsten Bernal, Membership Director at Weavers Way Coop, who will provide information on the Coop’s Food For All and Senior Discount Programs.

VISUAL CUES AND DECLUTTERING FOR THOSE LIVING WITH DEMENTIA

Monday, November 13
12:30pm – 1:30pm
Free

Visual cues are a very important form of communication between a caregiver and someone living with dementia. If an environment is cluttered or distracting, verbal and touch cues become less effective. A person living with a moderate (“Amber”) or advanced (“Ruby”, “Pearl”) level of dementia experiences rapid vision loss. A clutter or hoarding problem can quickly present fall risks at every turn. The National Aging in Place Council will propose strategies for reducing clutter and improving visual stimuli, all while creating engaging activities that strengthens the bond between caregiver and care recipient.



**Center on the Hill
Holiday Party**

Thursday, December 14
12:30pm - 2:30pm

**New Horizons Senior Glee Club
40 singers and musicians**

\$12.00 per person in advance (\$15.00 at the door)
Refreshments will be served post-performance.
PRE-REGISTRATION AND PAYMENT REQUIRED BY
THURSDAY, DECEMBER 7th.

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

BASICS OF LONG TERM CARE (BLT) FOR THE SANDWICH GENERATION

*Tuesday, November 14
1:00pm – 2:00pm
Free*

Does this sound familiar? Irene’s daughter comes into our office to ask about home care for her mother. She says her mother is about to be discharged from rehab and she has been told by the social worker that her mother will need round the clock care when she first comes home. The daughter has called Medicare and been assured that Medicare will cover the cost of this “non-medical” care.

Unfortunately, this is not the case! It is then our job to educate someone who has been given mis-or-partial information, and break the news to them that non-medical custodial care in the home is, nearly all the time, an individual financial responsibility. The goal of this workshop is to educate and empower about the Basics of Long Term (BLT) care: what long-term care is, how it is defined, who pays for it, what Medicare covers, what is ‘out of pocket’ and the many resources available.

Presenters: Bess Wray, Owner & Founder, Human Touch Home Care, Ltd. Judy Dorshimer with 40 years experience in nursing and care-management. and a representative from Therapy Choice.

OPIOID ADDICTION AND OLDER ADULTS – WHAT YOU SHOULD KNOW

*Monday, November 20
12:30pm – 1:30pm
Free*

Think this topic isn’t for you? Think again! It’s time to understand that more than 60 percent of drug overdoses are occurring in adults over age 50. Philadelphia ranks first in the state, followed by Delaware, Bucks and Montgomery counties, for opioid overdoses. Drug overdoses are happening here in our community, to our loved ones. Find out what has created this epidemic. How can you help? What are the signs and symptoms of addiction that you can look for before it’s too late? Emergency

medicine doctor at Chestnut Hill Hospital Ryan Burke, MD, sees the impact of the opioid epidemic first hand. Let’s be informed and proactive! Start by bringing your outdated medications to this program! Whitmarsh EMS and Police Department will be on hand to Take Back unused and/or expired prescription medications.

NUTRITION AND STRESS

*Tuesday, November 28
1:00pm – 2:30pm
\$5 per person*

Who doesn’t experience stress at some point in their lives, especially during the holidays. Did you know that our body’s response to stress creates a whole cascade of biochemical events that can lead to illness? Learn how nutrition and certain herbs can reduce the effects of stress on your body.

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

FINDING THE RIGHT COMMUNITY FOR YOUR LOVED ONE

*Thursday, November 30
10:30am – 11:30am
Free*

“I Don’t Know Where to Start!...I Don’t Know What’s Out There!” If the time has come for you or a loved one to transition to a senior living community or if you have just begun looking, you’re probably asking these same questions! Clark Shuster, a Certified Senior Advisor and Owner of Graceful Senior Solutions, will help you answer these and many other questions during an interactive discussion of what you need to look for in a senior living community so that you can make the best possible decision.

A SIMPLE GUIDE TO OVERCOMING LONELINESS DURING THE HOLIDAY SEASON

*Tuesday, December 5
1:30pm – 2:30pm
Free*

The holiday season can be a very lonely and overwhelming time for many seniors. Group exercise classes can help build camaraderie and combat loneliness. However with the winter weather upon us, getting out of the house can be difficult. Join us for this informative discussion on how to improve your mood (via the release of endorphins) through

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easy exercises and activities that anyone can do within the comfort of their own home.

Melissa Smith is the founder of Age Well Physical Therapy. She has a Doctorate of Physical Therapy, is a Board Certified Geriatric Clinical Specialist and a Board Certified Tai Chi for Rehabilitation Instructor.

QIGONG (HEALING MOVEMENTS)

Mondays, 2:00pm – 3:00pm (ongoing)

Thursdays, 9:00am – 10:00am (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.

MONTHLY MINDFULNESS PRACTICE

Drop-in class: the 2nd Tuesday of the Month

9:30am – 11:00am

\$12 per session

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 instructor 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 twenty five years. He is one of the few westerners to be ordained as a lay dharma teacher by the venerable zen master Thich Nhat Hanh.

WEDNESDAY DIABETES WORKSHOP

September 6, 13, 20 and 27

October 4, 11, 18 and 25

November 1, 8, 15, and 29 (no class on Nov. 22)

*December 6, 13 and 20***

12:00pm – 2:00pm

\$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.

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

HOW TO IMPROVE BALANCE – A FELDENKRAIS® CLASS

Wednesdays, 6:45pm – 7:45pm (ongoing)

\$15 per class or \$50 for four classes

To register, call Bob Chapra, 267-250-8674 . Please bring payment to first class.

In this weekly class you will learn to deepen the ease, safety and stability of your balance in standing, walking and turning through gentle, effective Feldenkrais Awareness through Movement lessons. In addition to the extended lesson of each class you will also be given short balance enhancing "take home" lessons that can be done each day. Sometimes these are referred to as "grocery line" or "bus stop" lessons because you can practice them in brief windows of spare time.

Bob Chapra has been a Feldenkrais® Practitioner in private practice since 1977. He trained directly with Dr. Moshe Feldenkrais (1904-1984).

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

HEALTH AND YOGA AT THE CENTER ON THE HILL

from 1:00pm to 4:00pm. 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.

ZUMBA GOLD IN A CHAIR

Thursdays, start at any time
4:00pm – 5:00pm
\$8 per session



Have you heard of Zumba? That it's fun and has many health benefits? Join the new Zumba Gold Chair class, specifically designed for beginners, older adults, and those with physical limitations, that may be permanent or temporary. The music is as great as the workout. This is a wonderful way to de-stress after a long day, or recharge for the evening ahead.

Christine Brewer, RN, MSN, is a certified Zumba instructor, nurse, nursing instructor, PhD. candidate and samba percussionist.

GENTLE THERAPEUTIC YOGA

Mondays, start at any time
2:15pm – 3:30pm
\$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

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teaching since 1990. Michelle is certified in Hatha, Kripalu, Arusara, Kundalini, and cardiac/cancer therapeutic yoga.

GOLDEN YOGA

Wednesdays and Fridays, start at any time
2:30pm – 3:30pm
\$25 for four classes and your first class is FREE!
To register, call Barbara Levitt, 215-247-3029 or e-mail goldenyoga@aol.com.

Golden Yoga is a classical yoga, adapted by the SKY Foundation, to accommodate those who have difficulty getting up and down from the floor. The practices include stretching, breathing, relaxation, and meditation techniques – all done while sitting in a chair or standing.

Barbara Levitt, author of Golden Yoga: You Can Do It, has practiced and taught Classical Yoga under the direction of Dr. Vijayendra Pratap for forty years. Barbara is Secretary of the SKY Foundation and is a yoga instructor for the Jefferson-Myrna Brind Center of Integrative Medicine.

YOGA WITH ATTITUDE

Fridays, start at any time
9:30am – 11:00am
\$45 per calendar month; \$15 for a single class

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

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

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.

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BEGINNING T'AI CHI

*Wednesdays, September 20 – November 29
(No class on November 22)
10:00am – 11:00am
\$109 for ten sessions*

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.

T'AI CHI – LEVEL TWO

*Wednesdays, September 20 – November 29
(No class on November 22)
12:30pm – 1:30pm
\$109 for ten sessions*

This class is for those who have completed Beginning T'ai Chi.

T'AI CHI – LEVEL THREE

*Wednesdays, September 20 – November 29
(No class on November 22)
11:15am – 12:15pm
\$109 for ten sessions*

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

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.

To register for any of these T'ai Chi classes, please call the Mt. Airy Learning Tree (MALT) at 215-843-6333.



SMART DRIVER SAFETY COURSE

AARP SMART DRIVER COURSE

*Monday and Tuesday, September 18 and 19**
12:30pm – 4:30pm (eight hours total)
\$15 for AARP members/\$20 for non-members
(Registration and pre-payment is required. Call 215-247-4654.)*

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.

****Special Offer:** Take this AARP SMART Driver Course and bring a friend for FREE!

AARP SMART DRIVER REFRESHER COURSE

*Thursday, September 28
12:30pm – 4:30pm (four hours total)
\$15 for AARP members/\$20 for non AARP members
(Registration and pre-payment is required. Call 215-247-4654.)*

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.

AARP SMART DRIVETEK

*Monday, October 30
10:30am – 12:00pm
\$5 per person
(Registration and pre-payment is required. Call 215-247-4654.)*

The AARP Smart DriverTek workshop was jointly developed by AARP Driver Safety and the Hartford, Smart DriverTek and recently launched in the Philadelphia area. This workshop will focus on helping drivers understand current and evolving vehicle safety technologies and how to use them. Participants will also learn the benefits of current and emerging vehicle safety technology like backup cameras, lane departure warnings, and more!



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 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!