



AT THE CENTER OF THINGS

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

— WINTER 2018 —

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 2018 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 stay active and involved.

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

Singing and/or Dancing to the Oldies — Many experts have said that singing and dancing is not only fun but lowers stress, relieves anxiety, and prevents memory loss. You can have "two left feet", be off key – it doesn't matter! (page 8)

Transforming Plastic Bags into Sleeping Mats for the Homeless — Imagine transforming plastic grocery bags into sleeping mats for the homeless of Philadelphia. Come to this program to learn how it can be done and the impact these mats have made. No experience necessary. (page 4)

Puccini's 'La Boheme': Then and Now — Join Leigh Munro, a former leading soprano with the New York City Opera, to learn why La Boheme is one of the most popular operas ever written. (page 6)

How to Protect Your Largest Asset — There are many ways to protect your largest asset, many of which you may not know. In this three-part series

by Realtor Michelle Magee, we will discuss how to protect your home and property with lots of useful tips. (page 5)

Financial Scams Targeting Seniors and How to Protect Yourself — Financial abuse can take many forms. Attorney Justin L. Scott will discuss the common scams and fraud targeting seniors today and why so many seniors are targeted. (page 6)



Photo by Sue Ann Rybek

Using Your Apple Device for Communications & Scheduling — Peggy Lieby returns to the Center to teach us how to effectively use our calendar, reminders, mail & messages, contacts, and much more. (page 4)

Even though it may be cold outside, you'll always get a warm, welcoming smile from me when you come through

the door. I hope to see you real soon. Wishing you a very happy and healthy winter season!

With gratitude,

Leslie

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NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY, Philadelphia, PA

Wednesday, March 28

Meet at the Chestnut Hill West train station at approx. 9:00 am

(Specific train departure time to be confirmed the week prior to the trip.)

\$50

Minimum of seven and a maximum of twelve.

REGISTRATION BEGINS ON JANUARY 2 & PAYMENT DUE BY WEDNESDAY, MARCH 7

Established in 1976, the National Museum of American Jewish History is the only Museum in the nation dedicated exclusively to exploring and interpreting the American Jewish experience. Its purpose is to connect Jews more closely to their heritage and to inspire in people of all backgrounds a greater appreciation for the diversity of the American Jewish experience and the freedoms to which Americans aspire. The Museum is the repository of the largest collection of Jewish Americana in the world, with more than 30,000 objects, supporting the fulfillment of its mission to preserve the material culture of American Jews.

Trip Details: *We should arrive at the museum around 10:15am for our 10:45am private docent-led tour. Following the one-hour tour and a little time to see more of the museum and/or visit the gift shop, the group can eat in the on-site café or head out to a local restaurant for a bite. (Lunch is not included.)*

INTERGENERATIONAL VALENTINE'S DAY CRAFT PROJECT

Tuesday, February 13

10:00am – 11:00am

Free

Pre-registration required by Thursday, February 8.



The Center on the Hill and the church Pre-School are partnering once again for another intergenerational project. This time we'll be helping children ages 3-5 create a one-of-a-kind Valentine's Day craft. Get ready to enjoy the company of these dynamic and very cute children.

COMMUNITY LUNCHEON

Tuesday, February 27

12:00pm

\$9. Please pay at the door.

To register, call Leslie Lefer,

215-247-4654, or e-mail

llefer@chestnuthillpres.org.

IMPORTANT: REGISTRATIONS RECEIVED AFTER FRIDAY, FEBRUARY 23 OR THE DAY OF THE LUNCH, WILL BE CHARGED \$12.



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 nine 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!

MEMORY CAFÉ

Thursday, March 15

1:30pm – 3:00pm

Free (refreshments included)



A Memory Café is a European innovation that is slowly taking hold in the United States. It provides a safe, comfortable and supportive environment for people with memory problems, including dementia, and their caregivers to socialize and engage in fun activities. Please come and 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 Zumba Gold in a Chair with our very own Christine Brewer, RN, MSN. Christine is a certified Zumba instructor, nurse, nursing instructor, PhD. candidate and samba percussionist. She has a passion for providing wellness activities, especially dance and music, for older adults. No experience necessary to participate! Zumba Gold in a Chair is a wonderful way to de-stress after a long day, or recharge for the evening ahead.

Just come and let us take care of you! Please RSVP to Leslie Lefer at 215-247-4654. Walk-ins are welcome.

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

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.



January 11
William Stock – Why Don't They Just Get Legal? The Surprising Roots of Today's Immigration Debate

William A. Stock is a founding partner of Klasko Immigration Law Partners, LLP, the largest immigration law firm in Pennsylvania. Come learn about how the current population of 11.5 million illegal immigrants in the United States came to be, and the legal changes being proposed to address their situation, from building walls to pathways to citizenship. Bill has taught immigration law at Villanova University School of Law, is a frequent speaker and author on immigration law topics, and was the 2016-2017 President of the American Immigration Lawyers Association, the 15,000 member national organization of immigration lawyers.



March 8
Dr. David Contosta – America's Needless Wars

Dr. David R. Contosta is a Professor of History at Chestnut Hill College and the author of more than 20 books. He will discuss his recently published book, "America's Needless Wars: Cautionary Tales of US Involvement in the Philippines, Vietnam, and Iraq." This eye-opening book takes a unique approach to the history of U.S. foreign policy by examining three unrelated conflicts, all of which ended tragically and resulted in the deaths of millions on both sides. By analyzing what went wrong in each case, the author uncovers a pattern of errors that should serve as a precaution for future decision makers contemplating a conflict abroad. A book signing will follow the presentation.



February 8
Bode Hennegan – Simplify Your Life to Age in Place

Bode Hennegan is the founder of Life Managers & Associates, a company providing personal assistant services to older adults to enable independent living. She will share several tips for organizing financial and legal documents, things to consider for maintaining your home, space planning and clutter management and how to create a plan for support services that may be required.

AN HOUR OF POETRY AT THE CENTER

Thursday, March 22
 11:00am – Noon
 Free

Join us for a fun hour of poetry, whether you have never written a single poem or have written them for years. Poets Phyllis Purscell and William Hengst will read from their recently published books (Remind Me Next Spring..., and Runaway Freight). Then we will open things up, allowing time for everyone who wants to share a poem or two of their own. If time allows we might introduce an exercise to write a poem.

**STRENGTHEN YOUR VOICE:
SPEAKING AND SINGING**

*Mondays, January 8 – February 5
(no class on January 15)
11:00am – Noon
\$15 per class
(Minimum of four students)*



This class will address issues common to the aging voice. It includes exercises to strengthen and maintain your voice, focusing on posture, breathing, and resonance. We will address both the speaking and singing voice – however, no previous singing experience is required. My goal is to make our class playful and light-hearted while we work on the serious goal of making sure your voice is heard.

Sarah Bachmann Krieger has been a vocal instructor for 30 years. In Victoria, BC, she served on the faculties of the Victoria Conservatory of Music and the Canadian College of the Performing Arts. She has taught soloists, choristers, Christian and Jewish cantors, and high school students who have gone on to attend conservatories, colleges and universities as voice and music theatre majors. For more information, please see www.SingwithSarah.net.

**TRANSFORMING PLASTIC BAGS INTO
SLEEPING MATS FOR THE HOMELESS**

*Tuesday, January 9 and/or Thursday, January 25
1:30pm – 3:30pm
Free*

Please join us for one or both of these informational meetings and workshops on transforming plastic grocery bags into sleeping mats for the homeless of Philadelphia. These mats provide needed extra cushion and a moisture barrier to make life on the streets a bit more bearable. Leigh Munro, one of our Center on the Hill instructors, has been making these mats for the past year. Leigh will show a short video on how the sleeping mats have made a real impact in Texas. Then she'll lead us in a step-by-step process on how to make the mats. Our hope is that at the conclusion of these two meetings we will have a group of dedicated volunteers who will meet regularly to work on creating these important plastic bag sleeping mats. (No experience is necessary to join this group.) All mats will be donated to the church's mission partners.

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

**APPLE DEVICE TIPS: USING YOUR
CAMERA & TAKING PHOTOS**

*Thursdays, January 11 and 18
2:30pm – 3:30pm
\$24 for two sessions*

In this session, we'll cover the essentials to learn how to effectively use basic camera functions and we will then concentrate on an in-depth and practical discussion of Apple's photography, video and related apps. Time permitting, we'll also cover other topics on request. You'll want to know your Apple password to be able to take full advantage of your device features.

**USING YOUR APPLE DEVICE
FOR COMMUNICATIONS
AND SCHEDULING**

*Thursdays, March 22 and 29
2:30pm – 3:30pm
\$24 for two sessions*



In this Communications and Scheduling class, we'll cover the essentials to learn how to effectively use basic functions and we will then concentrate on Calendar, Reminders, Mail & iMessages, Contacts, and using the keyboard. Time permitting, we'll also cover other topics on request. You'll want to know your Apple password to be able to take full advantage of your device features.

Our facilitator for both Apple classes is Peggy Leiby. Peggy 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. Peggy's been a fan of iOS devices for over nine years and has been teaching tips and tricks classes for five years. She really enjoys learning and sharing cool tips and tricks.

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:

**Tuesday, January 23 showing
"North by Northwest"**

A hapless New York advertising executive (Cary Grant) is mistaken for a government agent by a group of foreign spies, and is pursued across the country while he looks for a way to survive. (1959)

**Tuesday, February 20 showing
"Breakfast at Tiffany's"**

A young New York socialite (Audrey Hepburn) becomes interested in a young man (Greg Peppard) who has moved into her apartment building, but her past threatens to get in the way. (1961)

Tuesday, March 6 showing "Obit"

Writers and editors from the New York Times discuss their unique approach to writing the obituaries of public figures (2016)

ALL YOU NEED TO KNOW ABOUT THE PHILADELPHIA CORPORATION FOR AGING (PCA)

Thursday, January 25
10:30am – 11:30am
Free



Founded in 1973, the Philadelphia Corporation for Aging's mission is to improve the quality of life for older and disabled Philadelphians. Their services and programs help seniors age well, enjoy life and remain independent as long as possible. Did you know that PCA helps older adults find or change jobs, has programs to help you make modifications and repairs to your house to make it safe, or resources to help you find a lawyer? Please join Wanda Mitchell, Director, Community Relations to learn all about PCA's services and programs available to seniors in Philadelphia.



SOULCOLLAGE© CARD MAKING

Tuesday, January 30
1:30pm – 3:30pm
\$25 (includes \$10 for supplies)

Minimum of five students.

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.

HOW TO PROTECT YOUR LARGEST ASSET

Tuesdays, February 20, 27 and March 6
10:30am – 11:30am
Free



Do you currently own a home, have a home to sell, or are interested in buying a home? For most people, their home is the largest asset they will ever own. There are several ways to protect your largest asset, many of which you may not know. Homeownership has it's perks, like some special programs designed specifically for home owners to save money, but only if you know about them. In this three-part series, Realtor Michelle Magee of Keller Williams Real Estate – Blue Bell will share with us how to protect your home and property including lots of useful tips.

For our first class (February 20), we will discuss:

- A program designed to save homeowners money every year in both Montgomery County and Philadelphia and how to find out if you are eligible. Documents needed to apply will be provided as well as guidance on filling out the forms.
- The state of our current real estate market in the surrounding areas and how it may affect your home and property values.

Our second class (February 27), we will tackle:

- Ideas for increasing the value of your home
- Why you should use a realtor and how to choose a realtor
- Different strategies for marketing your home for sale
- How to find the home of your dreams.

And the third class (March 6), we will review:

- How to protect your home itself. Issues such as radon gas, lead paint, mold and more can be safety concerns.
- Learn what buyers are looking for on inspection reports before they buy your home.
- Suggestions for bringing your house up to standard not only to sell your home, but for the safety of you and your family as well as protecting your investment.

FINANCIAL SCAMS TARGETING SENIORS AND HOW TO PROTECT YOURSELF

Monday, March 5
11:00am – Noon
Free



Five million cases of senior financial abuse occur each year in the United States. Financial abuse can take many forms. Attorney Justin L. Scott will discuss the common scams and fraud targeting seniors today and why seniors are targeted. It is important to know the signs and what to do if confronted with one.

Discussion topics will include:

- The most common senior scams
- Who the common culprits are
- Why seniors are the fast-growing victims
- How to avoid scams
- What to do if you see the signs of fraud



HEALTH EDUCATION/COOKING CLASSES

Tuesdays, March 27, April 3, 10 and 17
12:30pm – 2:30pm

\$25 per class. Please pre-register and pay at the door.

IMPORTANT: This class will take place at the Chestnut Hill SDA Church (8700 Germantown Avenue).

Would you like to learn the art of transforming all those lovely farmer's market vegetables and produce aisle delights into healthy, tasty meals? If you're interested in eating more healthfully but not sure where to start, this is the class for you. Even kitchen pros will pick up great ideas for quick, healthy meals. Everyone in the class will enjoy a treat for lunch.

Ermine Laud-Hammond is a retired Health and Nutrition Educator with a Master of Science in Health Education. Ermine has taught vegetarian cooking for the past 18 years.

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.

DESSERT WITH A DOCENT

Tuesday, February 13

1:00pm – 2:30pm

\$5

Registration and payment due by Tuesday, February 2.

Docent Deena Gerson returns to the Center on the Hill to share her passion and knowledge of art with us. She'll discuss American Art: portraits, still lives, and soup cans. Together we'll explore the beginnings of art in America...right up to the late 20th century! Have your questions answered while enjoying delicious desserts.

PUCCINI'S 'LA BOHEME': THEN AND NOW

Thursdays, February 15 and 22

1:30pm - 3:00pm

\$10 per class

Join our merry band of Bohemians! Why is La Boheme one of the most popular operas ever written? Perhaps because its romantic story of hope and tragedy is as relevant today as it was in 1896, when it was first performed in Turin. Its lush and lyrical score still exerts an immediate emotional pull as we watch the little seamstress and her poet boyfriend play out their bittersweet love story.

On Saturday, February 24th at 12:30pm, the class will visit a local movie theater to view the Met Opera's HD broadcast of Zeffirelli's lavish production with a new understanding and appreciation of the performance.*Ticket availability is an issue. Please sign up for this class ASAP to ensure a seat for the Met performance. (Movie tickets not included in the price of this course.)

Leigh Munro, a former leading soprano with the New York City Opera who sang the role of Musetta, will lead the discussion of Puccini's genius and how he composed this relatable masterpiece, using musical themes to define characters and move the drama forward.

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

LEARNING TO LOOK

*Thursday, March 22
1:30pm - 2:30pm
\$10 per person*



Docent and Art Educator, Suzanne Fitzpatrick, returns with the third session of her “Learning to Look” series. This time, we will focus on Landscapes. Choosing paintings from a diverse group of artists, we will examine the elements of landscape paintings and the tools artists use to create interesting and appealing (and sometimes not-so-appealing) scenes. What techniques do artists employ to welcome you into their landscape, and to hold your attention? What techniques do artists use to help you navigate through their world and see what they see? Come join in the fun as, once again, we take a deep look at looking!

ART

ART CLASSES

Instructor Alex Forbes has been teaching classes in the Chestnut Hill area for the past twenty-seven 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
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, 9:30am - 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.

ART GALLERY

JANUARY – NIKKI SERAFIM

Nikki grew up with a dad who loved to photograph holidays, birthdays, vacations and summers at the shore. She enjoyed the family gatherings years later where they would see all of those old documented memories. When she had children of her own she wanted to capture these memories. As a stay at home mom, she started appreciating nature much more through the eyes of her children. The small things in life like butterflies, flowers, and birds seemed to jump out. She took family vacations that often lent themselves to her appreciation of the natural beauty surrounding her. Like her father, she found herself running to get a camera to remember those moments with nature as well as the moments with her children. What started out as wanting to document milestones turned into a hobby and now a passion. She now enjoys the artistic side of what her eye sees when she’s looking into the lens and produces with a photograph, whether the subject be people or nature.

FEBRUARY – ART CENTER AT AMBLER

This exhibit showcases some of the wonderful artwork of ACAA members. The community is invited to vote for their favorite work of art, and the three paintings with the most votes will win cash awards! A portion of proceeds from sales will benefit Center on the Hill and the Art Center at Ambler. The nonprofit Art Center at Ambler is dedicated to furthering the arts in our area. ACAA sponsors classes, demonstrations and workshops, as well as open studio time and opportunities for members to exhibit their work. In addition, each year ACAA sponsors awards to graduating high school art students. ACAA, located at the Montco Senior Activities Center in Ambler, welcomes anyone interested in taking part in our exhibits and classes. For information visit www.artcenteratambler.org.

MARCH – SUZANNE FITZPATRICK

Philadelphia-based freelance photographer Suzanne Fitzpatrick specializes in photographing private art collections and residential architecture, as well as portraits, landscapes, and seascapes. Her work has been acquired by private collections and

LANGUAGE, DANCE AND COMPUTERS AT THE CENTER ON THE HILL

also purchased for use by local businesses, local politicians, and even a rap artist! She has won numerous awards for her fine art photography. Suzanne is a graduate of the Barnes Foundation Art and Aesthetics program, and has worked with the Barnes Foundation as an art educator and docent. She has taught workshops on the art of the emulsion transfers, teaching the process to printmaking students at Pennsylvania Academy of the Fine Arts. She holds classes and discussion groups on learning to look at art, and continues to study, create, and enjoy a variety of art forms.

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.

INTERMEDIATE AND ADVANCED ITALIAN

Mondays, March 5 – April 30
(no class April 2)
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, 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. She co-authored Emigrazione Friulana in Pennsylvania, published in Italian and English; and served as translator for EFASCE di Philadelphia. Sandra also lived in Italy for two years and travels to the Friuli region of Italy every fall.

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

SINGING AND/OR DANCING TO THE OLDIES

Tuesdays, beginning January 9
(start at any time)
1:30pm – 2:45pm
\$2 No registration required



Let's have FUN! You can have "two left feet", be off key – it Doesn't matter! The music we will be playing on CD's is Doo Wop and Rock n' Roll. Many experts have said that singing and dancing is not only fun but lowers stress, relieves anxiety, and prevents memory loss. One author, Stacy Horn author of *Imperfect Harmony: Finding Happiness Singing with Others* says, "It [singing] is the one thing in life where feeling better is pretty much guaranteed".

Coordinator- Alice Farber (Retired arts teacher in the Philadelphia Public School system)

INTERNATIONAL FOLK DANCING

Fridays, start at any time.

1:00pm – 2:30pm
\$60 for ten sessions,
\$7 per session at the door. Your first visit is free.



(No registration required, just come and dance.)

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 12:30pm-1:00 pm.

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 16 – February 6
 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, February 20 – 27
 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.

LET'S PLAY POKENO!

Tuesday, March 27
 1:00pm – 2:30pm
 \$1



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, MARCH 22.

BRIDGE – OPEN PLAY

Wednesdays, join at any time
 11:30am – 3:00pm
 No registration is necessary
 \$2



This is an opportunity to simply enjoy others' company and play the game of Party Bridge. Not for beginners: participants should be familiar enough with the game to play without formal instruction.

SCRABBLE – OPEN PLAY

Fridays, join at any time
 10:00am – 12:00pm
 \$2 (No registration is 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
 1:00pm – 3:30pm
 \$2 (No registration is necessary)



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.

THE SEASONS AND CHINESE MEDICINE

Tuesday, January 16
 10:00am – 11:00am
 Free

Winter is the most quiet and introspective time of the year. Come and listen to a talk on how nature invites us to align ourselves with different activities during each season. How can we cook, rest, and stay healthy during the coldest darkest days of the year? A brief summary of each season followed by a discussion of winter, the season of water, the most yin time of year.



Instructor, Rachel Clark, L.Ac, M.Ac. 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.

MEDITATION WITH LAMA COULTER

*Every other Thursday beginning on January 18
10:30am – 12:00pm
\$20 a month for two sessions; \$12 for walk-ins*



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. These sessions 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.

AN INTRODUCTION TO HEPATITIS C

*Thursday, January 18
12:30pm – 1:30pm
Free*

How do you know if you have this infection of the liver? You may not know or have any symptoms. But the long-term effects of the disease can impact your health. The Centers for Disease Control (CDC) recommends testing if you: were born between 1945 and 1965; had a blood transfusion before 1992; received blood used to treat clotting problems before 1987. Victor Araya, M.D., Gastroenterologist and Hepatologist, Chestnut Hill Hospital, will discuss Hepatitis C and why it's important that you know if you have it and how to be treated. Enjoy light refreshments.

UNDERSTANDING THE BALANCE SYSTEM AND FALL PREVENTION EXERCISES

*Tuesday, January 23
11:00am – Noon
Free*



Dr. Dawn Cute has been sharing her expertise with us for the last five years. This winter she returns to teach us more about our balance system, especially our spine. In this session, you will also learn exercises to maintain your posture to create a stronger torso

and legs. This will increase balance and stability to keep you strong, independent, and hopefully fall free during the slippery winter months.

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

PILATES

*Thursdays, January 25 – March 15
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. She has current certifications from the American Council on Exercise, the National Academy of Sports Medicine, the Athletics & Fitness Association of America, and other professional organizations.

SIMPLE AND HEALTHY MEAL PREP

*Tuesday, January 30
11:00am – Noon
Free*

Join Rabiya Bower, RD, LDN & in-store nutritionist for the Flourtown Giant as she discusses how to plan and balance your meals and snacks using the MyPlate method. She'll focus specifically on convenient and healthy food items that do not require a lot of prep work. You'll make a sample meal plan based on the current sale circular and receive a magazine full of recipes to take home.

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

ALL HOME CARE IS NOT THE SAME

Tuesday, February 6
 1:30pm – 2:30pm
 Free



Each day in the United States, 6,000 people turn 65 years of age. One in five Americans will be older than age 65 by the year 2030 (American Association of Retired Persons, 2003). This increase of U.S. seniors translates into a staggering increase of people looking for assistance with daily living activities. Ask most seniors where they would prefer to age, and the majority will say they want to stay in their own home. The preference to age at home along with an increasing senior population has led to incredible growth in the in-home care service industry. In-home care is a care solution that can help seniors with their preference to stay in their home, however not all in-home care is the same. There are a number of in-home care options available. Before you select an individual or an organization to provide care for a loved one, make sure you research providers and ask the right questions. In this session, Sue Simon, Client Care Coordinator for Comfort Keepers, will:

- Discuss the range of care services and assistance available to seniors and others with disabilities who need help in order to remain in their home
- Review the differences amongst In-Home Care Providers
- Answer your in-home care questions

SEVEN WEIRD THINGS THAT HAPPEN TO YOUR FEET AS YOU GET OLDER

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

Everything about your body has changed in time, so it's little wonder that your feet also undergo some alterations, both subtle and not-so-much, as you age. Fortunately, taking a few moments to tend to your sole health can minimize age-related issues. Dr. John Scanlon, podiatrist, Chestnut Hill Hospital, will discuss seven common foot complaints that often arise with age. Learn what can be done to relieve pain, improve comfort, and prevent small foot problems from becoming major down the road. Enjoy light refreshments.

ALZHEIMER'S & DEMENTIA: THE STAGES AND HOW TO CARE FOR YOUR LOVED ONE

Tuesday, March 13
 1:00pm – 2:30pm
 Free

This is a workshop about Alzheimer's and Dementia by Senior Helpers Chestnut Hill. Participants will learn and understand the different stages of Alzheimer's and how to care for loved ones using our Senior Gems® Program designed by renowned Alzheimer's expert Teepa Snow. The Senior Gems® program focuses on what is precious and unique about each senior and what they are able to do with what they still have available in order to live a purposeful life at home. All are invited especially family caregivers.

KIDNEY STONES: SYMPTOMS, CAUSES, AND TREATMENT

Thursday, March 15
 11:00am – Noon
 Free

Kidney stones affect approximately 1 in 11 people (19 percent of men and 9 percent of women by age 70). Certain diseases, dietary habits and medication can increase your risk of developing stones. Join Jeffrey Gordon, M.D., Chestnut Hill Hospital, to better understand treatment options and steps you can take to prevent kidney stones from recurring. Enjoy light refreshments.

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.

HOW TO IMPROVE BALANCE – A FELDEN-KRAIS® CLASS

Mondays, 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). He has taught at The Curtis Institute of Music and SUNY-Purchase and has offered numerous in service courses at various medical institutions.

MONTHLY MINDFULNESS PRACTICE

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

ZUMBA GOLD

*Tuesdays, 3:00pm – 3:45pm,
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 combined 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.

WELL SPOUSE ASSOCIATION SUPPORT GROUP

*The 4th Tuesday of the month
6:30pm – 8:30pm
Free*

“When one is ill, two need help.” If you are a spouse or partner of someone who has a chronic illness or disability, your life is likely much more complex than you had planned. The reality is that most life/future plans that we had imagined may be difficult, if not impossible, to achieve, and may require a major adjustment in our thinking. Joining our peer-led support group may be the first step in helping to create your “new normal”, and get support for the self-care that is greatly needed to continue on this sometimes arduous journey.

Facilitators: Fern Zeigler, Claire Salvi, and David Hale, all with extensive spousal caregiving experience. For more information, contact David Hale at 267-977-7711.



BEGINNING T’AI CHI

*Wednesdays, January 24 – March 28
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.

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

T'AI CHI – LEVEL TWO

*Wednesdays, January 24 – March 28
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, January 24 – March 28
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.

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 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 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. She has a passion for providing wellness activities, especially dance and music, for older adults.



YOGA CLASSES

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

GENTLE THERAPEUTIC YOGA

*Mondays, start at any time
2:15pm – 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 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.

VINYASA YOGA

*Tuesdays, January 23 – March 13
9:00am – 10:00am
\$89 for eight sessions
To register, please call the Mt. Airy Learning Tree (MALT) at 215-843-6333.*



YOGA AT THE CENTER ON THE HILL

Vinyasa Yoga is a dynamically sequenced flow class linking movement and breath to increase strength, flexibility and balance. Vinyasa is a Sanskrit word that translates to "arranging in a special way". This energizing practice will incorporate holding poses and postures with smooth transitions from one to the next.

Instructor, Michelle Olowolafe is the owner of MO Fitness and has more than 15 years of experience in the fitness and wellness industry. She has current certifications from the American Council on Exercise, the National Academy of Sports Medicine, the Athletics & Fitness Association of America, and other professional organizations.

GOLDEN YOGA

Wednesdays and Fridays, start either or both classes 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; first class \$10, walk-ins \$15 for a single class



This is basic yoga with breath warm-ups, asana and meditation. Students of all ages and levels

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

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

11:30am-1:00pm

\$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.



AARP SMART DRIVERTEK

Tuesday, January 16 from 1:00pm - 2:30pm

or

Monday, March 26 from 10:30am - 12:00pm

\$5 per person

(Phone registration and pre-payment is required.)

Call Leslie Lefer, 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!



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.)



SMART DRIVER SAFETY COURSE

AARP SMART DRIVER COURSE

Monday and Tuesday, March 19 and 20

12:30pm - 4:30pm (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

Thursday, March 29

12:30pm - 4:30pm (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

The Presbyterian Church of Chestnut Hill

8855 Germantown Avenue

Philadelphia, PA 19118

215.247.4654 www.chestnuthillpres.org

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Being Good Stewards

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