

AT THE CENTER OF THINGS

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

— SPRING 2018 —

As we physically shed the warm layers from the winter months and Mother Nature's floral majesty begins to appear out our windows, it's a perfect opportunity to remind us of the power of renewal and the endless possibilities around us. So I ask you this, what new activity or program might you participate in this spring to renew and grow yourself?

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

Diva Demands — Leigh Munro, a former principal artist with the New York City Opera, will share her experiences, and present an honest look at how it really is to pursue a career in the world of opera. (page 4).

Love Your Bones! — This workshop is for anyone concerned about maintaining healthy bones. Did you know that yoga can stimulate bone development and help deter the effects of osteopenia and osteoporosis? Come learn about accessible yoga postures that have been validated through research and that benefit bone health. (page 10).

How to Be an Advocate: Make Your Voice Heard on the Issues You Care Most About — This presentation will show how you can best advocate for the issues that are important to you whether it is volunteering your time with a larger advocacy organization, advocating for your own health care or contacting your local, state, and federal officials directly. (page 5).

Life After Loss: Bereavement and Beyond — This four-week, topic-driven bereavement group is designed to assist people in any stage of the grieving process. We will offer guided discussion

and opportunities to share, process, reflect, and connect. (page 11).

Nutrition and Brain Health — As we age, maintaining brain health is critical to vitality and longevity. Nutrition plays a key role in lowering risk of dementia, Alzheimer's Disease and other neuro-degenerative diseases. (page 11).



Bring Your Family History Material to Life — If you have old photos, newspaper clippings, artifacts, sewing projects, and other family or genealogical material stashed in boxes, come to this class to form an inspired plan and get started. (page 6).

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

With gratitude,

Leslie

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TRIPS OF THE MONTH

We use our church van for Center on the Hill trips. Space on our van is limited to 10 participants. The church van is not ADA accessible so participants **must** be able to climb in and out of the van as well as move around to the back seats. All trips include walking, sometimes even steps, 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.

****Trip reservations open on Tuesday, April 3. No reservations will be taken prior to April 3.****

PHILADELPHIA MUSEUM OF ART

Philadelphia Museum of Art

Wednesday, April 25

Meet at the Center on the Hill at 9:00am, van departs promptly at 9:15am

\$55 (includes entrance fee, docent tour, transportation and parking)

REGISTRATION AND PAYMENT DUE BY MONDAY, APRIL 11.

Minimum of 7 and a maximum of 10 registrants.

The Philadelphia Museum of Art opened in 1928 and is a landmark at the western end of the Benjamin Franklin Parkway. We will be enjoying a private tour of the newest exhibition at the museum titled *Modern Times: American Art 1910 - 1950*. "From jazz and the jitterbug to assembly lines and skylines: the early twentieth century was a time of great social, artistic, and technological change. Artists responded with a revolutionary language of shapes and colors. See how Georgia O'Keeffe, Marsden Hartley, Jacob Lawrence, and others challenged convention and forged bold new styles to fit the times."

Trip Details: We will arrive at the Philadelphia Museum of Art at approximately 10:00am. At 10:30am we will have a private docent-led tour. Following the tour, we'll have time to wander the museum on your own, visit the gift shop and grab a bite of lunch in one of the museum's cafés. (Lunch is not included.)

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

PRINCETON UNIVERSITY ART MUSEUM

PRINCETON UNIVERSITY ART MUSEUM

Wednesday, May 16

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

\$30 (includes admission, a docent-led tour and parking)

REGISTRATION AND PAYMENT DUE BY WEDNESDAY, MAY 2.

Minimum of 7 and maximum of 10 registrants.

Preference will be given to those on the waiting list from the Fall 2017 trip.

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.)

GROUNDS FOR SCULPTURE

Wednesday, June 20

Meet at the Center on the Hill at 9:00 am, van departs promptly at 9:10 am

Minimum of 7 participants and a maximum 10.

\$45.00 (includes entrance fee, guided tour, transportation and parking)

REGISTRATION AND PAYMENT DUE BY WEDNESDAY, JUNE 6.

Back by popular demand! Nestled in the heart of central New Jersey, Grounds for Sculpture is a magical place where art and nature are always at play. At its core are more than 270 sculptures by renowned and emerging contemporary artists, each thoughtfully positioned on meticulously landscaped parkland full of thousands of exotic trees and flowers. It is a feast for the senses.

Trip Details: We should arrive at Grounds for Sculpture by 10:15am for our 10:45am docent-led walking tour. Following the tour you'll have time to see more of the grounds and head to lunch at the on-site café. (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.

April 12
Dr. Russel Kaufman –
The Genome Revolution and
Personalized Medicine

Dr. Kaufman, M.D. has been an academic leader in biomedicine for thirty-five years, serving as Chief of Hematology/Oncology at Duke University. He was the President and CEO of The Wistar Institute in Philadelphia until he retired in March 2015. In this session, he will explain what we have learned about our genes, how it can inform our disease susceptibility as well as how it can guide the use of individualized therapies - personalized medicine.

May 10 (rescheduled from 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.

COMMUNITY LUNCHEON

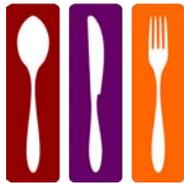
Tuesdays, April 24 and June 26
(no luncheon in May)
 12:00pm

\$9. Please pay at the door.

To register, call Leslie Lefer,

215-247-4654, or e-mail llefer@chestnuthillpres.org.

IMPORTANT: REGISTRATIONS RECEIVED AFTER THE FRIDAY BEFORE THE LUNCHEON 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:
ART IN STUDIO

Tuesday, May 1
 11:00am – 12:30pm
 Free (refreshments included)



Please join Mary Mattes, Certified Dementia Practitioner from Artis Senior Living Huntingdon

Valley, for our next Memory Café. We will learn a fun and easy craft that is just in time for the Spring. (No art experience necessary.) Recreational activities such as the arts are a great way to exercise your mind and keep your cognition skills intact.

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. Please come and join others in our community going through the same experiences and challenges. RSVP to Leslie Lefer at 215-247-4654. Walk-ins are welcome.

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.



FOR YOUR INTEREST AT THE CENTER ON THE HILL

Movie dates and shows:

Tuesday, April 3 showing "Wonder"

Based on the New York Times bestseller, *WONDER* tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters 5th grade, attending a mainstream elementary school for the first time. (2017)

Tuesday, May 8 showing "Darkest Hour"

During the early days of World War II, the fate of Western Europe hangs on the newly-appointed British Prime Minister Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on against incredible odds. (2017)

Tuesday, June 19 showing "The Post"

A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government. (2017)

DIVA DEMANDS

*Tuesday, April 10
1:30pm – 3:00pm
\$10*

According to one estimate, only about one in a million singers is born with the instrument necessary to make the sounds required in opera, and only a very few of them can follow through on their gift. So, what does it take to pursue a career in one of the most competitive, demanding professions in the world today? What are the training and financial requirements? How many years of study, including college degrees, are involved? What are the pathways to getting hired? Is it a sustainable career choice? Despite the challenges, music schools are filled to capacity with gifted, young singers, hoping to realize their dreams. What are their chances of success?

Leigh Munro, a former principal artist with the New York City Opera, will share her experiences, and present an honest look at how it's done. She'll include the triumphs and challenges she faced as a young mother from central Pennsylvania, who, against all odds, was given the opportunity to realize her lifelong dream of singing opera in New York and around the world.

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

GRIFFINS GIVE BACK DAY

*A Volunteer Program with
Chestnut Hill College Students
Saturday, April 14
9:00am - 1:00pm
(one-hour sessions)
Free*



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

Space is limited so sign up now. Contact Leslie Lefer at 215-247-4654 to book your spot. Registration deadline: Wednesday, April 11.

BASIC KNITTING FOR BEGINNERS

*Mondays, April 16 – May 21
11:00am – 12:30pm
\$5 per session
(supplies NOT included)
Maximum of five students*



Have you always wanted to learn to knit but didn't know where to start? Or tried to knit but found that the written instructions were just too hard to follow? Or knitted years ago and need a little refresher? Then this workshop is for you! Please join, Diane Villiers, a knitter for over thirty years, as she provides one-one instruction on basic knitting techniques. Supplies are not included. Students should bring to class: size 7 knitting needles and Worsted weight yarn in a dark, single color.

NIGHTTIME DREAMS 101

*Tuesday, April 17
1:00pm – 3:30pm
\$10*

Brainwave studies show that everyone dreams every night, and throughout history people have noted the meaningful messages that dreams communicate. How can we better remember and understand them? After briefly going over the biology and psychology of dreams, we'll learn the basics of symbolism and engage in a group process to help each other start to fathom what our dreams are saying, and better dialogue with our inner selves.

David Low, MS PhD (davidlowmsphd.com) was an Adjunct Professor of Religion, drug counselor, and entertainer who today does dreamwork, and speaks on topics in popular spirituality and religion. After some years of yoga and meditation, he began having powerful dreams which have directed major decisions in his life. An epiphany in 2014 led him to write his first book, Universal Spiritual Philosophy and Practice.

HOW TO BE AN ADVOCATE: MAKE YOUR VOICE HEARD ON THE ISSUES YOU CARE ABOUT MOST

*Thursday, April 19
11:00am – 12:00pm
Free*

Is there a cause you feel passionate about? Maybe it is about the welfare of animals, the environment, children’s literacy, or an issue affecting the neighbors on your street. This presentation will show how you can best advocate for the issues that are important to you whether it is volunteering your time with a larger advocacy organization, advocating for your own health care or contacting your local, state, and federal officials directly.

Presenter Mariel Lorenz is a Line Supervisor at CARIE, the Center for Advocacy for the Rights & Interests of the Elderly.

STRENGTHEN YOUR VOICE, LEVEL I

*Mondays, May 7, 14, 21 and June 4 and 11 (No class May 28)
10:00am – 11:00am
\$15 per class
Minimum four students.*



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

STRENGTHEN YOUR VOICE, LEVEL II

*Mondays, May 7, 14, 21 and June 4 and 11 (No class May 28)
11:00am – 12:00pm
\$15 per class
Minimum four students.*

This class will build upon the technical skills learned in Level 1 in a workshop setting. Participants will engage in a group vocal warm-up, and then each participant will spend time working individually with the instructor while the rest of the class observes. This is a good opportunity for those who want to further develop their skills but who are not able to commit to private lessons. Note: some outside preparation will be required.

Pre-requisite: All participants should complete Strengthen Your Voice, Level 1 before registering for Level 2.

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

THE BASICS OF HOW TO USE YOUR ANDROID PHONE

*Wednesdays, May 9, May 23, June 6 and June 20
1:00pm – 2:00pm
Free
Minimum of five students and maximum of fifteen.
Pre-registration REQUIRED by May 3.*



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

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

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

BUDDHIST PHILOSOPHY AND ETHICS

Thursdays, May 10 – 24

2:00pm – 3:30pm

\$5 per session



Recently Buddhism has gained much visibility as an outstandingly peaceful and insightful religion, and its meditation practices are widely known. Come learn about the history, doctrines of this faith, and see why its ethical practices are so admired by psychologists (and any number of celebrities). Similarities and contrasts with our country's Judeo-Christian heritage will be noted. We'll do a bit of Buddhist self-inquiry and meditation practice as well.

David Low, MS PhD (davidlowmsphd.com) was an Adjunct Professor of Religion, and taught at Rutgers-Camden, LaSalle and other area universities for ten years. An epiphany in 2014 led him to write his first book, Universal Spiritual Philosophy and Practice. Dr. Low has travelled extensively on pilgrimage in India and spent six years living in spiritual communities.

LEGACY AND ESTATE PLANNING

Tuesday, May 22

10:30am - 11:30am

Free



Kyle Cunningham, Certified Retirement Income Professional, works with clients to ensure they have optimized their legacy planning. With taxes in mind, and the numerous financial products that exist, finding and implementing the right plan can be overwhelming and challenging to say the least. Kyle will show us how to simplify this process and ensure that all leave the workshop with good insights into tax-effective legacy and estate planning. He will cover topics from Medicare and long-term care insurance planning to tax-effective strategies and how to protect your wealth. Kyle will gladly answer questions on financial products and planning during this workshop.

Kyle Cunningham is a Certified Retirement Income Professional and has practiced for the last ten years with Northwestern Mutual. Feel free to check out Kyle Cunningham on his website kylecunningham-nm.com.

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

BRING YOUR FAMILY HISTORY MATERIAL TO LIFE

Thursday, June 14

1:30pm – 3:00pm

\$15

If you have old photos, newspaper clippings, artifacts, sewing projects, and other family or genealogical material stashed in boxes, come to this class to form an inspired plan and get started. We will cover ways to prioritize, organize and achieve your goals; and specifically focus on scanning, and how to self-publish a print or eBook through Blurb as one example of the many ways you can present your stories. We will touch on using Ancestry.com and other resources for research, how to store, display or pass your material on where it will be appreciated. This course comes with a complementary follow up phone consultation to keep your process rolling along. Family history survives when it is shared! Whatever you choose to create, it will be one of your greatest gifts to your descendants.

Participants should bring:

- A list of archival materials you have
- Sample materials to class – especially the things that most inspire you – jewelry, a handcrafted item, photo, etc.
- Means of taking notes

Susan Hadden's company, a.Resolution, provides design services for the best use of your work and living space (indoors and out) including project and maintenance coordination, household organizing, curating and clearing and home sale preparation and staging.

DREAM CIRCLES

First Thursday of each month,
join at any time

1:30pm – 3:00pm

\$5 each session



Brainwave studies show that everyone dreams every night, and throughout history people have noted the meaningful messages that dreams communicate. How can we better remember and understand them? In this group we use basic, interactive methodologies to help each other understand the universal language of dream symbols, to better dialogue with our inner selves and support each other in that process. Brief lecture-discussion on dream-related topics provided as necessary. "New people" are welcome at these

monthly gatherings, but do try to be on time for the session you want to attend.

David Low, MS PhD (davidlowmsphd.com) was an Adjunct Professor of Religion, drug counselor, and entertainer who today does dreamwork, and speaks on topics in popular spirituality and religion. After some years of yoga and meditation, he began having powerful dreams which have directed major decisions in his life.

**DESSERT WITH
A DOCENT**

*Tuesday, May 1
1:30pm – 3:00pm
\$5*



Registration and payment due by Tuesday, April 24

Docent Deena Gerson returns to the Center on the Hill to discuss the topic of women in art. Do women have to be naked to get into the Metropolitan Museum of Art? Less than 6% of the artists in Modern Art sections are women while 85% of the nudes are female! Let's explore whose story is the history of art anyway? How could Renoir get away with saying "The woman artist is merely ridiculous!?" Come celebrate the female artists through the centuries... you may be surprised!

ART AS MEDITATION

*Monday, May 21
1:00pm – 3:00pm
\$25 Minimum of seven participants.
Please bring your own pencils and drawing pad.*

Through the practice of a basic drawing exercise, students will compare the letting go of their thoughts about a subject to the letting go of their thoughts while meditating. While moving between drawing and guided meditation, each exercise enhances the other. Pencil and drawing pads are the only materials necessary.

This workshop is a lesson in learning to see, combined with a series of guided meditations. Learn to focus on a subject and observe things you've never noticed before. Discover how drawing can actually be a form of meditation, and how meditating can enhance your observational skills. Anyone interested in these two subjects is welcome. No previous experience in either subject is required. It is a totally relaxing and unique way to spend two hours.

Debra Kapnek has a Masters in Fine Arts and is a professional artist. She has been painting for over forty years and her work is sold to both private and public collections. Debra has taught Drawing in High School, Community College and privately. Having studied and practiced Meditation for many years, she developed the concept of Drawing as Meditation gradually through her own experience and love for both activities.

**JEWELRY MAKING WORKSHOP:
EARRINGS**

*Tuesday, June 19
10:00am – 1:00pm
\$30 per person plus \$25 for supplies
(Minimum of five students. Please pre-register.)*

Each student will receive a kit to make three pairs of wire-wrapping dangling earrings. The kit contains supplies for three different pair of earrings, each are different kinds of stones. Students will make at least one to two pairs of earrings in the class and take the rest of the supplies home to continue their jewelry making fun.

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.



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.*

ART, LANGUAGE, AND DANCE AT THE CENTER ON THE HILL

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

APRIL – CHARLEEN STEVENS

Charleen Stevens returns to the Center on the Hill with an exhibit of new photographs. Charleen is self-taught in art and photography having acquired a degree in music from Hunter College University. She secured a job with Harriet Wild Fabric Arts in NYC because of her self-taught drawing ability and was in charge of colorings and repeats for upholstery and drapery. At the age of forty she began studying Chinese brush painting with Phoebe Shih. Painting mostly flowers, she was inspired to take a workshop in silk painting which led her to establish a scarf-painting business, producing her original creations. Besides flowers, birds, pets, and landscapes, Charleen excels in what she calls abstracts—details in nature that form compositions that are pleasing to the eye. Charleen has exhibited paintings at Cathedral Village, Mathers Mill, First Trust Bank, Norristown Art League, Woodmere Museum, and the Chevy Chase Club in Washington, DC. Charleen's photos are sold at The Hill Company, The Tailored Home, and The Tamarindo Restaurant in Flourtown. Charleen Stevens will host an art reception at the Center on the Hill, including light refreshments, on Thursday, April 5 from 5:00pm – 7:00pm.

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

MAY – CELEBRATE ARTS AND AGING, THE PHILADELPHIA CORPORATION FOR AGING

For the month of May, The Philadelphia Corporation for Aging (PCA) will showcase the wonderful, original work by older artists in the Philadelphia area. Coinciding with Older Americans Month, we will be part of a citywide celebration to promote the importance of creativity among older adults. The PCA Celebrate Arts and Aging reception will be held here on Tuesday, May 29, 4:00pm – 6:00pm. Come meet some of the artists whose work so graciously hangs on our Center walls and enjoy light refreshments. For more information, go to www.pcaCares.org/seniorart.

JUNE – CLARA SOYOUN KIM

For her entire life, Clara Soyoun Kim has had two key passions: art and nature. These twin callings have always shaped her creative life. In Korea she majored in landscape architecture. However, this field did not yield the personal satisfaction she desired. She needed to practice something more expressive, so she came to America to study painting late in her life. She graduated from Pennsylvania Academy of the Fine Arts last year. Upon relocating her studio from school to home, she dove into landscape painting. She painted the views she saw through the window of her living room, interpreting these vistas differently depending on the season, the weather, and the mood. Expanding her territory further, she began walking to the nearby train station and Wissahickon Park to paint. There she discovered the beauty and bright colors created by light, which has become her main focus.

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.

SINGING AND/OR DANCING TO THE OLDIES

Tuesdays (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, May 1 – 22

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, June 5 – 12

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!

Thursday, June 14

11:00am – 12:30pm

\$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, JUNE 7.

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 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

No registration is necessary

\$2

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.

HOW TO IMPROVE BALANCE – A FELDENKRAIS® 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.

LOVE YOUR BONES!

Tuesday, April 17

10:30am – 12:00pm

\$20 plus \$5 additional for bone health guidebook

This workshop is for anyone concerned about maintaining healthy bones. Did you know that yoga can stimulate bone development and help deter the effects of osteopenia and osteoporosis? However, not all yoga movements fit the bill. Come learn about accessible yoga postures that have been validated through research and that benefit bone health. This workshop includes both information-sharing and a chance to practice. No prior yoga experience necessary; we will have fun practicing with a chair.

Esther Wyss-Flamm, PhD, EdM, E-RYT is a Kripalu yoga teacher with specific training in yoga for chronic health concerns including osteoporosis. She teaches regular yoga classes and private sessions.

UTILIZATION OF APPROPRIATE LIGHTING FOR PROMOTION OF HEALTH AND WELL-BEING IN OLDER ADULTS

Monday, April 30

11:00am – 12:00pm

Many older adults today are looking to age in place in their homes. The purpose of this session is to provide education on appropriate lighting techniques to increase independence for older adults living in the community. Because vision declines with age, it is important to provide proper lighting to continue to see at maximum potential. Research has indicated that appropriate lighting can increase safety, decrease risk of falls, and improve ease and independence with functional tasks. This interactive presentation will consist of examples of good and bad lighting techniques, explanation of how much lighting is needed for specific tasks, and when to use certain lighting techniques. Please join Occupational Therapy students from Salus University and Barbara Kroberger from Ralston My Way for this very important session on lighting and safety in the home.

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

PILATES

Thursdays, April 19 – June 7
 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.

LIVING WITH LOSS: BEREAVEMENT AND BEYOND

Mondays, April 23 – May 14
 1:30pm – 2:30pm
 \$15 per session



We all live with loss, and each of us experiences loss in our own unique way, at our own pace. This four-week, topic-driven bereavement group is designed to assist people in any stage of the grieving process. Each week will offer guided discussion and opportunities to share, process, reflect, and connect. Facilitated by Mary A. Harris, MSS, LCSW, experienced Grief Counselor, Psychotherapist, and Geriatric Care Consultant with over 28 years of experience helping older adults and their loved ones with later life transitions. As Director of Optimal Aging, LLC, Mary brings an empathic, insightful approach, a wealth of experience, and boundless hopefulness to her work with grieving individuals and groups.

GET QUALITY ZZZZs

Monday, May 7
 12:30pm – 1:30pm
 Free



A good night's sleep is as important to overall health as proper nutrition and regular exercise. Statistics indicate that sleep conditions affect nearly a quarter

of the US population. Left untreated, sleep-wake disorders can lead to more serious health conditions. Join David Cohen, MD, sleep specialist, to learn the symptoms, diagnostic process and treatment options for common sleep problems.

A POSITIVE APPROACH TO PROVIDING CARE FOR YOUR LOVED ONE

Tuesday, May 15
 12:00pm – 2:00pm
 Free
 Please RSVP for this program.



Please join us for a supportive and engaging seminar by Senior Helpers (a home care agency located in Chestnut Hill) and The Lutheran Settlement House.

This program will include:

- Education on Senior Helper's "Senior Gems" (Understanding Alzheimer's for Caregivers)
- Caregiver tips on Parkinson's
- Leeza Gibbon's Senior Helper's Caregiving Tips
- A Q&A with Geriatric Social Workers Sarina Issenberg and Robin Gallagher
- Educational information to bring home

Senior Helpers' caregivers will also be providing care for those who would like to bring their loved ones to the presentation. Light refreshments will be served.

WHAT IS THIS "QIGONG" THING?

(Pronounced Chee-Gung)
 Tuesday, May 15
 2:30pm – 3:30pm
 Free

Come to this free class and find out for yourself. Michael McCormack, the Qigong instructor at the Center on the Hill, teaches this ancient Chinese art that promotes good health by moving Chi, life energy, through the body by use of smooth, slow movements. It is appropriate for all ages and movements can be done standing or seated.

NUTRITION AND BRAIN HEALTH

Thursday, May 17
 11:00am – 12:00pm
 \$5 per person



As we age, maintaining brain health is critical to vitality and longevity. Nutrition plays a key role in lowering risk of dementia, Alzheimer's Disease and other neuro-degenerative diseases. In this class, we

HEALTH AND WELLNESS AT THE CENTER ON THE HILL

will learn some foods that can improve brain function and we'll also discuss the importance of glycemic control, antioxidants and exercise.

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

TOP 10 QUESTIONS ABOUT DEMENTIA

Thursday, June 21
12:30pm – 1:30pm
Free



Ever wonder if taking aspirin helps prevent Alzheimer's? Or maybe those statins for your cholesterol will also lower your risk for dementia? Can caffeine, ginseng, or coconut oil help prevent dementia? These are just some of the questions adults have about developing and treating and preventing dementia. Join Charles Altman, MD, psychiatry, medical director of the Senior Behavioral Health program at Chestnut Hill Hospital, to get your questions answered.

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

“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, 9:30am – 10:15am,
ongoing (start at any time)
\$24 for four sessions or \$8 per class



What’s Zumba Gold? It takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. It’s a low intensity & low impact cardio class. Fitness, dance moves and great music are 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
7:00pm – 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 and Claire Salvi, both with extensive spousal caregiving experience. For more information, contact Fern Ziegler at 484-686-7689 or fernziegler@gmail.com or Claire Salvi at 215-407-5567 or cleonicesalvi@comcast.net.

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BEGINNING T'AI CHI

Wednesdays, April 18 – June 20
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, April 18 – June 20
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, April 18 – June 20
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.

MEDITATION WITH LAMA COULTER

Thursdays (ongoing)
10:30am – 12:00pm
\$40 for four sessions; \$12 for walk-ins

Lama Coulter will present traditional methods to help us recognize our innate wisdom and love, to restore

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

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.

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. 159. Leave your name and phone number for Barbara Rutberg who will call you back to arrange an appointment or feel free to email Barbara at brutberg1@gmail.com.

ZUMBA GOLD IN A CHAIR

Thursdays, start at any time
4:00pm – 5:00pm
\$8 per session (No class June 7 or June 14)

Have you heard of Zumba? That it's fun and has many health benefits? Join the 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.

WELLNESS AND YOGA AT THE CENTER ON THE HILL

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.



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

*Second Thursday of the month, join at any time
6:30pm-8:00pm*

Free

For more information, call Jean Kirkley, 215-758-7305 or e-mail jean.kirkley@gmail.com.

Share your wisdom, experiences, challenges and joys with others as caregivers for those living with Alzheimer's and related dementias. This group is an open support group for caregivers, sponsored by the Alzheimer's Association of the Delaware Valley. The group meetings are open to new and interested members. No enrollment or long term commitment is required, just a willingness to share in a confidential and supportive environment.

***If you can't make the meeting in person, feel free to join us from the comfort of your home. Simply dial (712) 432-3447 and enter passcode 846968. You are a meeting participant---it's just that simple.*

Jean Kirkley has been the President/CEO of Boomers 'R Heroes Caregivers Support Group, Inc. since 2011 and facilitates their support groups around the Philadelphia area. Jean has also been trained to lead support groups for the Alzheimer's Association.

YOGA

YOGA CLASSES

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

GENTLE THERAPEUTIC YOGA

Mondays, start at any time

2:15pm – 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.

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 more than forty-five 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 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 more than 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 DRIVER COURSE

Monday and Tuesday, June 11 and 12
 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.

TRANSFORMING PLASTIC BAGS INTO SLEEPING MATS FOR THE HOMELESS

3rd & 4th Thursdays of April, May & June
 1:30pm – 3:30pm
 Free

Please join us as we continue our work 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. She'll lead us in a step-by-step process on how to make the mats. No experience is necessary to join this group. All mats will be donated to Project Home's Hub of Hope in Suburban Station.



SMART DRIVER SAFETY COURSE

AARP SMART DRIVER REFRESHER COURSE

Tuesday, June 5
 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.



AARP SMART DRIVETEK

Monday, June 18
 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!

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



Center on the Hill ... the place for active adults

The Presbyterian Church of Chestnut Hill

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Philadelphia, PA 19118

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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!