



AT THE CENTER OF THINGS

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

— WINTER 2019 —

As I write this letter and work on the Winter 2019 schedule, I am also planning my departure from the Center on the Hill. It's a bitter sweet time for me. On the one hand I'm happy to be moving to Hilton Head, SC to spend time with my Mom, and on the other hand I'm sad to be leaving you. Being the Director of the Center on the Hill has been one of the great joys of my life. Being with you, getting to know your life stories, and celebrating with you, has enriched me in so many ways. I can't thank you enough for welcoming and supporting me over the last five plus years. Please know that I will be thinking of all of you often and each time I will be smiling and wishing you much health and happiness.

I know the cold winter weather makes you 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 & wellness programs. We have a very talented group of speakers and instructors joining us this winter. In fact when you look inside this Winter 2019 newsletter you'll notice that it's packed with almost 20 new programs to pick from.

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

Virtual Dementia Tour — This life-changing experience results in a better understanding of the physical and mental challenges faced by those living with dementia, which empowers us to provide them with better care and support. (page 2)

The Harlem Renaissance — Have you heard of the Cotton Club, the Dark Tower, the Nicholas Brothers, Langston Hughes, and Zora Neale Hurston? These and other highlights of African American culture flourished in Harlem between World War I and the beginning of the Great Depression. (page 3)

Older and Smarter: Seniors in the 21st Century — In this session participants will learn

about 'interactive' technologies- e.g. cell phone apps which let us arrange for a ride and 'monitoring' technologies, such as 'nanny cams' which can 'keep an eye' on older individuals living alone. (page 4)



Winter Blues Busters — Learn about the science behind seasonal mood changes, including how to tell the difference between typical winter blues and something more concerning, and walk away with practical strategies to keep spirits high, connect, and combat the blues this winter. (page 10)

Taking Charge of Your Bone Health — Physical therapist Joanne Fagerstrom will talk about the crucial role exercise and nutrition play in improving and maintaining your bone density. (page 11)

From the bottom of my heart, I wish you and your loved ones a very happy and healthy winter season!

With gratitude,

Leslie

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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 12:30pm Dessert and coffee are provided. A \$5 donation is requested. No registration required.



January 10
**Sandra M. Clark –
The Fight for Journalism**

Journalism today is challenged – and needed – more than ever. Attacks on reporters from political officials are unrelenting. More and more local newspapers are folding as the desperate search for sustainable business models continues. Trust among the public is hitting new lows. But the fight isn't over. Sandra Clark is vice president for news and civic dialogue at WHYY, overseeing the award-winning news operation for radio, TV, and digital at the Philadelphia region's leading public media outlet. Clark, who joined WHYY in 2016, was previously managing editor at the Philadelphia Inquirer. Under her leadership, the Inquirer won the Pulitzer Prize for criticism in 2014.



February 14
**Glenn Bergman –
Philabundance: From Relieving
Hunger to Ending Hunger**

Philabundance, the region's largest hunger relief organization, is at a transition point in the organization's history. Glenn Bergman, Executive Director, will use this opportunity to talk about what that transition means for how they do their work and for the communities they serve. Prior to Philabundance, Glenn was the General Manager of the Weavers Way Co-Operative Market. Over his 11-year tenure at Weavers Way, Glenn expanded co-op membership and staff; increased annual sales; and expanded its programs to include the operation of four stores, two urban farms and children and adult educational events.

INTERGENERATIONAL MLK DAY PROJECT

Tuesday, January 15
10:00am – 11:30am
Free

Inspired by Martin Luther King's day of service, the Center on the Hill and the church's preschool will partner once again. This time we will work together to create care packages for those seniors served by the Chestnut Hill Meals on Wheels program. Between Wednesday, January 2 and Friday, January 11 we (both the Center on the Hill and the preschool) will be collecting items to put into our "snack pack" care packages. These items include:

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

Then on Tuesday, January 15 we will work with the preschoolers to assemble the "snack pack" care packages including creating a hand-decorated card. All are welcome to drop off care package items. If you'd like to participate in assembling these packages, please contact Leslie at 215-247-4654 by Thursday, January 10.

VIRTUAL DEMENTIA TOUR

Thursday, January 24
Session 1: 11:00am – 12:15pm or
Session 2: 12:15pm – 1:30pm
Free
Registration required.

The Virtual Dementia Tour® simulates the effects of aging and dementia to give families, caregivers, and the general public an opportunity to walk in their shoes. Each tour lasts 20 plus minutes and then we will have a short group debrief at the end of each session. This life-changing experience results in a better understanding of the physical and mental challenges faced by those living with dementia, which empowers us to provide them with better care and support.

These tours are facilitated by Emily Bova, Certified Dementia Practitioner (CDP) at The Terrace at Chestnut Hill.

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

THE HARLEM RENAISSANCE

Tuesday, January 29
1:30pm – 3:30pm
\$5 per person

With February and African-American History month right around the corner, Margaret Montet returns to present her entertaining and educational program about the Harlem Renaissance. Have you heard of the Cotton Club, the Dark Tower, the Nicholas Brothers, Langston Hughes, and Zora Neale Hurston? These places, people and other highlights of African American culture, flourished in Harlem, a city within a city, between World War I and the beginning of the Great Depression. This movement soon went mainstream, influencing American culture at large. Learn about and listen to the exciting, energetic music of the 1920s in Harlem with excursions into the art, literature, and dance which emerged at the same time.

This program is presented by Margaret Montet. Margaret has three Master’s degrees, Music Theory, Library Science, and Creative Writing. Currently Margaret is a Librarian at Bucks County Community College.

FAREWELL PARTY

Thursday, January 31
1:30pm – 3:30pm
Free



Please join us as we say farewell to Leslie Lefer, Director of the Center on the Hill, and thank her for her leadership, dedication and welcoming smile for the last five years. As we wish her much love and support in this new chapter in her life, we will also enjoy light refreshments upstairs in Widener Hall. No gifts please.

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 am if we are closed. (If you get the regular Center on the Hill voicemail, then the Center is open.)

COMMUNITY LUNCHEON

Tuesday, February 26
12:00pm
\$9. Please pay at the door.
Register by calling 215-247-4654.

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!

AFTERNOON MOVIES

1:30pm
\$2 (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 8 showing “Operation Finale”

Fifteen years after the end of World War II, a team of top-secret Israeli agents travel to Argentina to track down Adolf Eichmann, the Nazi officer who masterminded the transportation logistics that brought millions of innocent Jews to their deaths in concentration camps. Hoping to sneak him out of the country to stand trial, agent Peter Malkin soon finds himself playing a deadly game of cat and mouse with the notorious war criminal. (2018)

Tuesday, February 5 showing “The Greatest Showman”

Inspired by the imagination of P. T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation. (2017)

Tuesday, March 26 showing "First Man"

First Man, the riveting story of NASA's mission to land a man on the moon, focuses on Neil Armstrong (Ryan Gosling) and the years 1961-1969. A visceral, first-person account, based on the book by James R. Hansen, the movie will explore the sacrifices and the cost on Armstrong and on the nation of one of the most dangerous missions in history. (2018)

STRENGTHEN YOUR VOICE, LEVEL I

Fridays, January 11, 18, February 1 and 8 (no class on January 25)

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

Fridays, January 11, 18, February 1 and 8 (no class on January 25)

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.

Prerequisite: 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.

OLDER AND SMARTER: SENIORS IN THE 21ST CENTURY

Tuesday, February 12

1:30pm - 3:00pm

Free

The vast majority of older Americans plan to remain in their own homes, remaining integrated in intergenerational communities, rather than uprooted from mainstream life & segregated by age in an 'old age' facility. This workshop, presented by Human Touch Home Care of Flourtown, explores how today's seniors have become the beneficiaries of new technologies which help us to remain independent, including many 'on-demand' services. Participants will learn about 'interactive' technologies- e.g. cell phone apps which let us arrange for a ride, find someone to shovel snow from our driveway, or have a meal delivered from our favorite restaurant; and 'monitoring' technologies, such as 'nanny cams' and other remotely monitored devices which can 'keep an eye' on older individuals living alone. "

BASIC APPLE (iOS) DEVICE TIPS

Thursday, February 21

2:00pm - 3:30pm

\$12

In this session, we'll cover the essentials to learn how to effectively use the basic functions and Apps on iPhones and iPads. You'll want to know your Apple password to be able to take full advantage of your device features.



BEYOND THE BASICS OF YOUR APPLE (iOS) DEVICES

*Thursday, February 28
2:00pm – 3:30pm
\$12*



This class is suitable if you are comfortable navigating Settings and the App Store. We'll steer the conversation to meet the needs and interests of those in the class. 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 has been teaching tips and tricks classes for five years.

DIGITAL DECLUTTERING

*Thursday, March 28
1:30pm – 3:00pm
Free*

The decluttering session we had in October was such a huge hit, that we decided we needed another session. This time the focus will be on "digital decluttering". Brianna Brim, Salus University Occupational Therapist, will return to provide insight on how we declutter in this digital age. This program will highlight general strategies and resources to help us organize our computer information including our folders, documents and emails. Brianna will answer the questions, What should I keep and not keep?, Where should I keep these items so I can find them again?, and How should I deal with junk email and spam? Sound like something you may need, then join us to find out more!

TRANSFORMING PLASTIC BAGS INTO SLEEPING MATS FOR THE HOMELESS

*3rd & 4th Thursdays of January, February and March
1:30pm – 3:30pm
Free*

We are continuing our work on transforming plastic grocery bags into sleeping mats for the homeless of Philadelphia. (FYI: it takes five hundred – seven hundred bags to make one sleeping mat.) 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 over a year. She and Sheila Incognito will lead us in a step-by-step process on how to make the mats. Please bring your own pair of sharp scissors to cut the bags. No experience is necessary to join this group.

DREAM CIRCLES

*First Thursday of each month, join at any time
1:30pm – 3:00pm
\$5 each session
RSVP REQUIRED by the Tuesday before each dream circle.*

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 was an Adjunct Professor of Religion, drug counselor, and entertainer who today does dream work, 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.

HAIKU POETRY

*Wednesdays, January 9,
February 13 and March 13
(2nd Wednesdays of each month)
10:30am – 11:30pm
\$5 per person*



Poet and writer Bill Hengst continues to teach and facilitate a class in haiku poetry. "Haiku" has a long tradition in ancient Chinese and Japanese cultures. In class, we will discuss and practice this three-line poetry form. Bring your haiku poems or other short poems to share with the class. We will write some new haiku poems during class.

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

ART

DESSERT WITH A DOCENT: "THE ART OF MEDICINE"

Tuesday, March 5

1:30pm - 3:00pm

\$6

Registration and payment due by Tuesday,
February 26

Deena Gerson, former docent at the Philadelphia Museum of Art, returns to the Center on the Hill to discuss the topic of medicine in art. Since the beginning of mankind, there has been illness, pain and disease. Follow the artists who follow the scientists' and doctors' strides in care for the suffering, cure for illnesses and ease of pain. From Hippocrates, through Rembrandt...Van Gogh through Rockwell.. we will discover the physician as artist as well! It's going to be more than a spoonful of sugar!

LEARNING TO LOOK AT ART

Docent and Art Educator, Suzanne Fitzpatrick, returns with three new sessions of her Learning to Look series. Suzanne Fitzpatrick is a graduate of the Barnes Foundation Art and Aesthetics Program, and has worked with the Barnes Foundation Museum (in Merion Station and in Center City) as a Docent and as an art educator in the Philadelphia public schools. Additionally, she taught a workshop at the Pennsylvania Academy of Fine Arts on Emulsion Transfers.

Please join us for one, two, or all three sessions below. Classes do not build upon each other.

LEARNING TO LOOK: NAÏVE ARTISTS

Thursday, March 21

11:00am - 12:30pm

\$10

Minimum of five students. Please pre-register.

We will examine the Naïve style (sometimes referred to as Primitive) of artists you may and may not be familiar with. We will look at works by Pippin, Hicks, Delacroix, Rousseau, and Bombois. Always appealing, this style's simplicity is anything but! Come join in the fun as, once again, we take a deep look at looking!

LEARNING TO LOOK: A SMORGASBORD!

Thursday, April 18

11:00am - 12:30pm

\$10

Minimum of five students. Please pre-register.

In April, we return for a second session of Suzanne Fitzpatrick's Learning to Look series. This time around, we will focus on a number of different styles of painting, examining examples of Fauvism, Pointillism, Post Impressionism, and more. Join us as we take a look at some famous artists who loved color and weren't afraid to use it!

LEARNING TO LOOK: NOT JUST PAINTINGS

Thursday, May 16

11:00am - 12:30pm

\$10

Minimum of five students. Please pre-register

In May, we return for a third session of Suzanne Fitzpatrick's Learning to Look series. Works of art come in all shapes, sizes, styles, and mediums. In our third installment, we will look at a variety of other artistic forms, such as sculpture, printmaking, and woodworking. We'll take a look at the woodcuts of Wharton Esherick, the mobile, stabiles (a freestanding abstract sculpture), jewelry, and circus scenes of Calder, the sculpture of Lipchitz, and more. Just for the fun of it!

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



ART CLASSES

ART CLASSES

Instructor Alex Forbes has been teaching classes in the Chestnut Hill area for the past twenty-six years. He has also taught illustration at The Hussian School of Art in Philadelphia. Alex is an accomplished artist who exhibits at the Chestnut Hill Gallery and has held several of his own local exhibits.

SKETCHING AND DRAWING CLASS

Mondays, join at any time

9:30am - 11:30am

\$32 per month

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. Supplies not included. Please bring your own drawing paper, pencils, pastels or charcoal.

WATERCOLOR WORKSHOP

Tuesdays, join at anytime

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. Supplies not included. Please bring your own drawing paper and watercolors.

ART GALLERY

JANUARY – NORTHWEST VILLAGE NETWORK (NVN)

Northwest Village Network (NVN) is a five-year-old organization offering ways for older people to remain engaged in meaningful activities throughout their later years. A volunteer organization in northwest Philadelphia, our mission is to “work together to provide services and programs that help our members to live independently, stay active and be socially engaged in our community.” We provide social activities, information about issues affecting seniors, and support services such as a free ride

service and short term care support for those who need temporary help, such as errands, meals, visits, and pet care. We are presenting our first art show this month, Celebrating Artists in our Midst, which will include thirty-one pieces from ten members. We have stained glass, photographs, paintings, drawings, paper collages, and linocuts in what will be a lively, engaging show. We will host an art reception with light refreshments on Thursday, January 10 from 3:00pm – 5:00pm.

FEBRUARY – PAULA MARCELA ANDRADE VIDAL

Paula Marcela Andrade Vidal is an artist and is a native of Chile. She obtained an Advertising Design degree from the Columbus College of Art and Design in Columbus, Ohio where she was awarded a full scholarship to study Art. Paula has painted since a young age but has never formerly exhibited her paintings. Her work is elegant and expressive but very controlled in geometrical forms. Her choice of media is acrylic paints on paper and acrylics paints on wood panels. Paula starts each piece in a carefree and expressive manner, with many thick brush strokes and rich use of paints and colors, then she frames each small area of her canvas within a geometrical form. Slowly each piece takes shape and develops structure. Paula finds her inspiration in architecture, industrial photography, and in the perfect repetition and rhythm one can only find in nature. Paula recently fulfilled her longtime dream of opening her own art shop at Etsy.com. Her shop, House Wren Art, displays her latest work. Please visit <https://www.etsy.com/shop/HouseWrenStudio> to delve into her creations.

MARCH – THE ART CENTER AT AMBLER

The nonprofit Art Center at Ambler (formerly Oreland Art Center) is committed to supporting area artists and providing a welcoming space for artists in the community. ACAA offers classes, workshops and demonstrations in drawing, painting and ceramics for artists of all levels, taught by well-known and respected professionals. ACAA members receive discounted class fees, many opportunities to exhibit their work through the year, plus open studio time every week. We also support aspiring artists by providing scholarships to graduating art students at Wissahickon, Upper Dublin, and Springfield high schools. The Art Center at Ambler is located on the top floor of the Montco Senior Activities Center, 45 Forest Avenue, in Ambler. Contact ACAA at www.artcenteratambler.org

SPANISH CONVERSATION LESSONS

Tuesdays, February 5 – March 12
10:30am – 11:30am
\$70 for six sessions
Please pre-register

Classes are designed to help you build your Spanish language skills in a fun and interactive way. The lessons will be conducted in Spanish, so that you can immerse yourself in the language. You will be able to role play different scenarios, and learn practical words and phrases that are commonly used by native Spanish speakers.

Instructor Paula Andrade is originally from Chile and has been teaching Spanish for four years.

ITALIAN CONVERSATION

Mondays, ongoing
10:30am – 11:30am
\$2 per session



For all those who love and respect the Italian language, we have a new offering of an Italian Conversation group. All are welcome to practice speaking Italian with like-minded Italian aficionados. Practice speaking in a no pressure, fun environment.

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.

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 22 – February 12
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 26 – March 5
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.

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.

For more details about our Friday folk dance session, see our website at <http://folkdancefridays.org>, or contact Bill Wadlinger at 215-233-9399, 267-222-0577 or bill@folkdancefridays.org.



BRIDGE – OPEN PLAY

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



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. Not for beginners.

MAH JONGG – OPEN PLAY

Fridays, join at any time
1:00pm – 3:30pm
\$2 No registration 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.

TONE AND SCULPT

Thursdays, January 3 – March 7
2:30pm – 3:15pm
\$50 for ten week series or \$7 per class
(start at any time)

Get your calorie burn on as we glide through various rhythmic moves to some upbeat sounds. You'll need the following: a bottle of water, yoga mat or towel, a set of 1 and 2 pound hand weights (or 1 1/2 and 3). Let's get whipped into shape for spring and summer. This class will be led by Freda Ebba, certified Zumba instructor, who leads our Zumba Golg class on Tuesday afternoon.

WEDNESDAY DIABETES WORKSHOP

January 9, 16, 23 and 30*
February 6, 13, 20 and 27*
March 6, 13, 20, and 27*
12:00pm – 2:00pm
*\$5 and RSVP required for the cooking workshop/ demo which is the last session of each series. All other sessions are free. For information, call Kirsten Puskar at 215-248-8030.

You can live well with diabetes, pre-diabetes or gestational diabetes. Chestnut Hill Hospital's certified diabetes educator Kirsten Puskar, CDE, will help you understand managing diabetes to stay healthy. All are welcome to take part in this series of four interactive discussions, where participants receive personalized attention and learn what it takes to maintain a healthy lifestyle. Participants can attend one or all four workshops, or just the cooking workshop/demo.

Suggested Weekly Topics:

- Session 1:** The Body System, Diabetes and Basic Nutrition
- Session 2:** Nutrition Overview: macronutrients, counting carbohydrates and developing an individual meal plan
- Session 3:** Classes of Medications and Reducing Stressors
- Session 4:** Healthy Cooking: Demonstration

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

THE CHIROPRACTOR RETURNS

Dr. Dawn Cute has been sharing her expertise with us for more than six years. This winter she returns for two very informative and important sessions.

STRENGTHENING YOUR KNEES AND HIPS

Tuesday, January 15

2:00pm – 3:00pm

Free

Registration required. Maximum of twenty students.

(This class is only for **new** students.

Please no repeats from last semester.)

The knee is a hinge joint and only moves in one direction. Therefore, it's important to maintain strength and balance in the surrounding muscles. The hip joint, on the other hand, is a ball and socket joint that works best when it has mobility as well as strength. In this session, you will learn simple exercises to help strengthen your hips and knees. Wear loose fitting, comfortable clothing and proper shoes for safety and support.

PROPER POSTURE FOR BALANCE

Tuesday, February 19

2:00pm – 3:00pm

Free

Registration required. Maximum of twenty students.

(This class is only for **new** students.

Please no repeats from last semester.)

We all need to build a stronger spine. Learn how to maintain your posture to create a stronger torso and legs. This will increase balance and stability to keep you strong and independent. Wear loose fitting, comfortable clothing and proper shoes for safety and support.

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.

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in events and classes,
please call 215-247-4654 or
email llefer@chestnuthillpres.org.**

CLASSIC COMFORT FOOD WITH A TWIST

Thursday, January 17

11:00am – 12:00pm

Free

Join Rabiya Bower, RD, LDN and in-store nutritionist for the Flourtown Giant as she discusses healthier swaps for your favorite warm, winter meals. You don't have to give up mac and cheese to eat a nutritious and delicious dinner!

AGING IN PLACE

Tuesday, January 22

1:30pm – 2:30pm

Free

Are you hoping to remain in your home as you age, but have questions about how to do so? Come learn about easy modifications and adaptations that can have a great impact on your ability to age in place successfully. This program will cover structural changes, programs that can support your individual lifestyle plan, and ways to tackle some of the common concerns seniors face as they age.

*Presenter: Brianna Brim, Salus University
Occupational Therapist.*

WINTER BLUES BUSTERS: KEEP THOSE WINTER BLUES (AND GRAYS) AWAY!

Monday, February 4

11:00am – 12:30pm

Free

People of all ages experience seasonal changes in mood and winter can be a particularly challenging time for older adults. Join Mary A. Harris, MSS, LCSW for this lively and engaging presentation aimed at keeping spirits high and warding off the winter blues. Learn about the science behind seasonal mood changes, including how to tell the difference between typical winter blues and something more concerning, and walk away with practical strategies to keep spirits high, connect, and combat the blues this winter. This is a guided discussion, with opportunities to share, discuss, and reflect.

Facilitated by Mary A. Harris, MSS, LCSW, Licensed Clinical Social Worker and Geriatric Care Consultant with over 28 years of experience helping seniors and their loved ones thrive. As Director of Optimal Aging, LLC, Mary brings an empathic, insightful approach, a wealth of experience, joy, and humor to her presentations.

ALL YOU WANTED TO KNOW ABOUT PODIATRY AND MORE

Monday, March 4
12:30pm – 1:30pm
Free

Do your feet bother you and you're not sure why? Have you been meaning to make an appointment to see a podiatrist? Come learn the facts, common causes, symptoms and treatments for foot and ankle conditions, including arthritis. John Scanlon, MD from Chestnut Hill Hospital will be here to share this information as well as answer any questions you may have.

alzheimer's  association®

KNOW^{the} 10 SIGNS

EARLY DETECTION MATTERS

KNOW THE 10 SIGNS: EARLY DETECTION MATTERS

Monday, March 11
11:30am – 11:30pm
Free

Please join a representative from the Philadelphia chapter of the Alzheimer's Association as we learn:

- The 10 signs of Alzheimer's disease
- How to become prepared if warning signs occur
- Why early detection matters
- How a healthy lifestyle and brain health are related
- Some of the risk factors for Alzheimer's and Dementia

TAKING CHARGE OF YOUR BONE HEALTH

Tuesday, March 26
10:30am – 11:30am
\$5

There is a lot of confusing information about what to do if you have been diagnosed with osteopenia or osteoporosis. Joanne Fagerstrom, a physical therapist with over forty years of experience, will talk about the crucial role exercise and nutrition play

in improving and maintaining your bone density. Through extensive research and modifications to her exercise program and diet, Joanne was able to reverse her own diagnosis of osteoporosis – without drugs! Joanne will speak about bone health in-depth, and share the specifics of what to do and what NOT to do to strengthen your bones and keep them strong for the rest of your life.

Qigong

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.

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 Zeigler at 484-686-7689 or fernzeigler@gmail.com or Claire Salvi at 215-407-5567 or cleonicesalvi@comcast.net.

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

*Second Thursday of the month, join at any time
2:00pm–3:30pm
(New time)
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.

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

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 us 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!

**ZUMBA GOLD***Tuesdays, ongoing**2:30pm – 3:15pm**\$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.

ZUMBA GOLD IN A CHAIR*Thursdays, ongoing**4:00pm – 5:00pm**\$8 per session (start at any time)*

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

Christine Brewer, RN, MSN, is a certified Zumba instructor, nurse, nursing instructor, PhD. candidate and samba percussionist. She has a passion for providing wellness activities, especially dance and music, for older adults.

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

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

Tai Chi

**T'AI CHI YANG STYLE –
LEVEL ONE FOR BEGINNERS***Wednesdays, January 23 – March 27**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 YANG STYLE –
LEVEL TWO***Wednesdays, January 23 – March 27**12:30pm – 1:30pm**\$109 for ten sessions*

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

**T'AI CHI YANG STYLE –
LEVEL THREE***Wednesdays, January 23 – March 27**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.

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 YOGA

Mondays, start at any time

2:15pm – 3:30pm

\$12 per class

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 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.

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



SMART DRIVER SAFETY COURSE

AARP SMART DRIVER COURSE

*Monday and Tuesday, March 18 and 19
12:30pm – 4:30pm (eight hours total)
\$15 for AARP members/\$20 for non-members*

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

This new and improved eight-hour, in-classroom driving review program is designed for adults fifty and older who want to develop safe, defensive driving techniques. Full attendance is mandatory in order to receive the AARP certificate. Pennsylvania state law requires insurance companies to give a minimum 5% premium reduction to persons 55 years and older who complete this course.

AARP SMART DRIVER REFRESHER COURSE

*Tuesday, March 12
12:30pm – 4:30pm (four hours total)
\$15 for AARP members/\$20 for non AARP members*

Phone registration and pre-payment is required. Call the Center at 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, March 25
10:30am - 12:00pm
\$5 per person*



*(Phone registration and pre-payment is required.
Call the Center at 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 8:15am if we are closed. (If you get the regular Center on the Hill voicemail, then the Center is open.)



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

The Presbyterian Church of Chestnut Hill

8855 Germantown Avenue

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 us 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!