



AT THE CENTER OF THINGS

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

— SPRING 2019 —

When I sat down to write my first message for the Spring Newsletter, I wanted to remember to thank everyone who took time to welcome me these past weeks, and helped me feel so at home right away. I am inspired by all the smiling faces I see walking through my door each day.

I am always interested in hearing feedback about the programs, classes, and special events we have, or suggestions about things you would like to see offered here. Feel free to stop by my desk, call me on the phone or send me an email at any time with comments, questions or suggestions. I look forward to getting better acquainted with everyone in the months ahead.

I spent the entire month of February reviewing the rich history of classes and events that have been offered regularly and in the recent past, to get a feel for what new things could I offer that might be interesting to those of you already familiar with our wonderful programs, as well attract new people to this vibrant center. I hope you enjoy what I have selected for the semester ahead. Some things I think you will enjoy are:

- **Functional Movement-** Self-massage is a vital but often overlooked aspect of relieving pain and stress held in your body. This focused and fun class will incorporate using hands to rub the body, along with using body movement, to release tension and improve flexibility, joint pain and blood circulation. (Page 10)

- **Name That Tune-** A fun and interactive approach to Music Appreciation. Do you love music? Do you wish you knew a little more about some of your favorite songs? Join us for a fun and interactive music appreciation class this spring! These classes will be entertaining, engaging, educational and fun! (Page 2)

- **What Is Physical Therapy and How Can It Help-** Learn common conservative treatments and techniques as well as PT's role in managing pain, injuries, and overall health and wellness. You will practice and leave with some simple exercises and



movements you can do on your own to help alleviate pain, move better, and feel better. (Page 11)

- **Answering The Call To Write-** Whether you are looking to journal, write short stories or begin a memoir, this workshop is for you! Join Jennifer Schelter as she helps you develop the creative skills to write your personal stories, calm your inner critic, develop and enjoy a writing practice, relax the body and mind, and allow the creative flow. (Page 4)

- **An Afternoon With Judy-** A live cabaret performance in Widener Hall, of songs made popular by the delightful and enchanting Judy Garland. Join us for some classic favorites such as I Got Rhythm, Zing Went the Strings of My Heart, You Made Me Love You and Over the Rainbow as well as delightful stories and witty banter about Miss Show Business herself. (Page 2)

Thank you all again for the very warm welcome, and I hope this Spring brings you much happiness and good health!

Sincerely,

Mariangela Saavedra
Director, Center in the Hill
215-247-4654
msaavedra@chestnuthillpres.org

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SPECIAL EVENTS AT THE CENTER ON THE HILL

AN AFTERNOON WITH JUDY

A Cabaret performance featuring your favorite Judy Garland Songs

Tuesday May 7th 1:30pm – 2:30pm

\$5

Please RSVP for this event. Light refreshments will be served before the performance.

Brianna Borouchoff and Mason Emmert present an afternoon of songs made popular by the delightful and enchanting Judy Garland. Join us for some classic favorites such as I Got Rhythm, Zing Went the Strings of My Heart, You Made Me Love You and Over the Rainbow as well as delightful stories and witty banter about Miss Show Business herself.

Brianna is an actor and singer originally from Milwaukee, WI. She currently studies voice and performs in Philadelphia area theatre productions. Mason is a pianist, arranger/composer/music director, singer and graduate of Haverford College. Discover more about them here briannaborouchoff.com and Masonemmert.com

LET'S PLAY POKENO!

Wednesday, May 8

1:30am – 3:00pm

\$2



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! Light Refreshments served! PLEASE PRE-REGISTER TO MAKE SURE WE HAVE ENOUGH POKENO CARDS. REGISTRATION REQUIRED BY TUESDAY, April 30th.

PENN MUSEUM TRIP

Wednesday, May 15th

Meet at the Chestnut Hill West Regional Rail Station, at 8:50 a.m., 9 W Evergreen Ave (Parking is available there) Train departs promptly at 9:07 a.m. \$20 (includes admission, docent-led tour). Regional Rail is FREE for Seniors 65+ with Valid ID, all others train will be \$10.50 Round Trip.

REGISTRATION AND PAYMENT DUE BY WEDNESDAY, May 8th.

Minimum of 7 participants and a maximum 10.

Founded in 1887, the Penn Museum has always been one of the world's great archaeology and anthropology research museums, and the largest university museum

in the United States. With roughly one million objects in their care, the Penn Museum encapsulates and illustrates the human story: who we are and where we came from.

Trip Details: We should arrive at the Penn Museum around 10:00am with time to explore before our 11:00am docent-led walking tour. Following the tour you'll have time to see more of the museum and have lunch at the on-site café. (Lunch is not included.) Trip will depart Center City at 1:30pm and arrive back in Chestnut Hill by 2:30pm.

COMMUNITY LUNCHEON

Tuesday, April 23rd

Tuesday, June 25th

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!

VIRTUAL DEMENTIA TOUR

Tuesday, June 4th

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

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.



April 11
Ryan Manion –
"If Not Me, Then Who..."

Ryan Manion is the President of the Travis Manion Foundation and has dedicated her life to supporting our nation's military, veterans, and families of fallen heroes. Before Ryan's brother, Travis, left for his second deployment, he was at an Eagles game with Ryan's husband, Dave. Dave joked around and asked Travis what if he pushed him down the stairs so Travis would not have to go back to Iraq. Travis looked at Dave and explained to him that if it was not him going to Iraq, someone else less experienced would go in his place. His words were, "If Not Me, Then Who..." Ryan will speak about those last words that Travis spoke and how the Travis Manion Foundation inspires communities to continue his legacy by assisting veterans and families of the fallen to take the next step in their personal journeys, and inspiring the next generation of leaders.



May 9
William Konstant –
We Be of One Blood

Wildlife Conservationist, William Konstant, will be presenting a talk about his lifelong fascination with nature and his career experiences in wildlife conservation. For the last 40 years he has worked to help ensure the survival of threatened wildlife and wild lands. He will share stories from his memoir as well as stories from the work he has done with several global conservation organizations, including the World Wildlife Fund, Wildlife Preservation Trust International, Conservation International and the International Rhino Foundation. Bill has written numerous popular articles, book chapters and scientific publications, and has spoken about the need for species conservation to audiences in many different countries. He also helped establish conservation programs at the Philadelphia Zoo and Houston Zoo. Today, Bill serves as an advisor to the Margot Marsh Biodiversity Foundation, the Mohamed bin Zayed Species Conservation Fund and Global Wildlife Conservation.

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, April 30th
showing "Green Book"

A working-class Italian-American bouncer becomes the driver of an African-American classical pianist on a tour of venues through the 1960s American South. Set in 1962, the film is inspired by the true story of a

tour of the Deep South by African-American classical and jazz pianist Don Shirley (Mahershala Ali) and Tony Vallelonga (Viggo Mortensen), an Italian-American bouncer who served as Shirley's driver and bodyguard.

Tuesday, May 14th
showing "Welcome to Marwen"

A victim of a brutal attack finds a unique and beautiful therapeutic outlet to help him through his recovery process. Based on the true story of Mark Hogancamp, a man struggling with PTSD who, after having his memory erased from being physically assaulted, creates a fictional village to ease his trauma.

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

FOR YOUR INTEREST AT THE CENTER ON THE HILL

Tuesday, June 11th showing "Mary Poppins Returns"

Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives. Set in 1930s London, twenty-five years after the events of the original film, we see Mary Poppins, the former nanny of Jane and Michael Banks, returning after a family tragedy.

ANSWERING THE CALL TO WRITE

Mondays April 15- May 20

11:30am-1:00pm

\$108 for 6 weeks. Drop in to try a class \$20

Please pre-register

Whether you are looking to journal, write short stories or begin a memoir, this workshop is for you! Join Jennifer Schelter as she helps you develop the creative skills to write your personal stories, calm your inner critic, develop and enjoy a writing practice, relax the body and mind, and allow the creative flow. By the end of this 6 week course you will be able to allow the genuine and authentic voice. Connect the body-mind to meaningful writing. Have four potential memoir pieces from in class writing prompts, and have learned four techniques to write engaging memoir scenes and reflection pieces.

Named "Best of Philly" multiple times, Jennifer Schelter leads and facilitates conversations for authentic growth and well-being. Her experience reflects over 27 years of study, research and professional work with close to 200,000 people, helping to enhance well-being, self-confidence, inspiration, inner-peace and strength. She offers workshops and retreats on creative, memoir writing, Yoga, Meditation and Leadership and more. www.jenniferschelter.com

NAME THAT TUNE

A fun and interactive approach to Music Appreciation

Tuesdays, April 23, May 21,

June 18

1:30pm-2:30 p.m.

Free



Do you love music? Do you wish you knew a little more about some of your favorite songs? Join us for a fun and interactive music appreciation class this spring! Your instructor Michael Kraus, will guide you through monthly lessons featuring popular songs from the past. Learn about the musical roots of songs you have known since childhood, and songs

you still love to sing along with today. These classes will be entertaining, engaging, educational and fun! Can you Name That Tune? Come and find out!

About the Instructor Michael Kraus

Michael has been a Music Educator for many years (High School & College); as well as a Musician (trombone) and has played for headliners such as Tony Bennett, Sammy Davis Jr., Liza Minelli, Bobby Darin, Diana Ross, Paul Anka, Frankie Valli, Carol Channing, Connie Francis, Jose Feliciano, among others. He founded Putumayo World Music record label in 1993 to introduce people to the music of the world's cultures.

STRENGTHEN YOUR VOICE, LEVEL I

Wednesdays May 1, 8, 15 and 22

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

Wednesdays May 1, 8, 15 and 22

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.

FOR YOUR INTEREST AT THE CENTER ON THE HILL

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 AND AVOIDING ONLINE SCAMS

Session 1: Wednesdays, April 3, 10, 17, 24 and May 1

Session 2: Wednesdays, May 15, 22, 29, June 5 and 12

Wednesday, June 19th is a combined Question & Answer session

1:00pm – 2:00pm

Free

(Pre-registration required and only one session per person.)



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. We'll also cover online safety topics including computer viruses and threats, setting up your online privacy, and spam emails. 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.

BASIC APPLE (iOS) DEVICE TIPS

Thursday, May 16th

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.

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

PHOTOGRAPHY AND CAMERA FOR APPLE (iOS) DEVICES

Thursday, May 23rd

2:00pm – 3:30pm

\$12

Join us for an in-depth and practical discussion of Apple's photography, video and related apps.

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.

TRANSFORMING PLASTIC BAGS INTO SLEEPING MATS FOR THE HOMELESS

3rd & 4th Thursdays of April, May

1:30pm – 3:30pm

Free

We are continuing our work on transforming plastic grocery bags into sleeping mats for the homeless of Philadelphia. We are trying to meet our goal of 50 mats this year and we are almost there. (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 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

FOR YOUR INTEREST AT THE CENTER ON THE HILL

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

David Low, MS PhD (davidlownmsphd.com) 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.

ANCESTRY FOR BEGINNERS



Thursdays, June 13, 20, 27

10:45am – 1:15pm

\$20 for the Ancestry.com session only or \$45 for all three sessions.

Minimum of five students, please pre-register.

Have you ever wondered about your family history and wanted to try Ancestry.com but were reluctant to try it because you just didn't know how to start? Do you have old photos, crafted items, ephemera and other family or genealogical material stashed in boxes? Then come to this class to form an inspired plan for sharing your material with broader family. This workshop will focus on ways to collect, share and preserve your family history.

Week 1: An introduction to Ancestry.com. We'll review the basics of how to get started on Ancestry.com along with a few tips and tricks. Please bring your phone, laptop or IPad to class as you'll have an opportunity to sign-up for an Ancestry.com account during class. (If you don't have a mobile device, you're still welcome to join in but you'll have to take notes and sign-up and practice at home.) Come back to the other sessions once you've had a chance to practice and play with your Ancestry.com account and we'll review your questions.

Weeks 2 and 3: We will cover ways to prioritize, organize your family photos, crafted items and genealogical materials and then add some research. Please bring a list of archival material you have and some samples, or photos of sample materials to class- especially the things that most inspire you – jewelry, a handcrafted item, documents, etc. Whether your presentation is digitized or a hand crafted work of art. We will review scanning for self-publishing or website, storage of material and family charts. Family history survives when it is shared! Whatever you choose to create, it will be a gift for your descendants and you!

Note: Ancestry.com has free 14 day trial. You'll need

a credit card to sign up for the 14 day free trial. Please bring your credit card to class so you can sign up then. At the end of the 14 days, your free trial will automatically transfer to a month-to-month payment of \$19.99. We will give you the phone number to call so you can easily cancel your subscription before the monthly fee begins. There are discounted fees for longer term subscriptions if you opt for that later after the trial ends. You can accomplish a lot in 14 days.

Susan Hadden has a Bachelor of Architecture degree from Penn State University and has worked as an architectural designer and consultant for more than three decades in the Philadelphia area. She provides indoor / outdoor space use planning and project management services through her company a.Resolution LLC .

HAIKU POETRY

Wednesdays, April 10th, May 8th and June 12th

(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.

JEWELRY MAKING WORKSHOP: CUSTOM EARRINGS OR BRACELET

Tuesday, May 7

10:30am – 12:30pm

\$30 per person plus \$15 for earrings supplies or \$30 for bracelet supplies

(Minimum of five students. Please pre-register.)

Are you looking for an easy and thoughtful gift for a friend or relative or just want to treat yourself to something new to wear out? Then this is the class for you. Each student will make either a pair of earrings or a bracelet using gemstones and custom beads. Students will have a choice of colors and will be taught easy techniques for creating one of a kind earrings or a bracelet. Come enjoy the 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

THE ARTS AT THE CENTER ON THE HILL

Beading Society, personally finds beading to be great therapy, and takes real pleasure teaching others.

Glass Mosaic Art Class

No Cutting, No Soldering

8 Week Session

Thursdays, April 18- June 6

11:30am-1:30pm

\$120 for the full 8 week session

\$15 per class for drop in

Registration required, even for Drop In



Use pre-cut glass in many colors to create your own mosaic work of glass art on a canvas or in an empty picture frame. Participants will bring a blank canvas, or empty glass picture frame in any size you choose. (You can bring one from home or purchase these at any art store like Artist & Craftsman Supply here in Chestnut Hill, or Michaels, Target, etc.) The instructor will then provide an assortment of beautiful colored glass donated by churches around the world and the adhesive. Calming and creative, this type of art work will fill your life with vibrant color.

About the instructor: "Pegalina" Margaret Ann Swartz, has worked at The Pennsylvania Academy of Fine Arts as the Poetry and Clay Assistant Professor to James Lloyd. She has assisted with fundraising for the Philadelphia Museum of Art, taught 3 dimensional design at the Farm House Residence in Bucks County and has taught 3 dimensional clay, wood and stain glass classes here at The Center on the Hill in the past.

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) both 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 or two sessions below. Classes do not build upon each other.



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!

learning TO LOOK: naïve ARTISTS

Thursday, June 6th

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!

To register and reserve your spot
in events and classes, please call
Mariangela Saavedra
215-247-4654 or email
msaavedra@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 Russian 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, 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 watercolor

ART GALLERY

APRIL – The PCCH Preschool

April will feature a very special show presenting works by the youngest members of our community, who attend the Preschool here. Expect colorful expressions of creativity to adorn the walls at the center, and be sure to come and see what they have dreamt up in their imaginations to share with us. "The true sign of intelligence is not knowledge, but imagination!" -- Albert Einstein

To register and reserve your spot in events and classes, please call Mariangela Saavedra
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msaavedra@chestnuthillpres.org.

MAY – Philadelphia Corporation for Aging (PCA)

This show will be part of the annual Celebrate the Arts and Aging exhibition around the city. As the Area Agency on Aging, Philadelphia Corporation for Aging supports and creates programs designed to foster older adults' quality of life and help them live independently in their community. They know that staying active and engaged is one of the keys to healthy aging. Their goal for Celebrate Arts and Aging is to encourage older people to experience the wealth of artistic possibilities our region has to offer and to showcase the outstanding works of senior artists. For a list of their services go to www.pcaCares.org.

JUNE – Joy Fine

Joy C. Fine, a native Philadelphian, received a Bachelor of Fine Arts degree (BFA) from the Philadelphia College of Art, followed by graduate courses at Moore College of Art and Design. Her career includes 10 years as a television artist and periodically teaches a children's class, "Painting with Joy", at the Abington Township Library. Additionally, she spent 30 years as a docent at the Philadelphia Museum of Art. She is represented at the Gathering Art Gallery and Boutique in Doylestown, Pa. "The paintings in this show are personal statements that evoke emotion in me. Inspiration comes from old magazines and photos as well as places I've visited and loved. My watercolors and acrylics capture the subjects' flavor by combining naturalistic and abstract imagery"--Joy Fine

SPANISH LESSONS

Tuesdays, April 9- May 14

10:30am – 11:30am

\$70 for six sessions



Do you already know some Spanish, but would like to be more fluent, or want to brush up on the Spanish you already know? These classes are designed to help you learn and build on your Spanish language skills in a fun and interactive way. The lessons will be conducted in Spanish, so that can you 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.

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 pre-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.

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/WINDOWS 10

*Tuesdays, May 14-June 4
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 18-25
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.



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

GAMES, HEALTH AND WELLNESS AT THE CENTER ON THE HILL

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.

WEDNESDAY DIABETES WORKSHOP

April 3, 10, 17 and 24*

May 1, 8, 15, and 22*

June 5, 12, 19, and 26*

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 sign up for one or all four workshops, or just attend 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

A HEALTHY WOMAN FROM THE INSIDE OUT

Monday, May 6

12:30-1:30 p.m.

Free

Registration Required

Women experience unique health care challenges and are more likely to be diagnosed with certain diseases than men. Patricia Eliasinski, MD, gynecologist at Chestnut Hill Women's Health Associates, will discuss the best ways to ensure your healthcare needs meet your evolving lifestyle. Learn more about mammogram screening, physical breast examination, breast self-examination and gynecology care for every phase of a woman's life.

FUNCTIONAL MOVEMENT

Every other Monday, April 15-June 24

10:00am-11:00am

\$12 per class

Drop in anytime, Pre-Registration is requested

Self-massage is a vital but often overlooked aspect of relieving pain and stress held in your body. This focused and fun class will incorporate using hands to rub the body, along with using body movement, to release tension and improve flexibility, joint pain and blood circulation. Using some Yoga techniques, along with massage and breath exercises this class will teach you how to focus on your movement in the moment to feel stronger and more energized in your daily life. This class is recommended for adults of all ages and abilities.

Betty Carmella Young is a certified Massage Therapist, Yoga Instructor and Raw Food Chef. She is a self-described "multi-passionate entrepreneur and wellness guide" who seeks to enlighten and enhance the lives of others by sharing her passion and knowledge of massage, yoga and nutrition. Her entry into the wellness field was spurred on by her struggles early in life with her own health. She credits yoga and her studies in nutrition with transforming her life and has been practicing yoga for over 26 years and teaching for 13 years.

METHODS OF MEDITATION

Wednesdays May 1, 8, 15, 22, 29

3:00pm-4:30pm

\$40 for 5 Sessions or \$10 per class



Effective meditation depends on choosing, from the many different methods available, the technique and intensity of practice that is right for you. Explore the various ways in which a meditation practice can be personalized. If you need external aides, do

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215-247-4654 or email
msaavedra@chestnuthillpres.org.

HEALTH AND WELLNESS AT THE CENTER ON THE HILL

you favor audio or visual input? Learn about and experience mantra, visualization, breathing, basic yoga/tai-chi/chi-gong movement methods, and engage in introspection to determine how you can best maintain a practice. Bring a notebook to class.

CLASS SCHEDULE

- 5/1 Overall Introduction and basic technique
- 5/8 Mantra
- 5/15 Breathing and Point or Focus
- 5/22 Audio and Visual Input - will showcase some traditional instruments
- 5/29 Movement Techniques

HEALTH EDUCATION/ COOKING CLASSES

Tuesdays, April 2, 9, 16
12:30pm – 2:30pm

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

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



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

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

UNDERSTANDING THYROID PROBLEMS

Monday, April 29
12:30-1:30 p.m.

Thyroid Disorders

The thyroid gland regulates the body's metabolism and growth. Did you know that an imbalance in hormone levels may cause fatigue, sudden changes in weight, sweating and trouble sleeping? Thyroid disease affects an estimated 20 million Americans, many of whom are unaware. Join Melissa Mao, MD, from Chestnut Hill Hospital, to learn more about various thyroid and endocrinology disorders, symptoms and treatments. Free! Registration required.

WHO NEEDS HEAT TO COOK! A Raw Foods

Cooking Class

Monday May 13th

11:30am – 1:00pm

\$20 (includes foods to sample and recipes to take home)

Pre-Registration required

Doctors and nutritional experts agree that eating more raw and whole foods have many benefits, like helping to manage diabetes, lowering blood pressure and increasing your energy and stamina. This class will teach you fun and easy ways to incorporate delicious raw foods into your diet. This class will introduce you to 4 sample raw food meals you can make for yourself. Easy Breakfast, Lunch, Dinner and Snacks will be discussed, demonstrated and then taste tested by the class. Come learn how raw foods can help you eat great and feel healthy in this fun and interactive class!

Betty Carmella Young is a certified raw food chef and nutritional coach as well as licensed massage therapist.

PAIN MANAGEMENT AND INJURY PREVENTION

Thursday, May 23

1:30-2:30 p.m.

Free



Physical Therapist, Dr. Luke Pedersen, will talk about what exactly is pain and why do we feel pain. Learn about the complexities of pain and what contributes to pain, in addition to conservative techniques such as exercises to manage and alleviate pain. He will also discuss simple strategies to prevent pain and injuries, as well as common injuries in adults and how to reduce the risk of these injuries. Presentation will conclude with a Question and Answer session.

Dr. Luke Pedersen is a physical therapist and the owner of Monarch Physical Therapy. Monarch PT helps individuals in Southeast PA recover from pain and injury so they can return to the activities they enjoy most, while avoiding unnecessary pain medicine, injections, or surgeries.

WHAT IS PHYSICAL THERAPY AND HOW CAN IT HELP

Thursday, April 25th

1:30-2:30 p.m.

Free

Physical Therapist, Dr. Luke Pedersen, will talk about what diagnoses and problems PT helps solve (hint: it's not just for after surgery or a car accident).

HEALTH AND WELLNESS AT THE CENTER ON THE HILL

Learn common conservative treatments and techniques as well as PT's role in managing pain, injuries, and overall health and wellness. You will practice and leave with some simple exercises and movements you can do on your own to help alleviate pain, move better, and feel better.

This class will conclude with a Question and Answer session.

Dr. Luke Pedersen is a physical therapist and the owner of Monarch Physical Therapy. Monarch PT helps individuals in Southeast PA recover from pain and injury so they can return to the activities they enjoy most, while avoiding unnecessary pain medicine, injections, or surgeries.

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

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215-247-4654 or email
msaavedra@chestnuthillpres.org.

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.

GRIEF SUPPORT GROUP

Tuesdays April 16, 30, May 7, 14, June 4, 11
1:00pm-2:30pm

Free

Registration required. Group is closed to new members after April 30th.

We acknowledge the value of sharing time and stories with others who have also experienced a loss. Please join us for 5 informal gatherings as you grieve the loss of a loved one. Topics covered: Myths of Grieving, Grieving & the Holidays, Does Grief Ever End and others.

Our facilitator is David Stevenson, MDiv., CT. He is a bereavement counselor at Crossroads Hospice & Palliative Care. He is a certified grief recovery specialist with a strong background in grief and bereavement, to include serving as a chaplain in the US Army and as a child grief specialist with Highmark Caring Place, recognized as the premier grieving center for children, adolescents and their families.

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.

太極拳

T'AI CHI YANG STYLE LEVEL ONE FOR BEGINNERS

Wednesdays, April 24- July 3 (No Class on June 12)
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, April 24- July 3 (No Class on June 12)
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, April 24- July 3 (No Class on June 12)
11:15am – 12:15pm
\$109 for ten sessions

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

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

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

INDIVIDUAL MEDICARE COUNSELING

By Appointment
Free

**Medicare
made easy!**

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

Tuesdays, 2:30pm – 3:15pm, ongoing
Thursdays, 10:00am – 11:00am, ongoing
\$24 for four sessions or \$8 per class (start at any time)



What's Zumba Gold? It takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modifications in their exercise routine. It's a low intensity & low impact cardio class. Fitness, dance moves and great music are combined for a fun-filled time. Don't be shy. Freda Ebba, certified Zumba instructor, will guide you through all the moves. It's not about perfection but working up a sweat as you keep it moving at your own space.

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.

WELLNESS AND YOGA AT THE CENTER ON THE HILL

Alzheimer's Caregiver Support Group:

Why Do it Alone?

Second Thursday of the month, join at any time
2:00pm–3:30pm

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 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

\$27 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

YOGA AND DRIVING CLASSES AT THE CENTER ON THE HILL

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.



SMART DRIVER SAFETY COURSE

AARP smart Driver Course

Monday and Tuesday, May 20-21

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

Monday April 8

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 Drivertek

Tuesday, May 14

10:30am - 12:00pm

Free for AARP members/\$5 for non-members
(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!



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



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

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Being Good Stewards

At the Center on the Hill, we strive to be good stewards of the earth. To this end, we'd like to cut down on the number of newsletters we print and mail out. Please contact Mariangela at 215-247-4654 or via email at msaavedra@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!