

AT THE

center OF THINGS

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

fall 2019

I hope you all had a happy and healthy summer season. I enjoyed my time planning for the Fall and I am very excited to share with you all the things I think will bring added value to your days and make coming to the center enjoyable for all of you!

I really appreciate the feedback about our programs, classes, and special events I have received so far, as well as your suggestions about things you would like to see offered here. Please continue to stop by my desk, call me on the phone or send me an email at any time with comments, questions or suggestions. I greatly value all of your input.

I hope you enjoy what I have planned for the fall session ahead. A few of the programs and events I'd like to mention are:

WHAT'S INSIDE	
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JUST DESSERTS HEALTHY COOKING CLASS - This class will teach you fun and easy ways to incorporate delicious sweet and healthy foods that are sure to please. Four healthy desserts you can make for yourself will be discussed, demonstrated and then taste tested. Come learn how sweet eating healthy can be! (Page 12)

HONOR OUR VETERANS CELEBRATION - Join us for a time of singing patriotic songs and recognizing those veterans among us with a special presentation. Cake will be served! Veterans and anybody wishing to support our veterans are encouraged to attend. (Page 3)

EASY REFLEXOLOGY - This class will introduce you to the power of easy-to-remember Reflexology points on the hands and feet to release stress and discomfort in the body. Gentle thumb and finger pressure onto specific reflex points improves circulation everywhere. (Page 12)

LEARNING TO LOOK AT ART - Docent and Art Educator, Suzanne Fitzpatrick, returns with three new sessions of her Learning To Look series. Suzanne has been a Docent and Arts Educator in the Philadelphia area for well over a decade. Join us for one, two or all three sessions this fall. (Page 8)

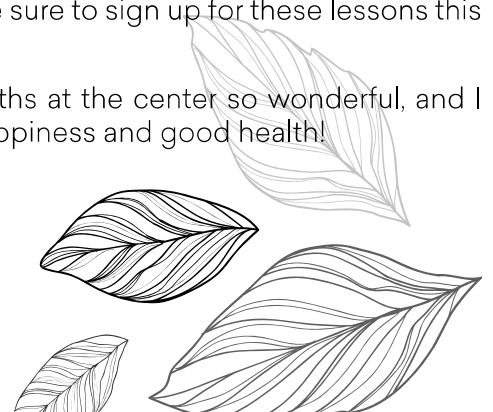
BRIDGE AND MAH JONGG LESSONS - Have you always wanted to learn how to play Bridge or Mah Jongg so you can join one of our open play groups here at the center? Well then you will want to be sure to sign up for these lessons this fall. (Page 10)

Thank you all for making my first six months at the center so wonderful, and I hope this season brings you continued happiness and good health!

Sincerely,

Mariangela

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



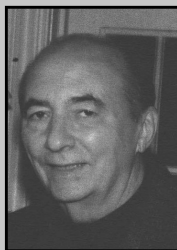
To Register for Events and Classes please call Mariangela Saavedra at 215-247-4654 or email msaavedra@chestnuthillpres.org.

SPEAKER SERIES ON THE HILL

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



September 12
GENE
ALESSANDRINI AND
TOM DIRENZO –
South Philadelphia High:
School of the Stars



During the period 1940--1965, South Phila. High School ("Southern High") produced an amazing number of musical celebrities. Included were names such as Charlie Gracie, James Darren, Chubby Checker, Buddy Greco, Fabian, Frankie Avalon, Mario Lanza, Marian Anderson, Eddie Fisher, Frank Guarrera, Al Alberts, Kitty Kallen, and many others. There were so many celebrities from Southern, that it was often referred to as the "School of the Stars." This presentation by Gene Alessandrini and Tom DiRenzo will include biographical information about the singers. They will also relate their personal interactions with some of the singers. But best of all, they will play audio and video excerpts of the songs that made these people famous. At the end of the presentation, your ears should be happy for having heard so much music that has great rhythms and words that you can understand.



October 10
JAMES CHAN –
HONG KONG AS I HAVE KNOWN IT

James W.K. Chan is a Philadelphia-based, independent consultant who has advised U.S. firms in marketing U.S. products and services to China and Asia since 1983. James was a month old when his parents carried him to Hong Kong 70 years ago, escaping China's Communist takeover. He grew up with the city that was transformed during his lifetime from a British colonial backwater to a global commercial crossroads. Using photographs and images from 1949 to the present, Chan will interweave this history with personal stories, as the city approaches another moment of transformation. Will "western values" stay vital till 2047 when Hong Kong must revert completely to Chinese fold? Millions of Hong Kongers have taken to the streets to have their say. Will they be able to help Hong Kong stay vibrant to stand as a global center of trade, finance, culture and cuisine? Come, listen and speak your mind.



November 14th
DR. RUSSELL KAUFFMAN – The
Creation of a New Drug and How
They are Priced

Dr. Kaufman, M.D. has been an academic leader in biomedicine for 35 years, serving as Chief of Hematology/ Oncology, Vice Dean, and Associate Vice Chancellor at Duke University, where he is an emeritus professor of Medicine and Biochemistry. After leaving Duke in 2002, he became President and CEO of The Wistar Institute in Philadelphia, from which he retired in March 2015 and is president emeritus. He now is Executive-in Residence for Pappas-Capital in North Carolina and founder of Kaufman LifeSciences. He will talk about drug development, starting from a basic science discovery, to developing a lead, through the different funding and research trial stages and finally FDA approval and naming. Then, he will discuss how a price for the drug is determined.

December 12th **COMMUNITY HOLIDAY PARTY**

1:30pm-3:30pm

\$10 Per Person in Advance, \$12 at the door.

Pre-Registration and Payment is required by Monday December 9th, or you will be charged the at the door rate.

Featuring a live performance of timeless music from the Great American Songbook presented by Act III Entertainment. Join us for this wonderful holiday party with music, friends, festive decorations, small bites and dessert buffet!



COMMUNITY LUNCHEON

Tuesday, October 22

Tuesday, November 26

12:00pm

\$10 please pay at the door.

Please Pre-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 ten 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!

NAVIGATING THE DOCTOR PATIENT RELATIONSHIP

Presented by Friends Life Care Partners

Tuesday October 15

1:30pm

Registration Required

Modern medicine with its remarkable advancements has also become more challenging for many patients. Shorter physician visits, complexity of treatment choices, vast amounts of information about diseases, and less emphasis on regarding the patient as a whole person all make having an illness much more difficult. This talk will emphasize the healing potential of a good doctor-patient relationship, how patients can participate more in their care and be their own advocates, choosing a physician who is the right one for you, and the importance of total patient care.

Donald M. Friedman, M.D. received his medical degree from the University of Pennsylvania School of Medicine. He trained in Internal Medicine at Rhode Island Hospital in Providence, RI and Hahnemann Hospital in Philadelphia. He was Chief of the Section of Rheumatology at Crozer-Chester Medical Center in Chester, PA for 28 years. He currently is a Clinical Associate Professor of Medicine at Sidney Kimmel Medical College at Thomas Jefferson University where he helps students explore the healing potential of the doctor-patient relationship and the role of compassion, empathy, and attentive listening skills in patient care.

SPECIAL EVENTS AT THE *center* ON THE HILL

DAY TRIP: FRENCH INFLUENCE IN

PHILADELPHIA GUIDED TOUR

A Walking and Bus Tour Downtown

Friday September 27th

\$25 per person for docent led tour

***Meet at the Chestnut Hill West Regional Rail*

Station, at 9:35 a.m., 9 W Evergreen Ave (Parking is

available there) Train departs promptly at 9:50 a.m.

Regional Rail is FREE for Seniors 65+ with Valid ID, all

others train will be \$10.50 Round Trip.

REGISTRATION AND PAYMENT DUE BY

FRIDAY September 20th.

Minimum of 7 participants and a maximum 10.

See and learn about the French Influence in Philadelphia from the first immigrants, to the secret meetings during the American Revolution, to the philosophical, architectural, cultural and culinary enrichment from 1682 to the present. Our Guide Elise Bromberg (who is a docent at the Penn Museum) will guide us through 4 distinctive areas of the city rich with the evidence of French influences. The tour will be part walking (short distances only) then travel by the FLASH BUS (free for seniors 65+, \$5 for others) to the next location, then ending the tour at a Miel Patisserie (17th Street and Walnut) where we can enjoy delicious French snacks before heading home. Stops on the tour include: The Bourse Marketplace Building, City Hall, The Oval on Benjamin Franklin Parkway and Rittenhouse Square Park.



LET'S HONOR OUR VETERANS CELEBRATION!

Wednesday, November 13

1:30pm - 2:30pm

As this is Veterans Day week, we would like to come together and give special recognition to our Center on the Hill veterans! Join us for a time of singing patriotic songs and recognizing those veterans among us with a special presentation. Cake will be served! Veterans and anybody wishing to attend to support our veterans, please RSVP by Monday November 11th.

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 (davidlowmsphd.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.

NAME THAT TUNE

A fun and interactive approach to Music Appreciation
Tuesdays, September 17, October 15, November 19, December 17
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 fall! Back by popular demand, your instructor Michael Kraus, will guide you through monthly lessons featuring 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!

Michael Kraus 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.

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:

Thursday, September 5 showing “The Best of Enemies”

Based on a true story, this film centers on the unlikely relationship between Ann Atwater (Henson), an outspoken civil rights activist, and C.P. Ellis (Rockwell), a local Ku Klux Klan leader who reluctantly co-chaired a community summit, battling over the desegregation of schools in Durham, North Carolina during the racially-charged summer of 1971. The incredible events that unfolded would change Durham and the lives of Atwater and Ellis forever.

Thursday, October 3 showing “Aladdin”

A thrilling and vibrant live-action adaptation of Disney's animated classic, “Aladdin” is the exciting tale of the charming street rat Aladdin, the courageous and self-determined Princess Jasmine and the Genie who may be the key to their future.

Thursday November 7 showing “Yesterday”

Yesterday, everyone knew The Beatles. Today, only Jack remembers their songs. He's about to become a very big deal. From Academy Award®-winning director Danny Boyle (Slumdog Millionaire) and Richard Curtis, the Oscar-nominated screenwriter of Four Weddings and a Funeral, Love Actually and Notting Hill, comes a rock-n-roll comedy about music, dreams, friendship, and the long and winding road that leads to the love of your life.

Thursday December 5 showing “Elf”

Join us for this Holiday Comedy Favorite. Buddy (Will Ferrell) was accidentally transported to the North Pole as a toddler and raised to adulthood among Santa's elves. Unable to shake the feeling that he doesn't fit in, the adult Buddy travels to New York, in full elf uniform, in search of his real father.

STRENGTHEN YOUR VOICE, LEVEL I

Session 1: Wednesdays September 4, 11, 18, and 25

Session 2: Wednesdays October 30,

November 6, 13, and 20

10:00am – 11:00am

\$60 for 4 sessions

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

Session 1: Wednesdays September 4, 11, 18, and 25

Session 2: Wednesdays October 30,

November 6, 13, 20

11:00am – 12:00pm

\$60 for 4 sessions

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 Snyder, 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.

FINANCIAL VULNERABILITY

Tuesday September 10

1:00pm-2:00pm

FREE

Financial Planner, Ryan Brenner will discuss the common Financial Vulnerabilities facing seniors, and how to best prepare for the later years of life. Ryan will cover various strategies to best prepare yourself financially, and the different options available as well as the pros and cons. This session will conclude with a Question and Answer session.

Ryan Brenner is a Financial Planner with Mass Mutual Greater Philadelphia. Ryan helps individuals, families, and small businesses make sound financial decisions in order to maximize and protect their lifestyle now and in the future.

FOLLOW YOUR PASSIONS IN AN ENCORE CAREER

Wednesdays, October 16 and 23

2:00pm-4:00pm

\$44 Two Week Session

Registration Required

This two day course is for people approaching the conventional retirement age, or who have retired already, who want a more exhilarating and purposeful next chapter of their lives. An “encore” career - making a difference while making a living - can be that next chapter. People with a higher sense of purpose have been found to have half the mortality rate of those with a lower sense of it and are 2.4 times less likely to develop Alzheimer’s.

In this experiential introductory course, you will have an opportunity to learn a new way to appreciate your strengths and personal qualities and see how to repurpose them in an encore career. You will learn about the enormous range of encore career opportunities and resources for exploring them.

Yosaif August, is an encore careers life coach. He has had several encore careers since turning 50, when he left his role as President and CEO of London August, to chart the next chapter of his life. These roles have included social entrepreneur, award and patent-winning inventor of BedscapesÆ, keynote speaker, NIH/Small Business Innovation-funded researcher, research consultant to Johns Hopkins, published author of two empowerment books, songwriter and leader of men’s retreats.

GLASS MOSAIC ART WORKSHOP

No Cutting, No Soldering

Thursday October 17

12:30-3:00pm

(arrive anytime, participate as long as you want)

\$15 (Includes pre-cut glass to use and adhesive to make your artwork)

Registration required

Just in time for the holidays, create one of a kind beautiful art pieces for your home or to give your friends and family. We will use pre-cut glass in many colors to create a beautiful work of glass art on a canvas or in an empty picture frame. Participants are asked to 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.) Provided will be a wide assortment of beautiful colored glass donated by churches around the world and the adhesive to make your art piece. 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, taught 3 dimensional design at the Farm House Residence in Bucks County and 3 dimensional clay, wood and stain glass classes here at The Center on the Hill in the past.

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



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.

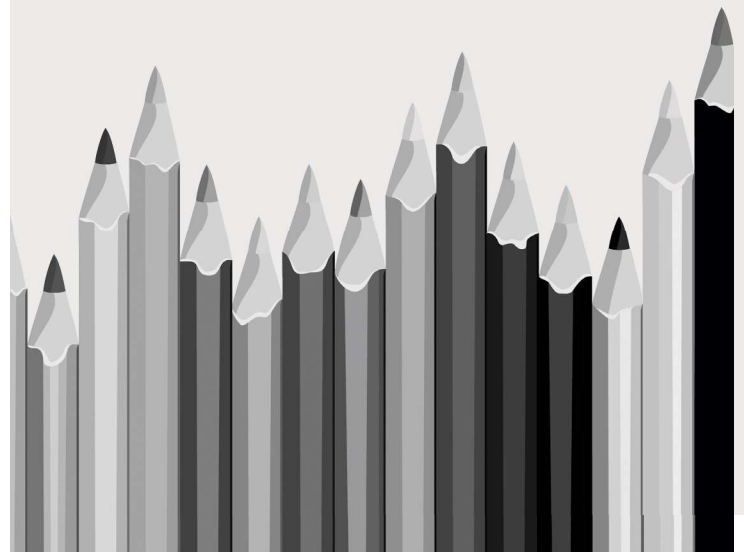
WATERCOLOR WORKSHOP

Tuesdays, 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.



WATERCOLOR PAINTING:***Instruction and Inspiration****Wednesdays 7pm-9:30pm**\$85 a Month- Materials Not Included**Sessions start the first Wednesday of each month.**Ongoing Monthly Registration.*

GALLERY



Expand your knowledge and skills in versatile watercolor and develop your own projects! If you know you love to paint, but are still unsure about your subject. Marcia and your class mates will help you figure that out. That is half the fun. Together, we choose various methods and ideas to explore which can help you in your projects. For example, beginning in May, we will work from a still life which will be available for several sessions. First, we will draw a composition study, then choose a color palette, before we move into the painting itself. This idea comes from our group deciding together that we need more practice with drawing and painting from direct observation, and taking a break from working from a photo. Over time, we may turn our attention to brushwork, or a new technique.

There is always time in class for your ongoing projects. Marcia gives plenty of demonstrations and one on one help as well as group critiques because there are many levels of experience in the class, and we welcome everyone's participation and constructive insights.

About the Instructor:

Marcia Jones, MFA Tyler School of Fine Art, 1976. 30 years teaching experience around Philly. (Allen's Lane Art Center, Mt. Airy Learning Tree, Tyler School of Art) . Her watercolors are currently on display at LeBus East Falls and will be seen at the Center On The Hill in November, 2019.

**SEPTEMBER – Anthony Fuscellaro (Photography)**

Anthony is a native Philadelphian. Through the years, changes have been made to the landscape of the region. Remnants of the past are shown in his pictures, the present is linked to both the past and the soon to be past. His works have been on display in a number of galleries in Center City, and are presently on display at the Underground Gallery in Laurel Hill.

OCTOBER – Center on the Hill Watercolor and Sketch Drawing Classes

Alex Forbes is the instructor and facilitator of our Watercolor and Sketch Drawing Classes. He and his students will be displaying some of their favorite watercolor and sketch works they have created here at the center.

NOVEMBER – Greater Norristown Art League (GNAL)

Greater Norristown Art League is now in its 78th year, is a non-profit organization engaged in the promotion and teaching of the arts. Located in the Old Norriton Schoolhouse dating from 1894, in East Norriton Township. GNAL has a membership of over 400 members. Membership is opened to all applicants, and classes, workshops, meetings and activities that are held at the schoolhouse or field trips. This exhibition showcases some of the marvelous artistic talent of the group's members. For more information go to www.gnal.org.

DECEMBER ARTIST- To Be Announced

LEARNING TO LOOK AT ART

Docent and Art Educator, Suzanne Fitzpatrick, returns with three new sessions of her Learning To Look series. Suzanne has been a Docent and Arts Educator in the Philadelphia area for well over a decade. She is also a photographer, specializing in portraiture and architectural detail, and has taught workshops on Emulsion Transfers at PAFA and elsewhere.

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

LEARNING TO LOOK: Georgia O'Keefe

Thursday, September 19

10:30am – 12:00pm

\$15

Minimum of five students. Please pre-register.

In this class, we will look at the life and works of Georgia O'Keefe, best known for her bold paintings of flowers, sky scrapers and landscapes. We will also examine photographs of her taken by Alfred Stieglitz, with whom she had a long and tumultuous relationship.

LEARNING TO LOOK: African American Artists

Thursday, October 17

10:30am – 12:00pm

\$15

Minimum of five students. Please pre-register

In this class, we will examine a sampling of diverse African American artists including the works of Jacob Lawrence, Horace Pippin, Henry Ossawa Tanner, photographer Gordon Parks, Romare Bearden, the Gee's Bend Quilters, the Low Country Sweet Grass Basket Weavers, and more.

LEARNING TO LOOK: 20th Century Modern Art

Thursday, November 14

10:30am – 12:00pm

\$15

Minimum of five students. Please pre-register.

In this class, we will examine a smattering of 20th Century artists, such as Alexander Calder (prints, mobiles, stables, jewelry and wire circus scenes), David Smith (sculptures), Jean Dubuffet (paintings), Milton Avery (paintings), John Marin (watercolors), and others.

MUSIC READING: THE BASICS

Fridays 11am-12pm (See dates below)

\$90 per session

(Registration required. Minimum 4 students for class to run)

Required Materials: Master Theory, Books 1 and 2 by Charles S. Peters (\$4.50 each)

Have you always wanted to know more about reading music? Do you want to feel more confident when singing in your community, church, or synagogue choir? Do you know how to play an instrument by ear but want to further your skills by playing from printed music? If so, Music Reading: The Basics is the course for you!

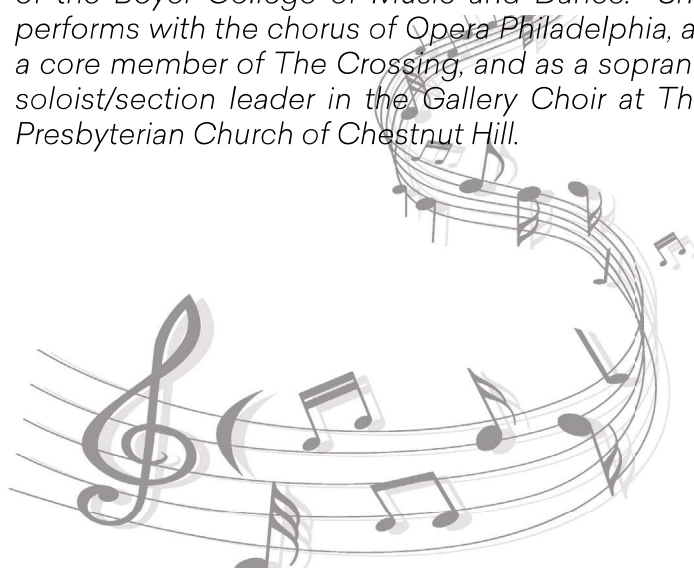
Session 1: Fridays 11am-12pm, September 6-October 11 (6 weeks)

Students will learn the names of all pitches on the staff and be able to find them on the piano keyboard, learn to read and demonstrate rhythms ranging in complexity from whole notes to sixteenth notes, and begin to read and demonstrate basic melodies.

Session 2: Fridays 11am-12pm, October 18-November 22 (6 weeks)

Students will learn to read and demonstrate more complex rhythmic patterns including dotted notes, learn to recognize and understand other basic elements of musical notation such as key signatures, time signatures, and dynamic markings, and learn to apply this knowledge to sight-reading printed music.

Julie Snyder, 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.



ANSWERING THE CALL TO WRITE*Mondays September 23- October 28**11:30am-1:00pm**\$120 for 6 weeks. Drop in to try a class \$25**Registration Required*

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

HAIKU POETRY*Wednesdays, September 11, October 9,**November 13, December 11**(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 and read some of our writings aloud.

"This class helped me better understand the aging process"- Sylvia Clark, Haiku Class Member

WRITING YOUR LIFE STORY—LEAVING A LEGACY*Tuesdays, September 24- October 29**1:00 p.m.–3:00 p.m.**\$65 for six weeks**Only 6 spaces available in the class, registration required*

We all have a story to tell – our own. Write and share portions of your journey – choices, turning points, insights, life lessons. Draw on techniques such as dialogue, description, scene, summary and musing to enliven and enhance your memoir. Students will share portions of their writing with class members every week and will also receive feedback from the instructor. This course is open to new and continuing participants.

Sam Whyte is a retired professor and dean, the former director of the St. David's Christian Writers' Conference at Eastern University, and the co-founder and director of the Festival for Writers at Rosemont College.

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.

BEGINNING BRIDGE LESSONS

Tuesdays, September 24-November 26

1:00 p.m.–3:00 p.m.

\$110 for ten classes

Must register for class. Minimum of 5 students

Registration Deadline: Monday September 24th

The game of bridge is a lot of fun, and many people keep on playing even into their 90s. In addition, studies have shown that playing bridge keeps your mind sharp and reduces the chance of Alzheimer's disease. This class assumes no prior knowledge of bridge. Bring pencil and paper.

BRIDGE REFRESHER LESSONS

Thursdays, September 26-November 14

1:00 p.m.–3:00 p.m.

\$95 for eight classes

Must register for class. Minimum of 5 students

Registration Deadline: Monday September 16

If you have taken the Beginning Bridge class and want to learn more, or if you want to improve your skill, or if you played bridge “back in the day” and want to learn more modern improvements in bridge, this course is for you. Have fun while you learn. Bring pencil and paper.

BRIDGE – OPEN PLAY

Wednesdays, join at any time, ongoing

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.

BRIDGE – OPEN PLAY

Thursdays, join at any time, ongoing

10:00am-12:30pm

No registration is necessary

\$2

Come meet some new friends, and enjoy the game of Bridge on Thursday mornings! Not for beginners: participants should be familiar with the game, and have played some before.

LET'S PLAY POKENO!

Wednesday, October 16

1:30am – 3:00pm

\$2

TO MAKE SURE WE HAVE ENOUGH POKENO CARDS REGISTRATION IS REQUIRED BY MONDAY, October 14.

Pokeno is a casual game that combines elements of Poker and Keno. It also has characteristics 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!



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.



LEARN TO PLAY Mah Jongg*Tuesdays, October 8-29**2:30pm- 3:30pm**\$40 for 4 weekly lessons**Registration Required****Fee includes National Mah Jongg League official card (in big print) and an instruction sheet for each person*

Have you ever wanted to learn how to play Mah Jongg? Mah Jongg is a tile-based game that was developed in China and has spread throughout the world since the early 20th century. Mah Jongg can help improve a person's memory skills and sharpen the mind. It helps people to make faster decisions and better observations, and also forces players to think on different spectrums. Plus it's also A LOT of fun! Join us this fall to learn how to play this exciting game, then come back and play with any one of the 3 groups that play here at the center weekly.

Gail D. Montgomery learned to play Mah Jongg here at the Center on the Hill many moons ago. Since then she has taught and played the game in various venues all over the Delaware Valley Metropolitan area.

MAH JONGG – OPEN PLAY*Every other Friday**11:00am-2:00pm**No registration is necessary**\$2 Join any time*

The Main Line Empresses are offering Mah Jongg, every other Friday, for "open play" Experienced and new players are welcomed.

MAH JONGG – OPEN PLAY*Tuesdays and 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.

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, October 1 -October 22**10:00am – 12:30pm**\$104 for four sessions**To register, call the Mt. Airy Learning Tree (MALT) at 215-843-6333.*

This basic course covers working with desktop icons and manipulating Windows; managing and organizing files and directories/folders; copying, moving, and deleting files and directories/folders; using search features, and simple text editing tools. No experience is necessary and the class is 100% hands-on. Classroom laptops are provided. You'll definitely feel more comfortable with computers by the end of the course!

INTERNET AND E-MAIL*Tuesdays, November 12 and 19**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.



JUST DESSERTS! A Raw Foods Cooking Class

Monday September 16

11:00am-12:30pm

\$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. But that doesn't mean you can't still satisfy your sweet tooth with raw foods too! This class will teach you fun and easy ways to incorporate delicious sweet and healthy foods that are sure to please. Four healthy desserts you can make for yourself will be discussed, demonstrated and then taste tested by the class. Come learn how sweet eating healthy can be in this fun and interactive class!

Betty Carmella Young is a certified raw food chef and nutritional coach as well as licensed massage therapist. 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 nutrition and massage. Her entry into the wellness field was spurred on by her struggles early in life with her own health. She credits her studies in nutrition with transforming her life.

EASY REFLEXOLOGY FOR SELF AND FRIENDS

Wednesday, September 25 and October 2

10:30am-12:00pm

\$20 for both classes (or \$10 per class)

Registration required (4 people minimum)

This class will introduce you to the power of easy-to-remember Reflexology points on the hands and feet to release stress and discomfort in the body. Gentle thumb and finger pressure onto specific reflex points improves circulation everywhere. It's like using the hands and feet like a remote control into the body. Just have short fingernails and a curiosity to learn something new! Handouts and a tool will be provided.

A note from the instructor Judy Dobbs: "In 1972 I had a slip and fall that left me unable to walk for a week. Carried into my first Reflexology session, May Post firmly pressed everywhere on my feet. At the end of the session, as she pressed on the tailbone reflex, we heard a loud "pop" in my low back! The pain released and I walked out! Three years later I started my education and practice in this amazing science, helping many peoples' symptoms and discomfort, no matter the age, to change or release, leaving them feeling relaxed yet energized."

SLEEP AND OUR HEALTH

Thursday, Sept 26

1:00pm- 2:00pm

Free

Please pre-register to secure your space in the class



The program will focus on sleep and its effect on our body. We spend 1/3 of our lives asleep, so sleep is very significant. How much sleep do we get and how much sleep is appropriate for adults is so critical. The Institutes of Medicine of the National Academies has declared lack of sleep a Public Health problem in America. Children are also affected by lack of sleep. We will focus on the contributors of sleeping or inability to experience a good night sleep. Sleep hygiene and getting a good sleep will be addressed. There will be opportunity for questions following the presentation.

JERALDINE MARASCO KOHÚT, RN, BS, MA, NHA retired in 2015 after 50 years of full-time employment in the health care professions. Mrs. Kohut currently serves as part-time community liaison for Cathedral Village located in Philadelphia. She is an accomplished writer and researcher and in addition to making numerous presentations at state, regional and national conferences, she has authored or co-authored dozens of journal articles and monographs, and two award winning books.

DIZZINESS AND BALANCE DISORDERS

Thursday, September 19

12:30 to 1:30 p.m.

Free Registration Required

Dizziness and imbalance can come in many forms and is a common problem, especially among older adults. Did you know that dizziness is one of the most common reasons for hospitalizations?

Join James Barsky, DPT, Chestnut Hill Rehabilitation, at our dizziness lecture on Thursday, September 19, to learn the common causes and symptoms of dizziness so you can live a balanced life. All attendees can receive a free balance test by a physical therapist!

WHAT CAN YOU DO ABOUT KNEE PAIN

Tuesday October 1

2:00pm-3:30pm

Free - Registration required

Over 33 million people have osteoarthritis of the knee; however, this is based on x-ray finding only! Arthritis is present in over 70% of the population over 50 years of age, yet only 25% of this age group has complaints of knee pain. A recent study demonstrated significant improvement in people awaiting knee replacement surgery with mechanical therapy. Using this approach, 40% of those people canceled their knee replacement surgery.

Come to this informational seminar given by two physical therapists who specialize in the McKenzie Method. The McKenzie method focuses on finding one movement or position to relieve the pain and teaches you how to perform this on your own. No need for lengthy visits, injections or medications.

If you have pain getting up from sitting, climbing stairs or squatting; you may find helpful information from this seminar.

Kay Scanlon, PT, DPT, OCS, Dip MDT

Dr. Scanlon is a physical therapist with specialization in Orthopedic Physical Therapy and a sub-specialty in Mechanical Diagnosis and Therapy (MDT) also known as the McKenzie approach. She holds a diploma from the International McKenzie Institute in New Zealand.

Kathleen Matejik, DPT, Cert MDT

Dr. Matejik is a Physical Therapist with a broad background of experience. She has advanced training and certification in Mechanical Diagnosis and Therapy (MDT), also known as the McKenzie approach, which she utilizes in her private practice, Specialized Spine & Joint Physical Therapy, in Jenkintown.

KNEE INJURIES FOR ALL AGES

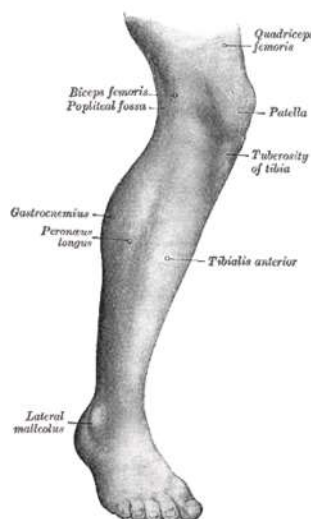
Tuesday, November 12, 2019

12:00 to 1:00 p.m.

Free - Registration Required

Whether you have experienced knee pain, recovered from an injury or are dealing with chronic knee disease, there are steps you can take to prevent injury and minimize your pain. Knee pain affects people of all ages and although not all knee pain is serious, it's important to manage your knee pain

to prevent similar injuries in the future. Join Vishal Saxena, MD, Temple Orthopaedics and Sports Medicine at Chestnut Hill Hospital, for a free lecture on knee pain on Tuesday, November 12, to learn more about common causes, symptoms and treatment options to manage knee pain.

**STAND UP TO FOOT PAIN**

Thursday, October 24

12:30 to 1:30 p.m.

Free - Registration Required.

Stand up to your aching feet. Join John Scanlon, DPM, Chestnut Hill Podiatry, at our free foot pain lecture on Thursday, October 24. You'll learn the common causes, symptoms, and treatments for foot and ankle conditions – and receive a free foot screening!

MONTHLY NUTRITION CLASS

3rd Mondays of each month

12:30pm- 1:30pm

\$10

Please Pre-Register for Class

Join Kirsten Puskar MS, RDN, LDN, CDE the 3rd Monday each month for the latest nutrition research news. The classes will cover the basics of macronutrients, getting your cells what they really need, how exercise works with carbs, and then meal planning to optimize muscle growth. Fee includes taste-testing snacks!

Kirsten Puskar, MS, RDN, LDN, CDE is a certified diabetes educator, registered dietitian, and nutrition consultant. Kirsten's passion is helping her patients to eat mindfully and enjoy new recipes and menus they help create. She helps her patients to not dwell

on dietary restrictions but to see the many delicious healthy alternatives they already enjoy while helping them take small steps toward forming habits that lead to a healthy lifestyle. It's not about adding years to our lives, but adding life to our years!



MANAGING ARTHRITIS

Thursday, October 17

1:30-2:30pm

Free

Physical Therapist, Dr. Luke Pedersen, will talk about how Arthritis is extremely prevalent. It is a major cause of pain, stiffness, and disability. Dr. Luke will guide you through how to effectively manage pain and stiffness caused by arthritis and review the pros and cons of different treatment options. 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.



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.

SUCCESSFUL AGING

Tuesday, November 5

1:00pm- 2:00pm

Free

Please pre-register to reserve your spot in this class

Successful Aging has been researched for years with information that can assist us as we age. Older adults continue working outside of the home, enjoy family, good health, and often time begin new and rewarding endeavors. We are ready, able and willing to do as much as we can and as much as we want to do. The components of successful aging are the ability to maintain the following characteristics: low risk of disease-related disability, high mental and physical function and active engagement with life. This program will offer tips about aging successfully with time for dialogue and discussion.

GRIEF SUPPORT GROUP

Tuesdays Sept 17, 24, Oct 15, 22, Nov 5, 12

1:00pm-2:30pm

Free

Registration required. Group is closed to new members after September 24th

We acknowledge the value of sharing time and stories with others who have also experienced a loss. Please join us for 6 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.



WEDNESDAY DIABETES WORKSHOP

Wednesdays, Ongoing
 12:00pm – 2:00pm

For questions or more 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 on the 4th Friday of each month

Examples of some Weekly Topics:

The Body System, Diabetes and Basic Nutrition
Nutrition Overview: macronutrients, counting carbohydrates, developing an individual meal plan
Classes of Medications and Reducing Stressors
Healthy Cooking: Demonstrations

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.

**T'AI CHI YANG STYLE
LEVEL ONE FOR BEGINNERS**

Wednesdays, September 25 – November 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, September 25 – November 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, September 25 – November 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.

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

**PREVENTATIVE HEALTH**

Wednesday, November 20
 1:30-2:30pm
 Free

In this talk, Dr. Luke Pedersen will discuss easy strategies for maintaining health, preventing musculoskeletal pain and injuries, and maintaining an active lifestyle. Will discuss exercise, sleep, nutrition, stress-management, and more! This class will conclude with a Question and Answer session.

“An ounce of prevention is worth a pound of cure.”

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.



INDIVIDUAL NUTRITION COUNSELING

(By Appointment)

Monday's 9am-3pm by appointment only.

Do you have Diabetes or Pre-Diabetes? Are you 50 pounds or more overweight? Would you like to know more about how nutrition can improve your health with chronic disease, obesity or other nutrition-related health issues? Contact our resident nutritionist, Kirsten Puskar MS, RDN, LDN, CDE for a one-to-one private consultation to discuss how nutrition can improve your unique health issues. Individual nutrition consultations are held Mondays at the Center on the Hill.

If you are Diabetic, Pre-Diabetic or 50+ pounds over weight, there is no out of pocket charge, Your insurance will be billed. Most insurance plans cover 4-10 sessions a year. For more information or to book your appointment please call Kirsten at 215.527.4193 or email: KFPuskar@gmail.com

Kirsten Puskar, MS, RDN, LDN, CDE, is a certified diabetes educator, registered dietitian, nutrition consultant. Kirsten's passion is helping her patients to eat mindfully and enjoy new recipes and menus they help create. She helps her patients to not dwell on dietary restrictions but to see the many delicious healthy alternatives they already enjoy. She helps her patients find small steps they can do toward forming habits that lead to a healthy lifestyle. It's not about adding years to our lives, but adding life to our years!

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.



INDIVIDUAL MEDICARE COUNSELING*By Appointment**Thursdays 9:30am-11:30am**(some other dates and times can be available by request)**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 counselor Joan Adler on Thursdays from 9:30am to 11:30am. In an individual meeting Joan 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 215-686-8466. Leave your name and phone number for Joan Adler who will call you back to arrange an appointment.

**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)**Try out the class for free*

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.



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.

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.

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.

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.



AARP SMART DRIVER COURSE

Monday and Tuesday, September 16 and 17

Monday and Tuesday, November 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

Monday, October 28 and December 2

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.

GET SMART ABOUT NEW VEHICLE TECHNOLOGY

AARP SMART DRIVERTEK

Tuesday October 15

10:30am - 12:00pm

FREE

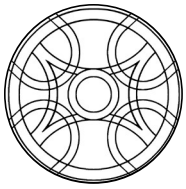
Space is limited. Registration required.

Cars are quickly becoming smarter and smarter. But you can stay in the know by signing up for the FREE Smart DriverTEK workshop—a 90-minute interactive session that will get you up to date with new intelligent features, like advanced warning systems with automatic braking, which reduce crashes by 50 percent.* Understanding advanced warning systems and the other new features will help you know what to look for when shopping for a new car or how to identify the intelligent features that are in your current car. Accelerate your car knowledge!

Register today to learn about:

- Blind-spot detection systems
- Forward-collision warning systems
- Lane-departure warning systems
- And much more!





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

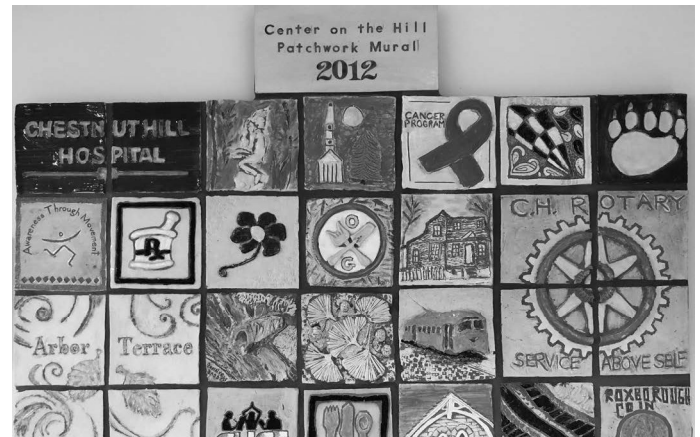
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Being Good Stewards

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

