

# AT THE *center* OF THINGS

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

*winter* 2020

I hope you all had a happy and healthy holiday season. It's hard to believe that this winter marks my 1 year anniversary of being the Director of The Center on the Hill. What a year it has been! I have loved getting to know everyone and planning for exciting events and activities. I hope you enjoy what I have put together for the winter session ahead.

A few things I'd like to mention are:

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**COLORFUL COLLAGE ART WORKSHOP**- This fun class offers everyone an opportunity to create their own work of art. Using two familiar tools -glue and scissors, each participant will enjoy turning new and recycled papers and magazines into art. (Page 2)

**INTRODUCTION TO GENEALOGY**- Who doesn't want to know who their ancestors were and where they came from? Some people truly love the search, the unraveling of the puzzle that is the past, while others don't. You are invited to a FREE 90-minute session that will help you determine whether you'd enjoy the hobby of genealogy. (Page 3)

**MUSIC READING: THE BASICS** Have you always wanted to know more about reading music? Do you want to feel more confident when playing an instrument or singing in your community, church, or synagogue choir? If so, this the course for you! (Page 8)

**DESSERT WITH A DOCENT- WOODMERE INSIDE AND OUTSIDE** - Join us for dessert and a presentation by the Woodmere Art Museum's Docents on the Road. They will present on the background of the historic house, the founder, highlights from the galleries, the current exhibition and more. (Page 3)

**CHAIR PILATES**- Join and learn the well-known fitness method developed by Joseph Pilates in the early 1900s, in an easy and accessible way for your body. There is emphasis on executing proper posture, breathing, balance, form and alignment. (Page 13)

Thank you for making my first year 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



**INCLEMENT WEATHER** If you are not sure if whether the Center is open due to inclement weather please call 215-247-4654. A Message wilbe left on the Center Voicemail by 8:30am if we are closed. (If you get the regular Center message then the Center is open).

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.



**January 9**  
**THOMAS KEELS** – Forgotten Philadelphia: Lost Architecture of the Quaker City

Author, Tour Guide and Public speaker Thomas Keels comes to talk about forgotten Philadelphia in this captivating lecture about our city and its history. Highlighted in his presentation will be - Landmark To Landfill: Four Lost Philadelphia Monuments. An overview of how changes in Philadelphia's social, economic, and political history have altered its architecture, focusing on the rise and fall of the Slate Roof House, Jayne Building, Broad Street Station, and Liberty Bell Pavilion.

*Tom Keels is a lecturer, writer, and commentator specializing in Philadelphia history and architecture. He has spoken to many of Philadelphia's leading cultural and historical organizations including the American Institute of Architects (Philadelphia chapter), American Revolution Roundtable, Chestnut Hill Historical Society, Cosmopolitan Club, Curtis Institute of Music, Franklin Inn Club, Free Library of Philadelphia, Harvard Club of Philadelphia, Preservation Alliance of Greater Philadelphia, Springfield Township Historical Society, and Union League of Philadelphia.*



**March 12**  
**PAMELA KING** – Digital Data Security & Privacy: What you don't know can hurt you.

This presentation will cover the proliferation of personal information online, types of high technology scams, and techniques for cyber fraud. Topics will contain examples of cases of computer crimes. We will further discuss cloud services, and other industries that need or have personal information. The course will cover some best practices for safety online, and what steps you can take if your data is compromised.

*Pamela King worked for nearly 20 years in law enforcement as a civilian specialist in digital forensics and cybersecurity for a federal program providing investigative support and information sharing regionally to state and local law enforcement agencies. While working in law enforcement, she produced tactical and strategic intelligence analysis for law enforcement and supported active high technology investigations by extracting evidence from digital media and computers.*



**February 13**  
**JOHN WILKINSON** – The Changing Landscape of American Religion

If you read the headlines or participate in a faith community, you know that the landscape of religious practice in the United States is evolving rapidly.

In his presentation, John Wilkinson will explore emerging trends using a variety of demographic studies and scholarly insights.

*John Wilkinson began his service as Pastor of the Presbyterian Church of Chestnut Hill in September 2019 after serving 18 years as pastor of Third Presbyterian Church in Rochester, New York. He received his BA from the College of Wooster, his MDiv from McCormick Theological Seminary and his PhD from Northwestern University, focusing on Twentieth Century American Religious History.*

### COLORFUL COLLAGE ART WORKSHOP

Tuesdays, February 4, 11 and 25

2:00-4:00pm

\$12 per Class- All Supplies included

Registration Required



This fun class offers everyone an opportunity to create their own work of art. Using two familiar tools -glue and scissors, each participant will enjoy turning new and recycled papers and magazines into art. All supplies will be provided and no prior experience with art is required. This class is offered on three dates, so you can plan to attend just one or come to all of them for more creative and relaxing fun this winter!

**COMMUNITY LUNCHEON**

Tuesday, January 28  
 Tuesday, March 24  
 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 festive tableware. Join us at the ever popular Community Luncheon. We'd love to see you there!

**FASHION FLASHBACK**

Thursday, February 6  
 10:30am-11:30am  
 \$7

Do you remember when women wore hats and white gloves to go shopping and men wore bow ties and pocket-handkerchiefs? In this session, we'll take a walk down memory lane with a look at the fashions of yesteryear. Participants are urged to bring a hat, bodice, shoe-hooks or other clothing item that typically isn't in use anymore. We'll explore the history of fashion themes from the 1900's to the present in this entertaining presentation by Barbara Sherf.

**DESSERT WITH A DOCENT- WOODMERE INSIDE AND OUTSIDE**

Tuesday, March 10  
 1:00-2:00pm  
 \$5 includes Dessert, PLEASE RSVP

Join us for dessert and a fascinating presentation by one of the Woodmere Art Museum's Docents on the Road. They will present on the background of Woodmere's historic house, the founder, his collection and their mission today showcasing Philadelphia regional artists. The presentation will also include highlights from the galleries, the current exhibition and stories of the ever growing sculpture collection on the Woodmere grounds. There is something for everyone, so plan to come have a delicious dessert and learn about this wonderful Art Museum so close to us.

**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.*

**INTRODUCTION TO GENEALOGY**

Tuesday January 14th and February 11th  
 1:00pm-2:30pm  
 FREE



Two session dates; choose the one that's most convenient for you.  
 You do not need to take both.  
 Registration required to hold your space in the class.

Who doesn't want to know who their ancestors were and where they came from? But trying to find them is a different story. Some people truly love the search, the unraveling of the puzzle that is the past, while others don't. You are invited to a free 90-minute session that will help you determine whether you'd enjoy the hobby of genealogy. And as a bonus, you'll probably learn enough to find a new ancestor or two. This FREE class will help you decide if you want to take the eight-week "Getting Started in Genealogy" course we will be offering in the spring.

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**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, January 30 showing "Judy"**

Thirty years after starring in "The Wizard of Oz," beloved actress and singer Judy Garland arrives in London to perform sold-out shows at the Talk of the Town nightclub. While there, she reminisces with friends and fans and begins a whirlwind romance with musician Mickey Deans, her soon-to-be fifth husband.

**Thursday, February 27 showing "Harriet"**

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes, whose courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.

**Thursday March 26 showing "A Beautiful Day in the Neighborhood"**

Tom Hanks portrays Mister Rogers in a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine writer is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about kindness, love and forgiveness from America's most beloved neighbor.

**AFTERNOON MOVIE:  
SPECIAL ENCORE PRESENTATION  
Showing "AMAZING GRACE"**

Thursday, April 2  
2:00pm- 3:30pm  
FREE



Back by popular demand! This documentary film features American singer-songwriter **Aretha Franklin** as she records her gospel album Amazing

Grace live at the New Temple Missionary Baptist Church in Los Angeles in 1972. She is accompanied by the Southern California Community Choir, directed by Alexander Hamilton, seated behind her as Franklin sings from the church's lectern. James Cleveland appears as a featured singer and a piano accompanist. Franklin is also accompanied by Bernard Purdie on drums and Chuck Rainey on bass guitar.

**ESTATE PLANNING: THE BASICS**

Tuesday, January 21  
1:00-2:00pm  
Free

Join us for this informative presentation by Howard M. Soloman, Esquire who will discuss the reasons you should have the three most common life planning documents (a Living Will for medical decisions, a Power of Attorney for financial decisions, and a Will). He also will discuss when a fourth document, called a Living Will, might be useful as well as the tax implications of death.

*Howard M. Soloman, Esquire currently practices in the areas of taxation, estate planning, eldercare, long term care planning, estate administration, and small business planning. He graduated magna cum laude from Temple University School of Law and earned a Master of Laws Degree in Taxation from the Georgetown University Law Center.*

**FINANCIAL AND RETIREMENT  
INCOME PLANNING**

Tuesday February 18  
6:30pm-7:30pm  
Free  
Registration Required



Creating a financial plan for retirement requires saving and investing, and then sizing up available assets to implement a strategy that fulfills long term income objectives. Inflation, taxes, healthcare costs, and market risk must be addressed to ensure the plan will be successful. This presentation will provide a time-tested approach to strategic retirement planning, and will bring light to the financial risks we must seriously consider today.

*Kyle Cunningham, RICP® is a financial advisor serving families and business owners with tax-efficient financial strategies. Kyle works in downtown Philadelphia and his website is [www.kylecunningham-nm.com](http://www.kylecunningham-nm.com)*

### **STRENGTHEN YOUR VOICE, LEVEL I**

Wednesdays January 15, 22, 29, February 5

Wednesdays February 19, 26, March 4, 11

10:00am – 11:00am

\$80 for a 4 week session

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 January 15, 22, 29, February 5

Wednesdays February 19, 26, March 4, 11

11:00am – 12:00pm

\$80 for a 4 week session

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. These classes are offered as a part of the Snyder School of Singing.*

### **NAME THAT TUNE**

*A fun and interactive approach to Music Appreciation*

*Tuesdays, January 21, February 18, March 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!

*Instructor 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.*

### **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.

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# Art CLASSES



## **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.*

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

### **SKETCHING AND DRAWING CLASS**

*Mondays, join at any time*

*9:30am – 11:30am*

*\$32 per month*

*Please bring check payment to first class.*

Enjoy sketching in a relaxed class. A variety of mediums will be demonstrated such as pen and ink, charcoal, pencil, and pastels. Still lifes and photographs will be used. All abilities are welcome. Supplies not included. Please bring your own drawing paper, pencils, pastels or charcoal.

### **WATERCOLOR WORKSHOP**

*Tuesdays, join at anytime*

*9:30am – 11:30am*

*\$32 per month*

*Please bring check payment to first class.*

This wonderful drawing and watercolor painting class is for people of all abilities. Supplies not included. Please bring your own drawing paper and watercolors.

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.*

### **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](mailto:bill@folkdancefridays.org)

# art EXHIBITS



## **JANUARY – Leslie A. Lefer** **Photography**

This exciting and dynamic exhibition is the culmination of nearly 3 years travel and exploration by our beloved past Director of the Center on the Hill, Leslie Lefer. The hidden beauty of the compositions and sometimes unexpected subjects lies in that all were taken with only her smartphone and existing light and shadow. Many inspire the viewer to ponder their simplicity or how much we overlook in our own hectic lives. Leslie reconnects us to those warm memories of her trips with Center on the Hill participants to Longwood Gardens, Grounds for Sculpture, or the Chanticleer arboretum through her use of color, texture, or juxtaposition without affecting the subject itself. Her collection became more extensive through her travels to Brussels, Amsterdam, and Quebec City in 2018. This exhibition also includes images from Baltimore and the Washington, DC area. Her most recent photographs of Hilton Head Island, SC may conjure up longing for the salty air, warm zephyrs, or sandy toes of summertime. Thank you for the opportunity to share my new passion with you.

## **LOVE LOST & FOUND**

*FREE Introductory Workshop: Thursday, March 5th*  
*4 Week Class: Thursdays, March 12, 19, 26 and April 2*  
*1:00-2:30pm*  
*\$25 for the full 4 week workshop.*  
*Registration for the Free Intro Class and the Full session required.*

Is love blind? Is there such a thing as love at first sight? Does love make the world go round? Despite the world-shaking discoveries of science and technology, love remains a mystery --joyous, thrilling, precious, ephemeral, eternal. Something we seek and celebrate...something not even death can destroy. What is love?

Join us in LOVE LOST & FOUND, a workshop created for a special purpose: to explore love in all its facets -- at all ages. Share your personal true life/true love stories, those of your friends, family and colleagues

## **FEBRUARY – Marcia Jones** **Watercolors and Drawings**

Marcia's landscapes, portraits, and still life paintings and drawings explore techniques in watercolor, egg tempera, pastel, and pencil. She currently teaches the Wednesday evening Watermedia class here at The Center on the Hill, as well as the Watercolor and Drawing class through Mt. Airy Learning Tree. She also offers private lessons to all ages in her home studio. She has been an active teaching artist in the Philadelphia area for 25 years. She presented her work most recently at LeBus of East Falls and the Allens Lane Art Center. After earning her MFA in Painting from the Tyler School of Art and completing her studies on the Rome campus, she returned to Philadelphia to teach at Temple's Ambler campus, and eventually taught at the campus in Elkins Park for 11 years. Interested in landscape painting, she moved to a Bucks County studio along the Pennsylvania canal and Delaware River.

## **MARCH – Woodmere Art Students** **Watercolor**

We are pleased to welcome Howard Watson's Watercolor Class from The Woodmere Art Museum. They will be showing their collection of works from the past year in what is sure to be a vibrant and colorful show of watercolor paintings.

to provide the heart and soul of the Philadelphia version of a unique, interactive play, which already had its successful world premiere in Nova Scotia last spring. We'll explore FIRSTS (meetings, crushes, kisses, marriages), FLIRTS, FLINGS, FIX-UPS, FOREVER AFTERS and other Long-Lasting Loves -- tales of hilarious, heart-wrenching encounters, too-good-to-be-true connections, bad dates, break-ups and the shifting sands of relationships of all kinds. Not fiction. Not fantasy. Not fairy tales. Stories which you can relate or write in class, prompted by a special, anonymous questionnaire.

*Diana Finegold is a playwright and member of The Dramatists Society, an actor, director, producer, and the founder of The Wild Thyme Players, acclaimed for their original Guess Whodunit murder mysteries -- produced in NY, CT, MA and now PA -- acclaimed as "a combination of Sherlock Holmes and Monty Python."*

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**HAIKU POETRY**

*Wednesdays, January 8, February 12, March 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*

**MUSIC READING: THE BASICS**

*Fridays 11am-12pm (See dates below)  
\$120 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 January 17, 24, 31, February 7, 14, 21 (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: (prerequisite-Session 1) Fridays February 28, March 6, 13, 20, 27, April 3 (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. These classes are offered as a part of the Snyder School of Singing.*

**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.*



**UNDERSTANDING ALZHEIMER’S DISEASE**

*Thursday, January 16  
1:00-2:00pm  
Free*

Alzheimer’s is a disease affecting brain cells. The most common symptom is memory loss affecting daily living. The disease worsens over a number of years. It is the 6th leading cause of death in the United States. There is no cure but research has been promising. Today there is a world wide effort underway to find better ways to treat the disease, delay its onset, and prevent it from developing. The program will focus on changes in the brain, symptoms of the disease, current treatment and support programs available for both patient and family.

*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.*

**METHODS OF MEDITATION WITH LAMA COULTER HUYLER**

Tuesdays January 14- February 18  
 10:00am-11:00am  
 \$60 for 6 weeks. Drop in to a class \$12  
 Registration Required

In Silence, Guided Meditation and Conversation we establish the foundations of meditation. Learn about how to start a meditation practice, develop your existing practice, or come and familiarize yourself with these methods of meditation. Through the 3 gates of Body, Speech and Mind turn awareness inward to abide in calm, clarity and generosity-benefiting ourselves and our environment. Sessions are appropriate both beginners and for seasoned practitioners.

*Since 1973, Lama Coulter Huyler has lived, studied, and practiced with many renowned lamas and teachers in Tibetan Buddhist, Kashmir Shaivite, and Vedic traditions. Since completing the traditional Tibetan Buddhist Three Year Three Month Retreat at Kagyu Thubten Choling in New York, he was authorized to teach.*

**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*

**TREATING NECK PAIN**

Tuesday, March 17  
 2:00pm-3:30pm  
 Free  
 Registration Required

The incidence of neck pain is high and increasing due to our increasing use of computers tablets and smart phones. This seminar will address the common causes of neck pain, what you can do to minimize it and prevent recurrence. Presented by a physical therapist who specializes in treating neck/back and joint pain using the McKenzie Method, you will learn how to avoid pills, injections and prolonged visits to the therapist or chiropractor. We will also cover how to set up your workstation to minimize discomfort.

If you suffer from neck/shoulder pain, this seminar is for you.

**Kathleen Matejik, DPT, Cert MDT**

*Dr. Matejik is a Physical Therapist with a broad background of experience in orthopedics including acute care, home care, inpatient, and outpatient rehabilitation. She graduated from Temple University in 2003 with her Doctorate in Physical Therapy. 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.*

**MANAGING BACK PAIN**

Tuesday, March 3  
 1:00-2:30pm  
 Free

Join us for an interactive presentation addressing one of the most common diagnoses and gateway to disabilities in the United States. Learn posture and body mechanics in order to prevent and treat back pain. After this presentation, you will understand back pain as well as how to avoid it with early intervention. We will also discuss natural treatments supplements that can help.

*Presented by Nikki Dunleavy, PT, DPT, GCS, LSVT BIG Certified, and Elizabeth Edmonds, OTR/L, CDP from Fox Rehabilitation, and Keena Kiser of Atria Lafayette Hill*

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**HEALING WITHOUT DRUGS:  
A WELLNESS APPROACH**

Wednesday, March 18

11:00am-12:00pm

Free

Registration recommended

Have you wondered if your health condition could be improved or resolved without drugs? Have you been looking for a natural approach to proactively optimize your health? A “yes” to either of these questions means acupuncture may be for you! It has been used by millions for thousands of years to promote wellness, and to address acute and chronic conditions such as pain, digestion issues, hormone imbalances, mood disorders and immune dysfunction, to help you get well and stay well! In addition, it is successfully used to deeply relax the body to reduce the negative impact of stress and is powerful at reducing the side effects of Western cancer treatment. In a friendly atmosphere that encourages questions, learn how important it is to be wellness (vs. symptom) oriented, how stress affects our bodies, and find out if it can help your specific condition!

*Elise Rivers, Esq., MAc, has been practicing Chinese medicine for more than 20 years and is the founder of Community Acupuncture of Mt. Airy (CAMA), serving Northwest Philadelphia since 2005. She and her staff of dedicated professionals are committed to making holistic health an affordable and convenient option. CAMA offers plant-based nutrition counseling, cancer care, bodywork and acupuncture with an overall emphasis on lifestyle re-education and stress management. Elise enjoys sharing the profound benefits of acupuncture with her community and was on the faculty of Pennsylvania’s first acupuncture school, the Won Institute in Glenside, for 15 years.*



**GRACEFUL AGING WITH MINDFUL MOVEMENT,  
MEDITATION AND CONVERSATION**

**Intro class (FREE) Tuesday, January 28th**

11:30am – 1:00pm

**Regular Session Dates:**

Tuesdays February 4, 11, 18, 25

11:30am – 1:00pm

Full series \$72 (receive a complimentary journal)

Drop in for a class rate - \$20/per class

Take some time for yourself this Winter to stretch, breathe and recharge your body, mind and spirit. Join professional coach and yoga instructor Lisa Kramer for this series that combines mindful movement (appropriate for EVERY body), a brief guided meditation and conversation on topics related to graceful aging. Open to men and women ages 50+.

*Lisa Kramer, founder and president of Living with Intention LLC, has been self-employed as a professional coach for more than 15 years. In 2013, at the age of 57 Lisa completed a 200 hour yoga teacher certification. Lisa is passionate about partnering with her clients to achieve greater life satisfaction and meaning through a holistic approach combining mind, body and spirit.*

**INDIVIDUAL MEDICARE COUNSELING**

By Appointment

Thursdays 9:30am-11:30am

(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.

**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 Brian Rickman both with extensive spousal caregiver experience. For more information, contact Fern Zeigler at 484-686-7689 or fernzeigler@gmail.com or Brian Rickman at 774-249-2494 or brian.rickman@gmail.com*

**LAUGHTER IS THE BEST MEDICINE**

Wednesdays January 15 and 29  
10:00am-11:00am

\$7 per person (Minimum of 6 people needed for class to run)

Registration Required



This is the Body-Mind therapy of Dr. Madan Kataria, a Physician from Mumbai, India. Laughter Yoga (we do more laughter and stretching than yoga) was launched in a Park on March 13, 1995 with merely a handful of persons. Today, it has become a worldwide phenomenon with thousands of laughers in over 70 countries! Fifty minutes of hearty laughter without jokes or comedy will stimulate your feel good hormones (Endorphins/Serotonin) that last for hours! This is a very playful, active form of having fun. It consists of laughter exercises, affirmations, games, improvisation, and breathing exercises. For more information go to [www.laughteryoga.org](http://www.laughteryoga.org).

*Presented by Barbara Sherf, a communications and public speaking coach who has been using Laugh Yoga in her workshops and public speaking and team building boot camps for years. She is excited to bring it to the active adults at The Center on the Hill.*

**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 overweight, 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](mailto: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.*

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**MORE THAN SAD:**

**Seasonal Affective Disorder and the winter blues**

Thursday, January 23

11:00am to 12:00pm

Free Registration Required

Feeling more down than normal? Can't figure out why you don't have the desire to leave the house? Not finding joy in things you used to? Let's talk about Seasonal Affective Disorder, Stress and Blue Monday. Many people suffer from some form of depression and go undiagnosed, untreated, and are even unaware. Let's talk about the signs and

symptoms, why this happens, and what the best coping mechanisms are to get you through the wintertime blues.

*Elizabeth Wall is a Masters level Social worker who graduated from Rutgers School of Social work. Elizabeth spent time working with the homeless population of Trenton NJ, then continued on to work with Inpatient Geriatric Psych patients and now has landed at Oak Street Health a primary care office for adults on Medicare. Elizabeth finds her passion in working with the senior population and has been doing so for the last 4 years.*

**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.

**ZUMBA GOLD**

*Mondays ongoing  
3:45pm – 4:30pm  
\$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.

**CHAIR PILATES**

*Thursdays, January 16 - March 5  
9:00- 9:45am*

*\$89 for 8 week session*

*Pre-registration required by Jan.9th.*

*\$14 per class for drop in, (\*please note the class builds each week on things taught the week before, so coming for the full session is recommended but not required.)*

Join and learn the well-known method of Contrology developed by Joseph Pilates in the early 1900s that is taught in studios around the country today, in an easy and accessible way for your body. This system integrates the whole self by training the mind to focus precisely on the actions of the body. There is emphasis on executing proper posture, breathing, balance, form and alignment. We will begin by learning the foundations of the method and build each week upon on the exercises learned using mindful form and technique. We will work to strengthen the Powerhouse, the deep stabilizer muscles in the center of our body.

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

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

*Tuesdays, January 21 - March 24  
Wednesdays, January 22 – March 25  
10:00am – 11:00am  
\$109 for ten sessions*



The ancient Chinese martial art of t'ai chi is a low impact activity that offers benefits of meditation and cardio exercise. Requiring no special equipment, it can be done anywhere. Practiced regularly, t'ai chi can improve balance, reduce stress and anxiety, lower blood pressure, and promote general well-being. In this class you will learn the Yang Style short form, in the style of Cheng Man Ching.

**T'AI CHI YANG STYLE - LEVEL TWO**

*Wednesdays, January 22 – March 25  
12:30pm – 1:30pm  
\$109 for ten sessions*

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

**T'AI CHI YANG STYLE - LEVEL THREE**

*Wednesdays, January 22 – March 25  
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.**

**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.

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**THE BASICS OF HOW TO USE YOUR ANDROID PHONE AND AVOIDING ONLINE SCAMS**

Wednesdays, January 15, 22, 29, February 5, 12, 19  
Session Orientation Class on Wednesday  
January 8th  
1:00pm – 2:00pm  
Free  
(Pre-registration required)

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.*

**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.

**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, March 3 - 24  
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!

**SCRABBLE – OPEN PLAY**

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



Do you love to play board games? Are you a great speller or want to be a great speller? Then join in on this classic crossword game that is full-on fun. You can feel the excitement begin as soon as you rack up your letters, choose a great word, and hope to land on a triple-word score. Scrabble game provided.

**MAH JONGG – OPEN PLAY**

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.



**AARP SMART DRIVER COURSE**

Monday and Tuesday, February 17 and 18  
 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, January 20  
 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**

Monday March 16  
 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!

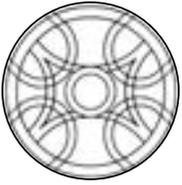
Register today to learn about:

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



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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 would 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](mailto:msaavedra@chestnuthillpres.org) if you'd like future newsletters to be emailed to you or if you're willing to pick one up at the center rather than receive one in the mail. Thank you very much for your help.