

# AT THE *center* OF THINGS

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

*Spring 2020*

Spring has arrived at the Center on the Hill! Warmer weather and longer days are here after a winter well spent planning for all the things I am thrilled to be bringing to the Center in the months ahead. I hope to see you soon at some of these fun events and activities coming up this spring:

**DAY TRIP/PRIVATE TOUR- LAUREL HILL CEMETERY-** Laurel Hill is more than just a cemetery. It is an outdoor sculptural garden, a horticultural gem and a truly unique historical resource. Join us for a private walking tour led by local Author and Historian Thomas Keels, as he shows us some of the notable sights that can be found throughout the grounds. The Tour will end with a scenic picnic lunch that will be provided. (Page 4)

**WRITING YOUR LIFE STORY FOR BEGINNERS** - A word is always a beginning -- the jumping off point, perhaps for you now, of putting your life's story on paper. By the end of this 6 week class, armed with the basics of organization and development, you will be well on your way to writing your life's story. (Page 9)

**CREATIVE ADVENTURES FOR GRACEFUL AGING** - Do you enjoy "Creative Excursions"? Are you bored with your present routine? Would you welcome opportunities to discover/re-create exciting activities? Please join us for: FUN! Hands-On Activities, Games and Prizes. FOOD! Delicious Desserts, Snacks and Beverages and FACTS! Valuable Knowledge, Useful Information (Page 3)

**LEARNING TO LOOK AT ART** - Suzanne Fitzpatrick returns this Spring with FOUR sessions of her popular series which will include presentations on Grandma Moses, African American Artists, Part II , Famous Portraits, and Grant Wood (Page 6)

**THE MUSIC OF ROGERS AND HAMMERSTEIN** - Come hear the singers from Snyder School of Singing's private lesson program perform your favorite songs from the musicals of Rodgers and Hammerstein! The students have loved learning about these classic songs and are eager to present them to you in this engaging and entertaining performance. (Page 3)

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**HEALTH AND WELLNESS..... 12-18**

**DRIVING CLASSES..... 19**

May this Spring bring us all a lot of sunshine, continued happiness and good health!

Sincerely,

*Mariangela*

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



**Please Register or RSVP for Events, Classes, Lectures and Workshops you plan to attend. It helps ensure we have the proper space with enough seating to accommodate all participants, THANK YOU!**

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



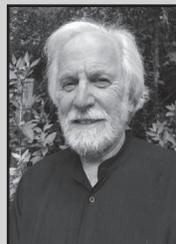
**April 9th**  
**ERIC GERSHENOW –**  
**The Future of Medicine: The**  
**emergence of Cell and Gene**  
**Therapies**

With a 20+ yr history working in the biopharmaceutical industry, Eric currently operates as an Associate Principal Scientist at WuXi Advanced Therapies in South Philadelphia near the Naval Yard where he leads a development team supporting manufacturing of gene and cell therapy based projects. From where the biopharm market has been focused historically employing antibody based treatments, gene and cell therapies represent breakthrough medicines that go beyond treating symptoms to modifying patient's physiology to eradicate illness. These technologies are still in their infancy and hard to produce. We'll talk about what are gene and cell based therapies, how do we derive them and the challenges faced in the scientific community as to how we can deliver these medicines on a large scale to patients in the most cost effective way possible.



**May 14th**  
**BETH SHALOM HESSEL –**  
**The Right to Be American:**  
**Japanese Americans and World**  
**War II**

During WWII, more than 100,000 American citizens and long-term residents of Japanese descent were placed by the federal government in remote prison camps because they "looked like the enemy." Japanese Americans and their allies found different ways to challenge the invalidation of their place in this country. We will explore the experiences of Japanese Americans during WWII.



**June 11th**  
**YOSAIF AUGUST –**  
**Choose An Encore Career: Fill your**  
**next life chapter with purpose,**  
**passion, possibility and a paycheck**

Yosaif August, is an encore career life coach and a social entrepreneur. 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. He will be talking about how to open up your sense of possibilities of living the next phase of your life in ways that truly engage you, tap your interests and passions and utilize your unique gifts and talents to make a difference in the world: an encore career. Research has shown that people with a higher sense of purpose have been found to have half the mortality rate of those with a lower sense of it. Encore careers provide a way of discovering, regaining and renewing our sense of purpose.

Some of Yosaif's encore career roles have included award and patent-winning inventor of Bedscapes, keynote speaker, NIH/Small Business Innovation-funded researcher, research consultant to Johns Hopkins, published author of two patient and family empowerment books ("Help Me To Heal" with Dr. Bernie Siegel and "Coaching for Caregivers"), songwriter and leader of men's retreats.

Beth Shalom Hessel began her tenure as the executive director of the Athenaeum of Philadelphia in July 2019 after serving as the executive director of the Presbyterian Historical Society, the national archives of the Presbyterian Church (U.S.A.) since 2015. A California native, Beth holds a Ph.D. in U.S. history from Texas Christian University, an M.A. from Binghamton University, an M.Div. from San Francisco Theological Seminary, and a B.A. from the University of California, Davis. As an ordained Presbyterian clergy and an academic, Beth spent more than 20 years pastoring churches and teaching at colleges across the United States before engaging her transformative leadership skills in the non-profit world.

**COMMUNITY LUNCHEON**

Tuesdays, May 19 and June 16  
 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!

**WELLNESS SCREENINGS AND HEALTH FAIR**

Tuesday, April 14  
 1:00-4:00pm  
 FREE  
 Registration Required

Atria of Lafayette Hill and Fox Rehab has teamed up with Southeastern Home Health Services, Synergy Homecare and American Hospice to provide you with an interactive Senior Health & Wellness Fair offering health screening in audiology, balance/fall prevention, healthy aging, nutrition, blood pressure as well as information pertaining to a wide range of health interests for seniors.

**ROGERS AND HAMMERSTEIN REVIEW**

Thursday, April 30  
 4:00pm – 5:00pm  
 Free  
 RSVP Requested



Come hear the singers from Snyder School of Singing's private lesson program perform your favorite songs from the musicals of Rodgers and Hammerstein! The students have loved learning about these classic songs and are eager to present them to you in this engaging and entertaining performance.

**CREATIVE ADVENTURES FOR AGING GRACEFULLY**

Thursday, April 23  
 12:30-2:00pm  
 FREE  
 RSVP REQUIRED

Do you enjoy "Creative Excursions"? Are you bored with your present routine? Would you welcome opportunities to discover/re-create exciting activities? Please join us for-

- FUN! Hands-On Activities, Games and Prizes
- FOOD! Delicious Desserts, Snacks and Beverages
- FACTS! Valuable Knowledge, Useful Information

Activities will include: Empathy Training which has been developed to assist learners in experiencing the feelings that an older adult may experience in her or his daily life. Empathy Training exercises are designed to be experienced in a group setting, taking turns participating in each exercise. Everyone in the group gets a chance to experience the different challenges seniors may face and then get an opportunity to express their reactions to these experiences of sensory, motor, and social deprivation.

Let music inspire you to create your own masterpiece- "A work of Art". Join us in our "Learning Circle". Together we will PLAN, PLANT creative ideas as we PREPARE for our next graceful aging adventure! We hope that you will leave with contacts, new friends, referrals, gems of wisdom and creative ideas!

**TWENTIETH CENTURY AMERICAN MUSIC**

Tuesday, May 12  
 1:00 pm- 2:30 pm  
 \$5

Minimalist, Dodecaphonic, Electronic, and Aleatoric music, serious art music, experimental opera, Bop, and Free Jazz: The twentieth century saw a plethora of musical styles flourish and falter. Let's look back on the previous century to follow these trends and genres into the 21st century. We'll listen to and analyze music of American-born and émigré composers Aaron Copland, Milton Babbitt, Charles Ives, George Antheil and many others. Bring an open mind and open ears!

*Margaret Montet returns after her popular presentation last year on the Harlem Renaissance. Margaret has three Master's degrees, Music Theory, Library Science, and Creative Writing. Currently she is a Librarian at Bucks County Community College.*

**DAY TRIP: LAUREL HILL CEMETERY  
with PRIVATE TOUR**

Saturday May 2  
11:00am-1:00pm  
\$20 Picnic Lunch included  
Meet at 10:45am on Saturday May 2nd  
(Free Parking available)

Laurel Hill Cemetery Main Entrance:  
3822 Ridge Ave. Philadelphia, 19132

**Space is Limited: Registration and  
Payment Due by Monday April 27.**

Laurel Hill is more than just a cemetery. It is an outdoor sculptural garden, a horticultural gem and a truly unique historical resource. It is a unique destination for connoisseurs of art, architecture and horticulture, and the final resting place of countless individuals who shaped the history of our city and nation. Nestled on a scenic bluff high above the Schuylkill River, the site also affords spectacular views that cannot be found elsewhere. Join us for a private walking tour led by local Author and Historian Thomas Keels, as he shows us some of the notable sights that can be found throughout the grounds. The Tour will end with a scenic picnic lunch that will be provided. **Rain Date: Saturday May 9.**

**NAME THAT TUNE**

*A fun and interactive approach to  
Music Appreciation  
Tuesdays, April 21, May 19, June 16  
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 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, April 30 showing "Knives Out"**

Harlan Thrombrey (Christopher Plummer) spent a lifetime becoming a rich and successful crime novelist. And on his 85th birthday, he invites his extended family to his mansion, hoping to move past their dysfunctional past and bring them together. Things take a turn for the worse when Harlan is found dead during the party, prompting Detective Benoit Blanc (Daniel Craig) to investigate. But will he be able to find the killer when everyone there that day had a reason to do it? From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

**Thursday, May 28 showing "Just Mercy"**

After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation. One of his first cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence. In the years that follow, Stevenson encounters racism and legal and political maneuverings as he tirelessly fights for McMillian's life.

**Thursday June 25 showing "Little Women"**

In the late 1860's, the United States is just recovering from the bloody Civil War. Yet, life goes on in New England, where the four March sisters are growing up and discovering who they truly are. The narrative bounces between their times as small children and when they grow up and begin to leave their homes, breaking free from the shackles of their families and coming into their own identities. The four face heartbreak, sadness, love, and joy together in a world that's rapidly changing around them. They have to help each other change with it, or risk being left behind.

**Please Register or RSVP for Events, Classes, Lectures and Workshops you plan to attend. It helps ensure we have the proper space with enough seating to accommodate all participants, THANK YOU!**

## 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.*

## GRIFFINS GIVE BACK DAY

### A Volunteer Program with Chestnut Hill College Students

Sunday, April 26  
9:00am - 1:00pm (one-hour sessions)  
Free

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

Space is limited so sign up now. Contact Mariangela at 215-247-4654 to book your spot. Registration deadline: Monday April 20th.

## HOW TO USE ANCESTRY.COM FOR GENEALOGICAL RESEARCH

June 9, 16, 23  
2:00pm to 3:30pm  
\$20  
Minimum of 7 for class to run.  
Registration Required

You want to research your family history but don't know where to begin. These three sessions will teach you how to find information about your ancestors on Ancestry.com, the world's largest genealogy database. This course requires that you bring a laptop to class and that you have a one-month subscription to Ancestry (\$24.99) that will cover all three dates.

*Mary Lee Keane has been teaching the basics of genealogy in Temple University's OLLI program for five years and researching her family tree for more than 40. If you have questions about the course, email her at marylee@maryleekeane.com.*

## FOLLOW YOUR PASSIONS IN AN ENCORE CAREER

Tuesdays, April 28 and May 5  
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.*

## **DNA AND GENEALOGY**

May 21

2:00pm to 3:30pm

FREE

This class will explain how taking a DNA test can help you to greatly expand your family tree. DNA can prove or disprove theories. You might find cousins who've already done the work for you! You might find exactly where in Ireland or Italy your people came from. We'll also discuss ethnicity. When the test results say you are 80% Ashkenazi and 20% Greek, how accurate is that, and how do they know? Why does the result show you are 10% Scandinavian when all of your grandparents were born in Germany? We'll review some new tools that help us interpret our findings – and there are some that even the science-challenged among us can use.

*MaryLee Keane will address these issues and others. She has been teaching the basics of genealogy in Temple University's OLLI program for five years and researching her family tree for more than 40. She has been working with DNA results since they first became widely available to lay people. If you have questions about the course, email her at [marylee@maryleekeane.com](mailto:marylee@maryleekeane.com).*

## **LEARNING TO LOOK AT ART**

Docent and Art Educator, Suzanne Fitzpatrick, returns with **four** 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. Come join the fun! *(Classes do not build on each other.)*

### **SESSION ONE: GRANDMA MOSES**

Wednesday, April 15

10:30am – 12:00pm

\$15.00

Everyone loves Grandma Moses and her charming slice-of-life paintings, but did you know that she became most famous in her seventh decade of life! In this class, we will learn about her “rags-to-riches story”, examining her depictions of her early rural upbringing which she later painted about from memory.

## **HAIKU POETRY**

Wednesdays, April 15, May 20, June 17

(3rd Wednesday of each month)

9:30am – 10:30pm

\$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*

## **SESSION TWO: AFRICAN AMERICAN ARTISTS, PART II**

Wednesday, May 6

10:30am to 12:00pm

\$15.00

In this class, we will again examine a sampling of diverse African American artists including the works of Jacob Lawrence and his “dynamic cubism”, Henry Ossawa Tanner who was known for his lush biblical scenes and his famous painting “The Banjo Lesson”, and Romare Bearden whose works included collages, photomontages, oils and more.

## **SESSION THREE: FAMOUS PORTRAITS**

Wednesday, May 27

10:30am- 12:00pm

\$15.00

In this class, we will examine a wide variety of portraits, from “Mona Lisa” to “American Gothic” to “Migrant Mother”, and more. We will consider why and how these portraits intrigue us, and what we can learn from them about history and about the human condition.

## **SESSION FOUR: GRANT WOOD**

Wednesday, June 10

10:30am- 12:00pm

\$15.00

Yes, you do know who he is! Remember “American Gothic”, the icon painting of the very serious farm couple? Well, portraiture was not all his did. He was an important part of the American Regionalism Movement, and one of the most highly respected Depression era artists. In this class, we will examine his depictions of rural American life and the values embodied therein.

## GALLERY

**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.*

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.*

**APRIL – Mosaic Society of Philadelphia**

The Mosaic Society of Philadelphia enthusiastically promotes mosaic art in the Philadelphia area. They build a wide and diverse community of mosaic makers and lovers of all ages and abilities. MSOP members range in experiential scope from novice crafter to internationally recognized artists and designers. The art of Mosaic is ever increasing in popularity and breadth of materials and processes incorporated into this ancient and lasting art form. Their members are an active and experimental group! For this year's Members Exhibit, a design challenge was issued to our members. Each member was to use a 12" x 12" substrate for their pieces. For some this meant scaling up, working within confines. For others who work three dimensionally, a switch to exploring wall oriented pieces. Within the uniformity, individuals are clearly heard and admired for their unique voices. Join us this month for what promises to be a truly unique show in our gallery hall. **Join us for the opening Reception Friday April 3rd 4pm-7pm. Refreshments will be served.**

**MAY – Philadelphia Corporation for Aging (PCA) Celebrating The Arts**

This show will be part of the annual Celebrate the Arts and Aging exhibition around the city. As the Area Agency on Aging, Philadelphia Corporation for Aging supports and creates programs designed to foster older adults' quality of life and help them live independently in their community. They know that staying active and engaged is one of the keys to healthy aging. Their goal for Celebrate Arts and Aging is to encourage older people to experience the wealth of artistic possibilities our region has to offer and to showcase the outstanding works of senior artists. For a list of their services go to [www.pcaCares.org](http://www.pcaCares.org). **Join us for a closing reception on Thursday May 28th from 4pm-6pm, refreshments will be served.**

**JUNE – Evan Haines Oil Paintings on Canvas**

Evan began his painting career in the 40's and 50's with his aunt Kathryn who painted photographs before the colored ones began and also did oils from whom he learned her talent. Since then he has done several hundred paintings which have included animals, scenic views and while being a member of the Manayunk Art Studio, he did monthly topics like Edgar Alan Poe, various holiday subjects, and themes as well as many floral paintings. Also while down the shore on vacation, he painted many of the homes and the nearby ocean landscapes. In one of his Art Shows at the Manayunk Art Studio he invited the late and great Richie Ashburn and Harry Kalas. Over the past 20 years he has been having art shows at his art studio on Ridge Ave next to his residence, a 280 year old barn, several times a year. He worked at Colonial School District for 30 years as Director of Food Services and now in retirement continues his art aspirations. **Join us for a meet the artist reception on Friday June 12 from 3:30pm-6pm. Refreshments will be served.**

Art

# CLASSES



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

## SKETCHING AND DRAWING CLASS

*Mondays, join at any time*

*9:30am – 11:30am*

*\$32 per month*

*Please bring check payment to first class.*

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

## WATERCOLOR WORKSHOP

*Tuesdays, join at anytime*

*9:30am – 11:30am*

*\$32 per month*

*Please bring check payment to first class.*

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

## 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 Anne Ehrhart at [anne.ehrhart@gmail.com](mailto:anne.ehrhart@gmail.com)

## COLORFUL COLLAGE ART WORKSHOP

*Thursdays, April 9, May 28 and June 18*

*1:00pm-3:00pm*

*\$10 per Class- All Supplies included*

*Registration Required*

**BACK BY POPULAR DEMAND!** 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 different dates, so you can plan to attend just one or come to all of them for more creative and relaxing fun this Spring!

*Rebecca Hoenig has been an active artist and teacher for over thirty years. She has taught at numerous locations including The Philadelphia Museum of Art, Fleisher Art Memorial, Abington Art Center, Main Line Art Center, and Mount Airy Learning Tree.*

## 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.

**Please Register or RSVP for Events, Classes, Lectures and Workshops you plan to attend. It helps ensure we have the proper space with enough seating to accommodate all participants, THANK YOU!**

**MUSIC READING: THE BASICS**

Fridays, April 17, 24-May 1, 8, 15, 29-June 5, 12, 19  
 11:00 am -12:00 pm  
 \$200 per session (9 classes)  
 Registration required. Minimum 4 students  
 for class to run

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!

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. Then 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.*

**WRITING YOUR LIFE STORY—  
IN THE BEGINNING: A WORD**

Thursdays, April 16- May 21  
 1:00 p.m.-3:00 p.m.  
 \$65 for six weeks  
 Registration Required

A word is always a beginning -- the jumping off point, perhaps for you now, of putting your life's story on paper. If you have been thinking about such an undertaking, you will find this class the way to begin. You will learn how to start and where to start. The when is now. By the end of the six weeks, armed with the basics of organization and development, you will be well on your way to writing your life's story. **For beginners only.**

*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.*

**STRENGTHEN YOUR VOICE, LEVEL I**

Session 1: Wednesdays, April 22 and 29, May 6 and 13  
 Session 2: Wednesdays May 27, June 6, 10 and 17  
 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**

Session 1: Wednesdays, April 22 and 29, May 6 and 13  
 Session 2: Wednesdays May 27, June 6, 10 and 17  
 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.*

### BRIDGE REFRESHER LESSONS

Tuesdays, May 26th- July 14th

1:00 p.m.-3:00 p.m.

\$95 for eight classes

Minimum of 5 students needed

**Registration Required: Deadline and Payment Due: Thursday May 21st**

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.

### 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.



### BASICS OF ANDROID PHONE

**Session Orientation Class:** on Wednesday April 22

**Regular Classes:** Wednesdays, April 29, May 6, 13, 20, 27 and June 3

1:00pm - 2:00pm

Free (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.*



### **BASIC APPLE (iOS) DEVICE - TIPS & Technique**

Thursday, April 23

2:00pm – 3:30pm

\$12

Registration Required.

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

### **BEYOND THE BASICS OF YOUR APPLE (iOS) DEVICES - TIPS & Technique**

Thursday, April 30

2:00pm – 3:30pm

\$12

Registration Required.

This class is suitable if you are comfortable navigating Settings and the App Store. We'll have a broad discussion on getting the most out of your Apple device by tailoring its settings to personalize your apps, and we'll steer the conversation to meet the needs and interests of those in the class. You'll want to know your Apple password to be able to take full advantage of your device features.

### **SCHEDULING/GET ORGANIZED APPLE (iOS) DEVICES - TIPS & Technique**

Thursday, May 14

2:00pm – 3:30pm

\$12

Registration Required.

Join us for an in-depth and practical discussion of these Apple Apps: Calendar, Reminders, Notes, Contacts and using the keyboard. You'll want to know your Apple password to be able to take full advantage of your device features.

*Our facilitator for all three Apple classes is Peggy Leiby. Peggy has been a techie since the 1970s. She became a programmer and systems analyst for area companies, including a computer magazine publishing company she co-founded in the 1980s. Peggy has been teaching tips and tricks classes for seven years.*

### **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.

### **INTERNET AND E-MAIL**

Tuesdays, April 7 and 14

Tuesdays, June 9 and 16

10:00am – 12:00pm

\$44 for two classes

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.

### **INTRODUCTION TO COMPUTERS/WINDOWS 10**

Tuesdays, May 5- 26

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!

**Please Register or RSVP for Events, Classes, Lectures and Workshops you plan to attend.**

**It helps ensure we have the proper space with enough seating to accommodate all participants, THANK YOU!**

**DEFY AGING –**

**Non-surgical treatments for facial aging**

Thursday, April 2

12:00pm-1:00pm

Free

Registration Required

In today's world of modern medicine there are new ways to turn back the clock on facial aging without going under the knife. Soften the effects of time on your skin by using nonsurgical cosmetic procedures. Injectables work in a variety of ways, often either by paralyzing muscles, stimulating collagen or building up volume in targeted areas. Dave Ehrlich, MD, Ehrlich Plastic Surgery, will guide you through the process of choosing the correct product and procedure that best fits your goals. Join us at our free lecture to learn the latest on non-surgical treatments for facial aging.

Presented by Chestnut Hill Hospital and Tower Health.

**EASY REFLEXOLOGY FOR SELF AND FRIENDS**

Monday, May 4 and 11

10:30am-12:00pm

\$20 for both classes (or \$10 for the first class only)

**You must attend the first class on May 4 to attend the 2nd class on May 11**

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. "*

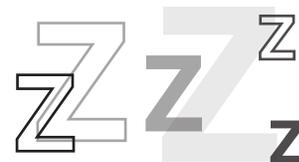
**Please Register or RSVP for Events, Classes, Lectures and Workshops you plan to attend. It helps ensure we have the proper space with enough seating to accommodate all participants, THANK YOU!**

**BETTER SLEEP 101 -  
A NATURAL APPROACH**

Thursday April 30

11:00 am – 12:00 pm

\$5



If you find yourself tossing and turning, struggling to get to sleep, waking up often or waking up feeling fatigued, you are among a third of the US population. Sleep issues in the short term are inconvenient at best, but chronic sleep disturbances can contribute to serious health issues including inflammatory conditions, adrenal imbalances and heart disease. At this workshop, we'll discuss the ABCs of sleep and natural remedies including herbal medicine that will help bring the body back into balance.

*Wendy Romig, DCN is a Doctor of Clinical Nutrition and owner of Sage Integrative Health Center in Mt. Airy where she sees a wide range of chronic health issues using functional medicine, nutrition and herbal medicine.*

**YOU AND YOUR HOME: A PERFECT FIT**

Tuesday, April 7

1:00 pm- 2:30 pm

Free

Where do you want to spend your later years? Chances are you want to stay in your current home as long as possible. Is your home currently right for you and, if so, will it continue to match your needs and abilities as you age? Please join Health PRO®/Heritage and New Courtland as we review the Home Safety Checklist to make sure that you and your home remain a perfect fit.

*Jordan Bicher received his Doctorate in Physical Therapy from Thomas Jefferson University in 2007. He has spent his entire professional career working with seniors in various settings across the state of Pennsylvania and Maryland. Jordan has been a Director of Rehabilitation services since 2010, and has worked for Health PRO®/Heritage since 2016. He currently serves as a Regional Manager, overseeing Rehabilitation Services for ten senior living communities.*



**LAUGHTER IS THE BEST MEDICINE***Thursdays, April 9, 16 and 23**10:00am-11:00am**\$7 per person (Minimum of 6 people needed for class to run)*

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.*

**GRIEF SUPPORT GROUP***Tuesdays April 21 & 28,  
May 12 & 19, June 9 & 23  
1:00pm-2:30pm**Free**Registration required.***Group is closed to new members after April 28th.**

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.*

**DEALING WITH STRESS -  
A NATURAL APPROACH***Thursday May 21**11am - 12pm**\$5*

Life can throw us curve-balls sometimes, there's no doubt. Short term stress is natural and the body will adapt quickly to deal with the assault. But when one gets stuck in chronic stress, the body's defense mechanisms may actually be detrimental to health leading to unintended weight gain, poor immunity, autoimmune disease, etc. At this workshop, you'll learn the effects of stress on the body and natural approaches to stress recovery including herbal medicine.

*Wendy Romig, DCN is a Doctor of Clinical Nutrition and owner of Sage Integrative Health Center in Mt. Airy where she sees a wide range of chronic health issues using functional medicine, nutrition and herbal medicine.*

**THE TAO OF RECOVERY***Tuesdays, April 21, 28, May 5, 12**11:30 am-1:00 pm**\$20 for the 4 class session**Registration Required*

About one in twelve people struggle with addiction-related issues. This is an opportunity to supplement your efforts with contemplative exercises associated with eastern thought (and mindfulness). You will gain a better understanding of your mind and the insight necessary to neutralize the internal dynamics which so often lead to "using." Meditative techniques will be linked to common situations involving relapse. Our main source will be Gregson and Efran's *The Tao of Sobriety*. These strategies should be regarded as complementing, rather than replacing, existing treatment initiatives under the supervision of the student's doctor or therapist.

*David Low, MS PhD is a "semi-retired" counselor, dreamworker and meditation teacher who worked in substance abuse for seven years, was an adjunct professor of Religion for ten years and was a "full-time seeker" in spirituality communities for 6 years. He authored a spirituality textbook which he uses with students and clients. See his website at [davidlowmsphd.com](http://davidlowmsphd.com).*

**HEALTH CARE CHOICES FOR SENIOR CITIZENS,  
INCLUDING HEALTH CARE DIRECTIVES**

Tuesday, May 26  
1:00pm – 2:00pm  
FREE

This program will highlight senior living communities offering multilevel of care from adult day programs, age specific communities, and independent living homes through the continuum of care including memory support. Health Care Directives will be discussed with examples of available forms to be considered. There will be appropriate time for questions and discussions.

*Jeraldin Marasco Kohut, 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.*

**CHAIR PILATES**

Thursdays, April 16 - June 4  
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.*

**THE MEDITATION TECHNIQUE FOR YOU**

Wednesdays, May 13 and June 3  
10:00 am-12:00 pm  
**Follow Up Session:** Wednesday June 24  
10:00 am- 11:00 am  
\$20  
Registration Required

There are many ways to meditate—which one is best for you? They don't all involve having to sit still! Over his 40 years of practice, instructor David Low benefited from a variety of techniques, some of them not connected with spiritual traditions. His course Methods of Meditation is well-known in adult education venues around town. Come and learn your own best method for going about this practice. Two Initial 2-hour are offered on different dates, then one follow-up session for those who think they need more instruction.

*It is not necessary to take both initial 2 hour classes to take the follow up, but you do have to take at least one of the initial ones to attend the follow up class.*

**INTIMACY LOST: SPOUSAL CAREGIVERS'  
SILENT PAIN**

Thursday, April 16  
12:00 – 4:00 pm  
FREE  
Registration Required

As is the plight of our Caregiving Community many relevant issues remain unrecognized and pushed into a dark corner. You get lost in your duties caring for loved ones and end up neglecting our spouses, partners, family and friends. You're too tired, edgy, worn-out and just plain sick, to maintain a healthy love-life. How do we rescue our intimate lives and still provide the caregiving that's needed?? Does this sound vaguely familiar??

Come out and join us to share your stories, observations and support. It will be worth your time to know you're not alone. A distinguished panel of community experts will be joining us to answer your questions and concerns. Presented by Boomers 'R Heroes.

**Please Register or RSVP for Events, Classes, Lectures and Workshops you plan to attend. It helps ensure we have the proper space with enough seating to accommodate all participants,  
THANK YOU!**

**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*

**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 or emailing Mariangela at the Center at 215-247-4654 or msaavedra@chestnuthillpres.org. Leave your name and phone number for Joan Adler who will call you back to arrange an appointment.

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

*Tuesdays, April 21- June 30*  
(No Class on May 19)  
*Wednesdays, April 22- July 1*  
(No Class on May 20)  
10:00am – 11:00am  
\$109 for ten sessions



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

**T'AI CHI YANG STYLE – LEVEL TWO**

*Wednesdays, April 22- July 1* (No Class on May 20)  
12:30pm – 1:30pm  
\$109 for ten sessions

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

**T'AI CHI YANG STYLE – LEVEL THREE**

*Wednesdays, April 22- July 1* (No Class on May 20)  
11:15am – 12:15pm  
\$109 for ten sessions

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

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

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

**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.

**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!*

**PAIN MANAGEMENT WITH  
OCCUPATIONAL THERAPY**

*Thursday May 7*

*12:00 pm- 1:00 pm*

*FREE*

*Registration Required*

Whether you're suffering from pain due to arthritis or are recovering from a stroke there are steps you can take to improve your mobility and increase independence you may have lost due to such disabling conditions. Through assessment and intervention, occupational therapists help to develop, recover and maintain mobility. Learn innovative ways to manage pain with occupational therapy at our free lecture. Kathleen Lord, OT, and Jennifer Tumberello, OT, will guide you through various changes and steps you can take to manage pain and improve your ability to do the things you need and want to do in your life.

Presented by Chestnut Hill Hospital- Tower Health

**MINDFULNESS PRACTICE**

*Tuesdays, ongoing--Join Anytime*

*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.*

**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](mailto: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.*

**INJURY PREVENTION AND BALANCE**

Tuesday, June 9

1:00pm – 2:00pm

Free

Practical information will be provided including possible causes of injury as a result of falling and signs to look for to prevent injury in your home. A Red Flag symptom of feeling dizzy or vertigo will be highlighted. You have the power to reduce your risk of injury which will be discussed throughout the program. If you are concerned about falling, preventing injury, and staying safe this is the program for you. There will be time available for questions and discussion.

*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.*

**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*

**Please Register or RSVP for Events, Classes, Lectures and Workshops you plan to attend. It helps ensure we have the proper space with enough seating to accommodate all participants,  
THANK YOU!**

**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.

**ZUMBA GOLD IN A CHAIR**Thursdays, ongoing **starting MAY 7th**

4:00pm – 5:00pm

\$8 per session (start at any time)

Try out the class for free anytime!

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](mailto: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, June 1 and 2  
 12:30pm – 4:30pm (eight hours total)  
 \$15 for AARP members/\$20 for non-members

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

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

**AARP SMART DRIVER REFRESHER COURSE**

Monday, April 6  
 Tuesday, June 30  
 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 DRIVETERK**

Monday, May 11  
 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!

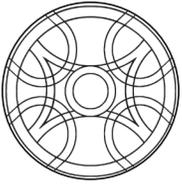
Register today to learn about:

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



**Please Register or RSVP for Events, Classes, Lectures and Workshops you plan to attend. It helps ensure we have the proper space with enough seating to accommodate all participants, THANK YOU!**

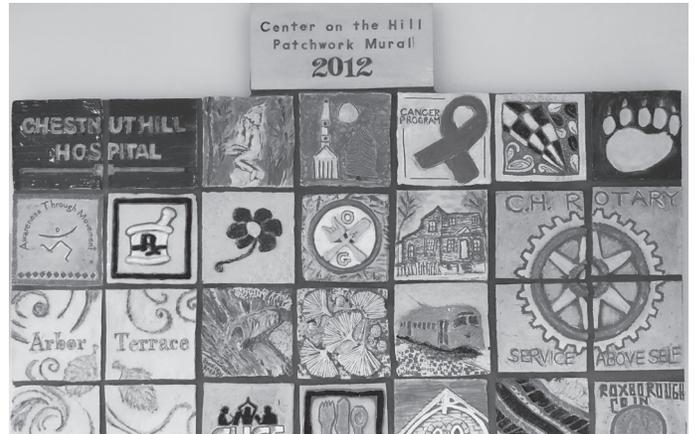
To Register for Events and Classes please call Mariangela Saavedra at 215-247-4654 or email msaavedra@chestnuthillpres.org.



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

The Presbyterian Church of Chestnut Hill  
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**Being Good Stewards**

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