



Center on the Hill - 2022 Summer Schedule (July & August)

For more information or to register: email
msaavedra@chestnuthillpres.org or call 215-247-4654

Mondays

9:30am – 11:30am	Sketching/Drawing/Watercolor	Rooms 1 & 2	\$32 per month
11:00 – 12:00am	Italian Conversation	Harris Room	\$2 per session
12:00pm- 2:00pm	Classic Table Games Group	Room 5	\$2 per session
1:30pm- 2:30pm	Watercolor & Sketching Level II	Rooms 1 & 2	\$85 per month
2:00pm – 3:00pm	Qigong (Healing Movements)	Harris Room	\$40 per 4 classes or \$12 per class

Tuesdays

9:30am – 11:30am	Sketching/Drawing/Watercolor	Rooms 1 & 2	\$32 per month
9:30am- 11:00am	Mindfulness Practice	Room 4	\$12 per session
12:30pm- 2:30pm	Mah Jongg Open Play	Room 5	\$2 per session

Wednesdays

10:30am-12:30pm	Rummy Tiles Open Play	Room 5	\$2 per session
11:30am – 3:00pm	Bridge Play	Rooms 1 & 2	\$2 per session
1:00pm – 2:00pm	Diabetes and Nutrition Class	Harris Room	FREE July 6th and August 3rd
1:00pm-2:00pm	Nutrition Cooking Class	Kitchen	FREE July 13 th and August 10 th Space is limited. Register early.
1:30pm- 3:30pm	Mah Jongg Open Play	Room 5	\$2 per session
3:00pm – 4:00pm	Golden Yoga	Widener Hall/ Harris Room	\$35 for 4 classes, \$85 for 10 classes (1 st class FREE)
Individual Diabetes and Nutrition Counseling (by appointment)— <i>Contact Kirsten Puskar at 215-527-4193</i>			

Thursdays

9:00am – 10:00am	Qigong (Healing Movements)	Harris Room	\$40 per 4 classes or \$12 per class
10:00am – 12:30pm	Bridge Play	Room 5	\$2 per session
1:30pm-4:00pm	Afternoon Movies \$2	Harris Room	July 21 Showing: CODA August 11 th Showing: BELFAST
Individual Medicare Counseling By Appointment (Free) -- <i>Contact Joan Adler at 215-686-8466 to schedule.</i>			

Fridays

9:30am – 11:00am	Yoga with Attitude	Harris Room	\$45 per month, \$15 per class
10:00am – 12:00pm	Scrabble Play	Room 5	\$2 per session
11:30am – 1:00pm	Yoga, A Chair and You	Harris Room	\$45 per month, \$15 per class <i>No Classes in August</i>
12:30pm – 2:30pm	International Folk Dancing	Widener Hall/ Chapel	\$60 for 10 sessions, \$7 at the door (1 st class FREE)

Registration Required for ALL Classes, Events, Activities and Programs.

To register email msaavedra@chestnuthillpres.org or call 215-247-4654

Please see other side for Monthly offerings and Special Events this summer → → → →

MONTHLY

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Thursdays, July 11 and August 8

2:00pm -- 3:30pm FREE

WELL SPOUSE ASSOCIATION SUPPORT GROUP BY PHONE

The 4th Tuesday of the month

7:00pm – 8:30pm FREE

Contact Brian Rickman to register (and be given the call in phone number) (774) 249-2494 or email brian.rickman@gmail.com

SUMMER MOVIES *Thursdays 1:30pm \$2 (Includes Popcorn)*

July 21 – CODA As a CODA (Child of Deaf Adults) Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her passion at Berklee College of Music and her fear of abandoning her parents.

August 11 – BELFAST A nine-year-old boy must chart a path towards adulthood through a world that has suddenly turned upside down. His stable and loving community and everything he thought he understood about life is changed forever but joy, laughter, music and the formative magic of the movies remain.

Art Show (July and August) THURSDAY PAINTERS Watercolor Exhibit Inspired by Landscape and Design
Be sure to stop by the halls of the center this summer and take a look at the showcase of eclectic, and engagingly profound art works by the Thursday Painters. Former students of Howard Watson at The Woodmere Museum, this group is bringing a special collection of their works to our halls for the summer.

SPECIAL EVENTS

LIFE LINE SCREENINGS

Friday July 29, 2022 9am-5pm by appointment

Price Varies by how many of the screenings listed below you want. \$149 is for all 5 screenings.

In 90 min receive painless, non-invasive screenings to look for:

- Carotid Artery Plaque, a major risk factor for stroke
- Atrial Fibrillation, which can increase the risk of stroke by 5-times
- Abdominal Aortic Aneurysm, a silent but dangerous enlargement of the largest blood vessel in the body
- Peripheral Arterial Disease (plaque buildup in the lower extremities), also a risk factor for stroke and cardiovascular disease
- Osteoporosis risk assessment

To Register: please call toll-free 877-754-9648 or visit www.LLSA.SOCIAL/HS

THE CENTER ON THE HILL WILL BE CLOSED:

MONDAY JULY 4th, 2022 in observance of Independence Day!

MONDAY – FRIDAY, AUGUST 15-19, 2022 for advanced sanitation, and deep cleaning.

No Classes or activities will take place when the Center is closed. Thank you!

Registration Required for ALL Classes, Events, Activities and Programs.

New Online Programming posted Monday- Thursday at Noon here: <https://www.chestnuthillpres.org/center-on-the-hill/programs/> Check daily for new Fitness Videos, Watch and Learn videos, virtual tours and more!