

AT THE *center* OF THINGS

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

spring 2022

Spring is HERE! The Center on the Hill is pleased to offer a variety of **in-person activities**, as well as some things you can still enjoy **online from home** this season!

When in person we are still following all recommended guidelines and precautions from the CDC and the City of Philadelphia including: attendance limits for classes and events, strict cleaning protocols, and maintaining UV filtered air in our spaces to ensure safe ventilation.

Our class sizes are still limited to allow for good social distancing, so I strongly encourage you to register early for things you want to attend as classes and events will likely fill up fast as they did in the Fall and Winter.

New online content such as fitness videos, lectures, virtual tours, crafts, games, and more, will still be posted on Mondays - Thursdays at Noon on our programs page here: www.chestnuthillpres.org/center-on-the-hill/programs for you to enjoy from home.

Some new things I am very excited to be offering this SPRING include:

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HEALTH AND WELLNESS.....	11-15

• **HEALTH AND WELLNESS FAIR (page 11)** – Atria of Lafayette Hill has teamed up with FOX Rehab, Health Center at The Hill at Whitemarsh, Suburban Geriatrics, Abramson Senior Care and Bayada Home Health Care to provide you with an interactive 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 active and older adults

• **CREATE YOUR OWN SUCCULENT GARDEN (page 4)** – Learn about succulent plants, how to care for them, then create your own small garden to take home with you.

• **CLASSIC TABLE GAMES (page 5)** – Playing table games are proven to stimulate brain areas that are responsible for memory formation and complex thought processes in all ages. Join us on Mondays for casual and fun Open Play of classic table games.

• **BALLROOM DANCING (page 3)** – Christopher Spalding and Kelly Bartlett-Spalding are Co-Owner's and Master Instructors at The Fort Wayne Ballroom Company in Indiana! They will be here in June to teach two fun classes in Widener Hall. No experience or partner needed.



I hope you had a wonderful start to 2022, and are able to join us for some of the activities and events you will find on the following pages this Spring. I look forward to warmer weather and longer days, and I wish you all continued good health and happiness in the months ahead, and hope to see you soon!

Sincerely,
Mariangela
Mariangela Saavedra
Director, Center in the Hill

Registration is required for all Events, Classes, Lectures, and Workshops you plan to attend in-person or online. Thank you!

FORUM ON THE HILL

Presented at 12:30pm on the 2nd Thursdays of the month, in person for a limited number of people in Widener Hall, recorded and posted online to watch after 5pm here: <https://www.chestnuthillpres.org/education/speaker-series-hill/> *Due to Covid Protocols we are only serving bottled water and grab and go snacks. A \$5 is donation requested. **Registration required to attend in person.**



April 14
John Wilkinson
The Post-Pandemic Church

The church landscape was evolving well before the onset of COVID. COVID seemed to accelerate and magnify the change, some welcome, some unwelcome. John's presentation will focus on key aspects of what the church has experienced and learned, and what this season suggests for the future.

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.



May 12
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.

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.



June 9
Michael Kraus
A Modern Renaissance Man

Michael Kraus has been a professional musician, a band, orchestra & choral director, a vendor in Central Park, General Manager of a Comedy & Music Club, the Co-Founder of an international record label and much more in the course of his fascinating career. Today he is happily retired and resides in Chestnut Hill with his wife, but still takes time to share his love of music with those who attend his monthly music appreciation classes - "Name That Tune", here at The Center on the Hill.

The stories he has to share from his experiences over the last 6 decades will captivate and entertain you, as well as give you a glimpse into the life of a true modern renaissance man. From his first break as a musician in the 6th grade, to traveling the world and playing trombone 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. Michael also managed the legendary "Catch a Rising Star" Comedy & Music Club, and co-Founded Putumayo World Music in 1993 to introduce people to music of the world's cultures. He has devoted his life to the love of music and the arts. Join us for this creative and inspiring conversation.

BALLROOM DANCING

Christopher Spalding and Kelly Bartlett-Spalding are Co-Owner's and Master Instructors at The Fort Wayne Ballroom Company in Indiana. Christopher is a competing professional in the American Smooth and Showdance divisions, where he has won many accolades and titles. Kelly has an extensive background in Dance Education, Performance and Competition, working with young children, adults, senior citizens and individuals with special needs. Christopher and Kelly compete in the American Smooth Division – and are Regional Rising Star, Open Professional and Showdance Champions. They hold 3 North American Titles and are known for their creative and entertaining performances.

Join them for these two fun Dance classes for active adults of all abilities. Take one class, or both! Light refreshments will be served between classes.

CLASSY AND SASSY BALLROOM

Friday, June 10
11:00am – 12:00pm
\$5

Registration Required.

Learn how to gracefully glide across the floor to the music, while exploring two of the most popular ballroom styles. No experience needed.

ROCKIN' OUT

Friday, June 10
1:00pm – 2:00pm
\$5

Registration Required.

Pick up the pace a little with Swing and Latin dance to some of your favorite classics. No experience needed.

BINGO

Tuesday, June 28
1:30pm-2:30pm
\$2

Registration Required by Friday June 24th

Who doesn't love an entertaining game where you can win small prizes and enjoy some delicious treats! Back by popular demand this Winter-join us for a fun afternoon playing Bingo! Snacks and Small prizes will be provided.

AFTERNOON MOVIES

1:30pm
\$2 (includes popcorn)
Space is limited.

Registration Required

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 a relaxing setting with easy parking and no long lines? Then join us for an enjoyable afternoon at the movies.

Movie dates and shows:

Thursday, April 21 showing "King Richard"

Based on the true story that will inspire the world, "King Richard" follows the journey of Richard Williams, an undeterred father instrumental in raising two of the most extraordinarily gifted athletes of all time, who will end up changing the sport of tennis forever. Two-time Oscar nominee Will Smith stars as Richard, driven by a clear vision of their future and using unconventional methods, he has a plan that will take Venus and Serena Williams from the streets of Compton, California to the global stage as legendary icons. The profoundly moving film shows the power of family, perseverance and unwavering belief as a means to achieve the impossible and impact the world.

Thursday, May 26 showing "Jungle Cruise"

Join fan favorites Dwayne Johnson and Emily Blunt for the adventure of a lifetime on Disney's Jungle Cruise, a rollicking thrill-ride down the Amazon with wisecracking skipper Frank Wolff and intrepid researcher Dr. Lily Houghton. Lily travels from London, England to the Amazon jungle and enlists Frank's questionable services to guide her downriver on La Quila—his ramshackle-but-charming boat. Lily is determined to uncover an ancient tree with unparalleled healing abilities—possessing the power to change the future of medicine.

Thursday June 23 showing "Amazing Grace: Aretha Franklin"

The critically acclaimed, award winning documentary presenting the live recording of Aretha Franklin's album Amazing Grace at The New Temple Missionary Baptist Church in Watts, Los Angeles in January 1972.

Registration is required for all Events, Classes, Lectures, and Workshops you plan to attend in-person or online. Thank you!

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

COMMUNITY LUNCHEON

Tuesday, May 17

12:00pm

\$10

Registration Required by Friday May 13.

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 where it only costs you ten dollars? Our large room is full of round tables that are simply decorated and set with white linens and festive tableware. We'd love to see you there!

*Luncheons are subject to all current Covid guidelines, gathering size limits, and social distancing practices.

CREATE YOUR OWN SUCCULENT GARDEN

Thursday, May 5

10:00am-11:00am

FREE

Registration Required



Do you love to play board games? Are you a great Join us as we discuss the amazing history of succulents, introduce you to a few specific succulents and what they symbolize, plant them with step by step instructions and then talk about how to care for your garden after you take them home. All supplies provided, along with snacks and beverages to enjoy.

Presented by Visiting Angels, and Brandywine Living at Dresher Estates

BUDDHIST PHILOSOPHY AND ETHICS

Mondays, June 6, 13 and 20

1:00- 3:00pm

\$59

Registration Required through Mt Airy Learning Tree (MALT) Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

Recently Buddhism has gained much visibility as an outstandingly peaceful and insightful religion, and its meditation practices are widely known. Learn about the history, doctrines of this faith, and see why its ethical practices are so admired by psychologists (and any number of celebrities). Similarities and contrasts with our country's Judeo-Christian heritage will be noted. We'll do a bit of Buddhist self-inquiry and meditation practice as well.

CLUTTER TONIC: The Easy, Refreshing Way to Organize Your Home and Office

Tuesdays April 19, 26 and May 3

2:30pm- 4:30pm

\$59.00

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or mtairylearningtree.org to register. Space is Limited.

Feel overwhelmed by your belongings? Have unpacked boxes from your last move? Drowning in papers? Break vows to organize? Enjoy some Clutter Tonic! Make happy decisions about what to let go of and how to organize the rest. Send almost nothing to landfill. Find out why you need to buy no containers. Learn where to recycle torn clothes, stained purses, cosmetics, and much more. Let go of 30 things in 1 week? A set of wine glasses is 1 thing, and you can do it. Achieve the 33 item wardrobe? Still do-able. Including accessories. Members of this hands-on course see results and have fun. As one said, "Who knew some clutter tonic could feel so good?" Join us!

TRAVELING IN THE US BY RIVERBOAT AND RAILWAYS

Thursday, May 26

11:00am-12:00pm

FREE

Registration Required.

Learn about ways to Travel on Riverboats and the Rocky Mountaineer Railways. Each of these types of vacation travel showcase our United States.

American Queen Riverboat Cruises

Cruising on our world-class ships, enjoy comfortable lounges and large observation decks that provide the perfect place for guests to relax and enjoy the company of fellow travelers who share their interest in American heritage. Glass enclosed dining salons provide panoramic views of the spectacular scenery you will see on every American Cruise Lines trip. We will discuss Civil War Routes, Mississippi and New England routes and more.

Rocky Mountaineer Railways

Journey through two days of extraordinary landscapes between Moab, Utah and Denver, Colorado. Vast canyons, inspiring deserts, natural archways and enchanting hoodoos are just a start. Available in SilverLeaf Service, this Rocky Mountaineer rail route is filled with highlights best seen by train, including Ruby Canyon, Mount Garfield and crossing the Continental Divide.

NEW ONLINE CONTENT

Every Monday-Thursday at 12 Noon
Fitness activities, lectures, games, and much more!

Visit our PROGRAMS Page: www.chestnuthillpres.org/center-on-the-hill/programs daily to see the latest online content we post to keep you active and engaged at home. This schedule is for your reference, but Online Content is not limited to just the things listed below.

MONDAYS

New Fitness Videos

TUESDAYS

New watch & learn videos

WEDNESDAYS

New Virtual Tour link

THURSDAYS

New Craft or Activity Link

“SOUL” LINE DANCING

Tuesdays, April 19, May 17 and June 14
3:00pm- 4:00pm
\$5

Registration Required.

Where can you dance with a room full of people, yet dance by yourself? Get fit and have fun as you line dance to R&B, Jazz, Hip-Hop, the “Philly” Sound, classic oldies, the latest soul favorites, and more. Gloria will help you make this simple and easy activity, a feel-good form of exercise. **NO PARTNER NEEDED!!!** ALL Levels Welcome.

Instructor, Gloria Kingcade - Master “Soul” Line Dance Teacher with More than 2 Decades of Experience. In Jan. 2001, Ms. Kingcade founded “**D.A.S.H.E.R.S.** Entertainment Network” (**D**ancing **A**nd **S**inging **H**elp **E**veryone **R**elieve **S**tress), a business she created after leaving a 9-year stressful job. She has received many recognitions, and is dedicated to preserving the “Philly Style” of line dancing.

INTERNATIONAL FOLK DANCING

Fridays, start at any time.
12:30pm – 2:30pm
\$60 for ten sessions, \$7 per session at the door.
Your first visit is free.

Registration Required

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, contact Anne Ehrhart at anne.ehrhart@gmail.com

LEARN AND PLAY CROQUET

Tuesday, April 26
(Rain Date May 3)
10:30am-12:00pm FREE

Outside on the lawn. Registration Required

Croquet is a sport that involves hitting wooden balls with a mallet through hoops (called “wickets”) embedded in a grass playing court. Join us outside on the Lawn to learn how to play American Nine-Wicket aka “Backyard” Croquet. We will also discuss and try out a variation or two on this game as well. This is a fun and engaging way to get some fresh air and exercise while learning a new sport!

CROQUET OPEN PLAY

Tuesdays, May 10, 17 and 24
(Weather Permitting)
10:30am-12:00pm FREE

Outside on the Lawn. Registration Required.

Join us outside on the front Lawn to play American Nine-Wicket aka “Backyard” Croquet. This fun and engaging game will help you get fresh air and exercise while enjoying this competitive lawn sport!

CLASSIC TABLE GAMES: OPEN PLAY

Mondays, starting April 11th, ongoing, join anytime
12:00pm-2:00pm
\$2

Registration Required.

Playing table games are proven to stimulate brain areas that are responsible for memory formation and complex thought processes in all ages. Join us on Mondays for casual and fun Open Play of classic table games. Bring your own favorite game to play, or choose from ones we have here at the Center like Clue, Parchisi, Boggle, Phase 10, Scatergories, Dominos or Monopoly.



FOR YOUR INTEREST AT THE *center* ON THE HILL

LEARN TO PLAY MAH JONGG

Wednesdays, April 20- June 3

1:00pm-3:00pm

\$109 for 8 Week Class

Registration Required.

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or mtairylearningtree.org to register. Space is limited

Have fun learning this ancient Chinese tile game. Using 152 tiles, players form hands and earn points. It's an intricate game that provides an exercise for the mind, an opportunity for social groups to get together, and is played competitively in tournaments throughout the US.

MAH JONGG - OPEN PLAY

Tuesdays, join at any time

12:30pm - 2:30pm

Registration Required.

\$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.

BEGINNER/INTERMEDIATE MAH JONGG- OPEN PLAY

Wednesdays, join at any time

1:30pm-3:30pm

\$2

Registration Required

Come join some new friends, and enjoy the game of Mah Jongg in a relaxed environment! For beginners and Intermediate Players. 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

Registration Required



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.

BEGINNING BRIDGE LESSONS

Tuesdays, April 26- June 14

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

\$80 for 8 classes

Registration Required.

Minimum of 5 students to run.

Registration Deadline: Monday April 25

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

BRIDGE REFRESHER LESSONS

Thursdays, April 28 - June 16

1:30 p.m.-3:30 p.m.

\$80 for 8 classes

Registration Required.

Minimum of 5 students to run.

Registration Deadline: Monday April 25

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

Registration Required to come play

\$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

Registration Required to come play

\$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. This Group plays "Rubber Bridge".

Registration is required for all Events, Classes, Lectures, and Workshops you plan to attend in-person or online. Thank you!

LEARN TO PLAY RUMMY TILES

Wednesday, April 26

10:30am-12:30pm FREE

You only need to take the class once.

Then you can then return for Open Play in February.

Registration Required.

Rummy Tiles (aka Rummikub) is one of the world's best-selling and most-played games.

Players take turns placing numbered tiles in runs or groups, Rummy style - the first player to use all of their tiles wins. Fast-paced, easy gameplay for 2 to 4 players, combining elements of the card game rummy and mahjong. Come learn how to play and then return in May for Open Play!

RUMMY TILES OPEN PLAY

Wednesdays, May 3 - June 1

10:30am-12:30pm

Registration Required to play each week.

\$2

Join us for this fast-paced, fun and easy game combining elements of the card game rummy and mahjong. Open Play space is limited so please RSVP for each week you plan to come and play. Game sets provided.



CREATIVE COLLAGE

Fridays, June 3 and 10

10:00am- 12:00pm

\$49

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or visit mtairylearningtree.org to register.

This class is for ANYBODY AND EVERYBODY who wants to have fun and play with paper. Absolutely NO previous art experience is necessary. You will be amazed at how easy, relaxing, and rewarding it is to make a collage. Please bring a pair of scissors, some paper (old magazines, wrapping paper, newspaper, calendars etc.), and some form of adhesive such as glue or a glue stick.

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.

SKETCHING AND WATERCOLORS CLASS

Mondays or Tuesdays, join at any time

9:30am - 11:30am

\$32 per month

Registration Required.

Please bring check payment to first class.

Enjoy sketching and watercolor painting in a relaxed class. A variety of mediums will be demonstrated and still life's and photographs will be used. This drawing and watercolor painting class is for people of all abilities.

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.

WATERCOLOR AND DRAWING FOUNDATIONS

Tuesdays, April 26 - May 24

1:30 PM to 3:30 PM

\$104 for 5 weeks.

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

Join in the fun of learning how to handle materials and process in drawing and watercolor in a supportive, friendly environment. Receive hands-on instruction in basic watercolor washes, color mixing, line drawing and shading techniques. We will begin to understand and apply good composition. We do a few projects together with plenty of hands-on instruction. When you are ready, you are facilitated in your own projects.

Marcia Jones is a teaching artist who works from her home studio in Mt. Airy. She paints in watercolor, acrylic and oils, and passionately believes in sharing the regenerative power of art to anyone who is interested!

STILL LIFE BASICS

Fridays, April 22 and 29

10:00 AM to 12 NOON

\$49

Registration Required through Mt Airy Learning Tree (MALT). Contact MALT at 215-843-6333 or visit mtairylearningtree.org to register.

This course is for everyone who would like to experience the serenity that comes from looking closely. Geared towards beginners, students will learn the step by step secrets to drawing from life. Students may use any medium that they want from a simple pencil and eraser to color pencils, oil pastels, or watercolors for their still-lives. If you have ever admired a vase of flowers, bowl of fruit, or other everyday objects, this is an opportunity to learn how to capture the beauty around you in an original still-life drawing or painting.

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.



art EXHIBITS

The "Gallery" is open for viewing Monday-Friday 10am-4pm daily. **RSVP Required to attend all Opening Receptions. Contact 215-247-4654 to RSVP.** *All exhibits and receptions will follow all gathering size limits, with appropriate protocols in place for comfortable social distancing.

APRIL - EDWARD SARGENT

Collages and Mixed Media

Edward Sargent studied at the Tyler School of Fine Arts during the early 1960s but owing to family difficulties never earned a degree. Although he showed occasionally in Philadelphia [Vis-a-Vis Gallery] before moving to Minnesota where he showed in several community galleries in both Rochester and Duluth. Life was too filled with other things until a return to Philadelphia and his retirement made possible a return to work in the visual arts after almost fifty years. He has shown his work at the Mount Airy Art Garage in recent years.

About his work he holds no theories but being largely self taught he is open to discoveries and accidents as they come his way. Everything is thus new. Manipulating or commenting on images by others is a special attraction, sometimes with a suggestion of a raised middle finger that seems the only possible response to life as we experience it.

MAY - PHILADELPHIA CORPORATION FOR AGING (PCA)

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

JUNE - KATHLEEN GOODHART, ESTHER COLE and KAREN RIEDY

Watercolors

Kathleen Goodhart, is an intuitive artist, working mainly in watercolor, often with words of thought penned in calligraphy. Her inspiration comes from the ocean, the changing seasons, her immediate surroundings, her collections and her spiritual life. She lives in Whiting, NJ and is married to Rev. John Goodhart, and has four children, 8 grandchildren and 13 great grandchildren. Her grandmother was an itinerant portrait artist and her mother an art teacher. She has participated in many local art shows and has displayed her work in various galleries and art leagues and has had solo shows in Springfield and Chicopee, MA.

Esther Cole, Kathleen's eldest daughter, grew up watching her mother and her creativity, but didn't seriously dive into art until she was living in London in 2004. Her art is focused on watercolor and drawing. She's taken several art classes in London and now, in her recent retirement, is able to dedicate more time to her art. Esther lives in Chestnut Hill and from 2017 through March 2021, was the church administrator here at the Presbyterian Church of Chestnut Hill. She is married and has two children and one grandchild.

Karen Riedy, Kathleen's second daughter, lives in York, PA and is married to a minister. They have three grown children, and soon to be seven grandchildren. Their grandchildren provide much inspiration for painting and great joy as she watches them develop their own artistic talents. Encouraged in the arts as a young girl, some of her earliest memories are of sitting in her mother's studio after school and watching her paint. Her mother continues to be her muse and Karen values her input in her art.

Registration is required for all Events, Classes, Lectures, and Workshops you plan to attend in-person or online. Thank you!

FUN WITH WATERCOLOR TECHNIQUES

Fridays, May 6- May 27

10:00 AM to 12 NOON

\$89.00 for the 4 Week session.

Registration Required through Mt Airy Learning Tree (MALT)Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

If you have always wanted to paint with watercolors, but have been afraid to try, this is the perfect place to start. Geared towards beginners, learn several tricks to creating beautiful watercolors even if you have never tried painting before. Each session will begin with a short demo of a different watercolor technique. Students will then have plenty of time to experiment.

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.

**BASICS OF AN ANDROID PHONE**

Wednesdays, May 4- June 8

Orientation Class on Wednesday

May 4

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.

ITALIAN CONVERSATION

Mondays, ongoing

11:00am – 12:00pm

\$2 per session

Registration Required.

For all those who love and respect the Italian language, we have an Italian Conversation group. All are welcome to practice speaking Italian with like-minded Italian aficionados. Practice speaking in a no pressure, fun environment.

WINDOWS 10 MADE SIMPLE

Tuesdays, April 26- May 10

(3 sessions)

10:00 AM to 12 Noon

\$89.00

Registration Required through Mt Airy Learning Tree (MALT)
Contact MALT at 215-843-6333 or mtairylearningtree.org to register.



Learn what's new in Windows 10, including how to access multiple programs, organize files, change computer settings, arrange your desktop, save and print documents. For any device using the Windows 10 operating system.

INTRO TO MICROSOFT EXCEL

Tuesdays, May 17- May 31 (3 sessions)

10:00 AM to 12 Noon

\$89.00

Registration Required through Mt Airy Learning Tree (MALT)
Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

The spreadsheet is the tool for anyone who has to manage numbers. Learn to create, save, modify and print spreadsheets. Begin using formulas and functions, and format your own worksheets to make them more understandable and easier to read. While this is an intro class, some experience with Excel is helpful. Students may bring their own laptop with Excel installed. There will also be laptops available to use at the class.

CREATE YOUR WEBSITE WITH WORDPRESS

Tuesdays, June 14- June 28

10:00am-12:00pm

\$89.00

Registration Required through Mt Airy Learning Tree (MALT)
Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

Word Press makes it possible to have your website up and running in 24 hours. The reason it is the popular choice for website building is that no coding is necessary. We will start from the beginning and gradually build on the previous material. It is recommended (but not required) that you already have a WordPress site.

Instructor 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.

BASICS OF YOUR APPLE (IOS) DEVICE - TIPS & TECHNIQUE

Thursday, April 28

2:00pm – 3:30pm

\$12

Registration Required

This Class will cover the essentials you need to learn how to effectively use the basic functions and applications of your iPhone or iPad.

BASICS & BEYOND OF YOUR APPLE (IOS) DEVICES – TIPS & TECHNIQUE

Thursday, May 5

2:00pm – 3:30pm

\$12

Registration Required

This class will cover more of the essential basics, and the instructor will steer the discussion as requested & time allows to explore more of the apps on your iPhone & iPads.

BEYOND THE BASICS OF YOUR APPLE (IOS) DEVICES – TIPS & TECHNIQUE

Thursday, May 19

2:00pm – 3:30pm

\$12

Registration Required

The Instructor will steer the discussion as requested & time allows to explore more of the apps on your iPhone & iPads that you would like to explore and learn more about.

Our facilitator 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 eight years.



NAME THAT TUNE

Thursday, May 12 and June 16

2:00pm- 3:00pm

FREE

Registration Required.

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 outside in our big tent! Back by popular demand, instructor Michael Kraus, will guide you through fun music 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. This class will be entertaining, engaging, educational and fun! Can you Name That Tune? Come and find out!

About the Instructor Michael Kraus

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

WRITING YOUR LIFE STORY—LEAVING A LEGACY

Tuesdays, April 19- May 24

1:00 p.m.–3:00 p.m.

\$60 for six weeks.

Registration Required.

How long have you been thinking about writing your life story? Is the “writing” part of it holding you back? Instead, then, why not put the emphasis on “life story” for which you have an overflowing storehouse of resources from all the years you have been alive? Take that story material—those memories, those highs-and-lows and in-betweens—and put it to good use with a group of like-minded folks who also are on a telling and writing journey. Guided and coached by the instructor, you will learn the techniques for organizing and developing your story. You will also learn from the writing shared weekly by others in a comfortable, non-threatening setting.

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.

Registration is required for all Events, Classes, Lectures, and Workshops you plan to attend in-person or online. Thank you!

SENIOR LIVING OPTIONS: EVERYTHING YOU NEED TO KNOW AND MORE

Thursday, April 7
10:30am-11:30pm
FREE

Registration Required

Please Join us for a panel discussion hosted by The Residence at Bala Cynwyd, a new senior living community scheduled to open Spring, 2022. Our program will feature three key speakers discussing options, opportunities and the nuts and bolts of senior living. Be sure to bring your questions, concerns and thoughts. We want to hear from you!

Included in this panel are Lorri Bernstein, Senior Living Specialists (identifying the right place to live with no cost to you), David Reibstein, S3 Senior Living (the sale of your home, move management and organization), Jonathan Miller and Michael Mastroieni, Elder Care Financial Solutions (safely growing and stretching assets, effectively utilizing Long Term Care Insurance policies and support accessing VA benefits).

HEALTH AND WELLNESS FAIR

Tuesday, April 12
1:00-4:00pm
FREE

Registration required.

Atria of Lafayette Hill has teamed up with FOX Rehab, Health Center at The Hill at Whitemarsh, Suburban Geriatrics, Abramson Senior Care and Bayada Home Health Care to provide you with an interactive 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 active and older adults.

DECREASING STRESS THROUGH LIFESTYLE RESTRUCTURING

Thursday April 21
11:00am-12:00pm
FREE

Presented in person for a limited number of people, and recorded and posted online next week.

Registration Required *for in person attendance.*

In this class, participants will learn how to manage their stress through lifestyle restructuring concepts. Faculty and students from Salus University's Occupational Therapy Institute will describe the importance of healthy activity engagement and provide strategies and resources to adopt meaningful habits into daily routines. Discussion including a question and answer session will follow the presentation

Presented by Salus University Occupational Therapy Institute

INDIVIDUAL MEDICARE COUNSELING

By Appointment Only
Call 215-844-0439
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 PA MEDI program offers free, unbiased and confidential Medicare counseling.

Meet with state certified counselor Joan Adler in an individual meeting where she 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 Joan at 215-844-0439. Leave her a message and she will call you back to set up a phone appointment to discuss your needs.

WHAT YOU NEED TO KNOW ABOUT MEDICARE

Thursday, April 28
11:00am-12:00pm
FREE

Registration Required.

Need information about Medicare from an unbiased source?

Joan Adler of PA MEDI (formerly APPRISE) can help. She will explain the different parts of Medicare and how to choose the way you get your Medicare. She will also explain the difference between "Original Medicare" and Medicare Advantage plans and what options may work best for you. She will show how to use the Medicare Plan Finder to compare the various plans in Philadelphia, and can help you if you are not comfortable using the computer.

Other topics will include: Enrollment Periods; Penalties; how to get a Medigap Supplement; Low Income Programs; IRMAA; the Donut Hole, and more. This program will be useful to anyone who will be going on Medicare in the next year and anyone who is currently on Medicare. If you are turning 65 or getting ready to retire, this presentation will be helpful.

Joan Adler is a former practicing physician who has been a Medicare counselor for the last 5 years. PA MEDI is a free Medicare counseling service funded through the State of PA and the Philadelphia Corporation for Aging. There is no cost for services.

ADVANCED DIRECTIVES AND LIVING WILLS

Friday, April 22
2:00pm- 4:00pm
\$24.00

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

What if you can no longer speak for yourself? How do you want to spend the last weeks, days, or hours of your life? We will review a standard Living Will/Advanced Directive form, go over terminology, and explanations. By the end of class you should be able to have a conversation with your loved ones about end of life and quality of life concerns, and complete your own living will.

SLEEP AND YOUR HEALTH

Thursday, May 5
11:00am-12:00pm
FREE

Presented in-person, and recorded to stream online next week.

Registration Required.

This program will focus on sleep and its effect on our bodies. We spend 1/3 of our lives asleep, so sleep is very significant. The National Academy of Medicine has declared lack of sleep today as a Public Health problem in America. Sleep deprivation can and does affect many of us as we age. The highlights of the program will focus on the general symptoms of a sleep problem and most importantly, some tips on how to achieve a GOOD night's sleep.

Presented by JERALDINE MARASCO KOHÚT, RN, BS, MA, NHA community liaison for Cathedral Village in Philadelphia.

ALZHEIMER'S CAREGIVER SUPPORT GROUP: WHY DO IT ALONE?

Second Thursday of the month,
join at any time
2:00pm-3:30pm
FREE By Zoom or PHONE

To join, 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.

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.

GRIEF SUPPORT GROUP

Mondays, April 25, May 2, 9 & 23, June 6 & 13
1:00pm-2:00pm Free

Registration required.

Group is closed to new members after May 2nd.

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 and a certified grief recovery specialist with a strong background in grief and bereavement.

WEDNESDAY DIABETES AND NUTRITION WORKSHOP

First and Second Wednesdays of the month, Ongoing
1:00pm - 2:00pm
FREE

Registration Required

You can live well with diabetes, pre-diabetes or other chronic disease including obesity with the most nutritious diet. Certified diabetes educator Kirsten Puskar, RDN, CDCES, will help you understand managing your diet and diabetes to stay healthy. All are welcome to take part in her interactive discussions, where participants learn what it takes to maintain a healthy lifestyle.



The first week we discuss the basics of diabetes and nutrition, the second week is all about meal planning. Each week the latest nutrition research findings are also explained and related to improving our everyday lives. Come join us!

Registration is required for all Events, Classes, Lectures, and Workshops you plan to attend in-person or online. Thank you!

GRIEVING DURING A PANDEMIC

Monday, May 16

2:00pm-3:00pm

Free

Registration Required.

Each time we experience a loss, we grieve. World-wide grief has been experienced during the COVID-19 Pandemic, as this crisis presents both primary and secondary losses. Primary losses are the result of major life events such as the death of a loved one or the loss of a job. Public health measures have resulted in many different types of secondary losses such as the loss of relationships, recreation activities and social support. During this crisis we must grieve what has been lost, yet also to find meaning and hope in life changes. The "Grieving During a Pandemic" Workshop addresses our grief needs to find solace in new formats of connecting with others, utilizing space for being creative, and taking the time to care for ourselves to reorient meaning in our lives.

Samantha Johns, BSW is a Bereavement Coordinator at Abramson Hospice with over 5 years of professional Hospice experience. She has witnessed first-hand the challenges the pandemic has brought to our community as an experienced Bereavement Coordinator. These challenges have inspired the bereavement program to address the lack of grief support within our community. For more information about Abramson Hospice's Bereavement Program please contact Samantha Johns at 215.237.0716 or at sjohns@abramsonseniorcare.org.

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.

**WELL SPOUSE ASSOCIATION
SUPPORT GROUP**

The 4th Tuesday of the Month

7:00pm – 8:30pm

By Phone FREE

PLEASE REGISTER with the Facilitator

Brian Rickman to be given the call in phone number. Brian Rickman at 774-249-2494 or brian.rickman@gmail.com



"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.

Facilitator Brian Rickman has extensive spousal caregiver experience. For more information, contact Brian Rickman at 774-249-2494 or brian.rickman@gmail.com.

DO I STAY OR DO I GO

Thursday, May 19

11:00am-12:00pm

FREE

Registration Required

Presentation will be recorded and posted online next week.



Most all of us will have to make a decision as we age whether to remain in our own homes, or move into a continuous care retirement community. This workshop is designed to answer your questions and give you the facts and information you need to make the decision that is best for you. We are all individuals with unique emotional, social and physical needs. Is it better to remain at home or to move into a congregate living arrangement? What are the real costs of both decisions given the stresses we have all endured over the past two years? If we choose a CCRC, do monthly fees increase when we need to move through to the next level of care? And if we remain at home, can we continue with yard and home maintenance? How do we best maintain freedom and independence? Come join us and find some answers.

Bring your questions with you to this workshop, presented by Bess Wray, Owner, Human Touch Home Care, Ltd., and Judy Dorshimer, a retired RN with first hand knowledge of CCRC's

QIGONG - (HEALING MOVEMENTS)

Mondays, 2:00pm – 3:00pm (ongoing)

Thursdays, 9:00am – 10:00am (ongoing)

\$40 per four classes; \$12 walk-ins per class

Registration required.

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.

**STRONG BONES EXERCISE CLASS**

Session 1:

Tuesdays, April 19- May 24

Session 2: Tuesdays, June 7- July 12

1:00pm-2:00pm

\$72 for 6 Week Session or \$15/per class drop In

Registration Required

Did you know that 1 in 2 women and 1 in 4 men over the age of 50 will have an osteoporosis-related fracture in their remaining lifetime, and that osteoporosis is responsible for 1.5 million fractures a year in the United States? It doesn't have to be this way! Hundreds of clinical studies have indisputably proven that doing the right exercises, improving your balance, and making some lifestyle changes, (such as not smoking and improving your diet), are critical factors in building stronger bones. In addition, active lifestyles are associated with reducing the risk of hip fracture by half.

This class will include standing and floor exercises to improve postural alignment, balance, and strength. Joanne's Strong Bones program is derived from evidence-based research in the field of osteoporosis. **Bring your own mat**, but all other equipment will be provided.

Joanne Fagerstrom, PT, CFP, has been a physical therapist since 1978. In 2009, after being diagnosed with osteoporosis, she began the research and development of her comprehensive bone health program and was able to reverse this diagnosis. Joanne offers private 1-on-1 consultations, weekly Strong Bones classes, monthly blogs, and annual Taking Charge of Your Bone Health workshops. www.ourstrongbones.com.

MOVING FORWARD TO SUCCESSFUL AGING

Thursday, June 2

11:00am-12:00pm

FREE

Presented in person, and recorded to stream online next week.

Registration Required.

Successful Aging has been researched for years with findings shared and movements initiated. The most critical project was the MacArthur Foundation Study of Gerontology in 1984. This was a 10 million dollar Grant with the study of over 1000 seniors for the project. It was the most extensive and comprehensive project in America. The researchers had to dispel the many myths of aging. To mention several- "You Can't Teach an Old Dog New Tricks, The Lights May Be on But the Voltage is Low, The Secret to Successful Aging Is to Choose Your Parents Wisely." The research dispelled the many myths of aging and today the product of this study has essentially set the stage for our active older adults, as we know them today as involved in every aspect of our country.

Presented by JERALDINE MARASCO KOHÚT, RN, BS, MA, NHA community liaison for Cathedral Village in Philadelphia.

DANCE FUSION FOR FITNESS

Tuesdays, 11:00am- 12:00pm

Session 1: April 19 -May 10 (4 weeks) \$48

Session 2: May 25-June 28 (6 weeks) \$72

\$15/Class Drop-In

Registration Required.

Improve your balance, strength, and coordination while dancing to upbeat music! Dance Fusion is inspired by modern and jazz dance as well as Barre. Light resistance bands will be provided, but bring a pair of light (1-3 pounds) hand weights. These will be incorporated to emphasize proper alignment of the spine, engagement of the core and most importantly, posture. All exercises will be standing, moving across the floor and seated. No dance experience necessary and all levels welcome in this beginner friendly class!

Nicole Rodriguez is a posture alignment specialist certified through the Egoscue Institute. She worked as an exercise therapist at Egoscue of Philadelphia before opening her own business, Pain Free Philly, in 2019. Nicole's passion, however, is dance. She has her Master's Degree in Dance Education and has a background in dance, movement and teaching. You can learn more at painfreeinphilly.com.

Registration is required for all Events, Classes, Lectures, and Workshops you plan to attend in-person or online. Thank you!

BEGINNING T'AI CHI YANG STYLE

Wednesdays, April 20- June 22

10:00am – 11:00am

\$119 for ten sessions

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or

visit mtairylearningtree.org to register.

T'ai Chi (or tai chi ch'uan) is claimed to be the oldest martial art. But it is also a gentle exercise that can provide innumerable health benefits for body, heart and mind. Practiced consistently, it can improve balance, lower blood pressure, reduce anxiety, ease depression, and has even been shown to benefit those with Parkinson's disease. Tai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5 ft. square of open space. The beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes.

CONTINUING T'AI CHI YANG STYLE

Wednesdays, April 20- June 22

11:30am-12:30pm

\$119 for ten sessions

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or

visit mtairylearningtree.org to register.

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

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.

INDIVIDUAL NUTRITION COUNSELING**(By Appointment- virtual or in person)**Contact Kirsten at 215.527.4193 or email: KFPuskar@gmail.com

Do you have Diabetes, Pre-Diabetes, Kidney disease or have other chronic ailments? Are you 20 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, CDCES for a one-to-one private consultation to discuss how nutrition can improve your unique health issues.

If you are Diabetic, Pre-Diabetic or 20+ pounds overweight, there is no out of pocket charge, your insurance will be billed. Most insurance plans cover 3 or more sessions per 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, CDCES, is a certified diabetes care and education specialist, registered dietitian nutritionist consultant licensed in PA. Kirsten's passion is helping her patients find their most nutritious diet and enjoy new recipes and menus she helps them create per their individual tastes. No need to dwell on dietary restrictions - see the many delicious healthy alternatives you already enjoy. She will help you find small steps you can do toward forming habits that lead to a healthy lifestyle. It's not about adding years to our lives - but adding life to your years! Why not call her today and see how she can help you improve your health and life?

YOGA CLASSES

Center on the Hill hosts THREE unique yoga classes. Please read below to see which might best fit your needs and preferences

GOLDEN YOGA

Wednesdays, ongoing, start anytime.

3:00pm- 4:00pm

\$10 per class, \$35 for 4 classes, \$85 for 10 Classes.

Registration Required

Golden Yoga is a classical yoga, adapted by the SKY Foundation, to accommodate those who have difficulty getting up and down from the floor. The practices include stretching, breathing, relaxation, and meditation techniques – all done while sitting in a chair or standing.

Barbara Levitt, author of Golden Yoga: You Can Do It, has practiced and taught Classical Yoga under the direction of Dr. Vijayendra Pratap for more than forty-five years. Barbara is Secretary of the SKY Foundation and is a yoga instructor for the Jefferson-Myrna Brind Center of Integrative Medicine.

YOGA WITH ATTITUDE

Fridays. Ongoing, start anytime

9:30am – 11:00am

\$45 per calendar month; first class \$10, walk-ins;

\$15 for a single class

Registration Required

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."

YOGA, A CHAIR AND YOU

Fridays, Ongoing, start anytime

11:30am-1:00pm

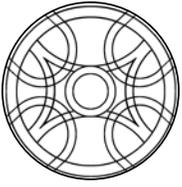
\$45 per calendar month; first class \$10, walk-ins;

\$15 for a single class

Registration Required

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.

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.



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

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Being Good Stewards

At the Center on the Hill, we strive to be good stewards of the earth. To this end we 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 if you'd like future newsletters to be emailed to you rather than receive one in the mail. Thank you very much for your help.