

AT THE *center* OF THINGS

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

winter 2024

Happy 2024! I hope you all had a wonderful Holiday Season. We are pleased to be kicking off the New Year by offering a great variety of **in-person activities and events**, to warm you up this winter, and keep you active!

When in person we are continuing to take strict sanitation measures and maintain our group sizes. So please remember that registration is required for everything you want to attend at the Center.

Inclement weather: If you are wondering if the Center is open due to inclement weather, please call 215-247-4654. A Message will be left on the Center Voicemail by 8:30am if we are closed. (If you get the regular Center message then the Center is open that day)

New online content such as fitness videos, lectures, virtual tours, crafts, games, and more, are still being 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 throughout the week.

Some of the New Programs I am excited to be offering this WINTER include:

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• **TRAVEL TALKS WITH LYN (page 5)** – Lyn from 115 Travel returns with three of her informative talks all about taking trips on Riverboat Cruises, seeing Alaska by land and by sea, and everything you need to know about all-inclusive vacation destinations.

• **LAUGHING INTO LEAP YEAR- AN IMPROV COMEDY CLASS (page 3)** – They say laughter is the key to feeling youthful and energetic. They also say that Comedy is a great way to keep your mind and wit sharp! Join us for this fun and entertaining class where we will learn about and practice Short Form Improv (as seen on the TV show Whose Line Is It Anyway?).

• **INTRODUCTION TO TAI CHI FOR ARTHRITIS AND FALLS PREVENTION (page 14)** – Want to ease or reduce stiffness and pain associated with arthritis while improving your health, balance, and sense of wellbeing? Tai Chi for Arthritis and Falls Prevention (TCA) is an evidence-based program recommended by the CDC and the Arthritis Foundation.

• **AGING IN PLACE GROUP (page 9)** – Join us this winter for this fun and informative social group of adults like you, healthy aging in place. Share ideas, tips, tricks, thoughts and concerns that come up in your daily lives. Find support, friendship, and helpful information in this group lead by Megan Do Nascimento, the wellness coordinator at Awbury Arboretum in East Mt. Airy.

I hope this New Year brings you lots of health and happiness, and I look forward to seeing you all in the year ahead!

Sincerely,

Mariangela Saavedra
Director, Center in the Hill



**Registration Required for all Events, Classes and Workshops you want to attend.
To Register contact 215-247-4654 or msaavedra@chestnuthillpres.org.**

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/forum-on-the-hill/> *This event is subject to all Covid-19 guidelines at the time of the event. Brown Bag Lunches welcome, light refreshments served. A \$5 is donation requested. **Registration required to attend in person.**



January 11
Brett H Mandel

Philadelphia, Corrupt and Consenting A City's Struggle against an Epithet

More than a century after muckraking journalist Lincoln Steffens derided the city of Philadelphia as being "corrupt and contented," Philadelphia struggles to rise above this unfortunate characterization. Brett joins us to discuss his book, Philadelphia, Corrupt and Consenting. It is the story of a city's confrontation with a history that threatens its future.

He examines the costs of corruption, both financial and nonpecuniary, and considers the opportunity cost that corruption imposes. Mandel explores the nature and development of Philadelphia's unique culture of corruption, emphasizing how machine politics and self-dealing are entwined with city history, creating a culture that allows corruption to thrive. In addition, he provides practical, achievable policies and actions that can produce positive change in Philadelphia and elsewhere.

Brett H. Mandel is a Philadelphia-based writer and consultant who engages in civic activism and government reform when he is not serving as Chief Financial Officer and Utility Player for his start-up, Baseball BBQ. He has also served as the Executive Director of the National Education Technology Funding Corporation; Executive Director of the citizens' organization, Philadelphia Forward; and Director of Financial and Policy Analysis for the Office of the Philadelphia City Controller.



March 14
Dr. Joel Schwartz

Laughter is the Best Medicine

Taking charge of our emotional wellbeing is just as important as diet and exercise. Studies show that laughing, smiling and being positive can lengthen your life span, can change your mental state from depressed to happy, can expand your thinking and creativity, can make you more productive at work and can change "stressed" to "dessert." Dr. Schwartz will discuss the physical and emotional benefits of humor, where to find humor and how to apply it in your life, your education, your work and your relationships. And maybe, just maybe, some of you will become immortal.



February 8
Rebecca Yamin

Digging In the City of Brotherly Love Stories from Philadelphia Archaeology

Historic Philadelphia has long yielded archaeological treasures from its past. Excavations required by the National Historic Preservation Act have recovered pottery shards, pots, plates, coins, bones, and other artifacts relating to early life in the city. Rebecca will be here to discuss her book, Digging in the City of Brotherly Love and about how we continue to use archaeology to learn about and understand people from the past. She will talk about several major discoveries from recent finds including unmarked early eighteenth-century burial grounds, one of which associated with the first African Methodist Episcopal (AME) Church, in the oldest part of the city; a nineteenth-century working-class neighborhood built along the path of what is now Route I-95 and was once home to Native American life; and the remains of two taverns found on the site of the current Museum of the American Revolution. She will also discuss the research and state-of-the-art techniques used to study these exciting discoveries.

Rebecca Yamin is a historical archaeologist specializing in urban archaeology and the former director of the Philadelphia branch office of John Milner Associates, Inc., a company that specialized in historic preservation and cultural resource management. She is the author of Archaeology at the Site of the Museum of the American Revolution (Temple), which won the 2022 James Deetz Book Prize given by the Society for Historical Archaeology, and Rediscovering Raritan Landing: An Adventure in New Jersey Archaeology.

Registration is required for all Events, Classes, Lectures and Workshops you want to attend.

AFTERNOON MOVIES1:30pm
\$2**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 January 18 Showing
"Guillermo del Toro's Pinocchio"**

Academy Award®-winning filmmaker Guillermo del Toro reinvents Carlo Collodi's classic tale of the wooden marionette who is magically brought to life in order to mend the heart of a grieving woodcarver named Geppetto. This whimsical, stop-motion musical directed by Guillermo del Toro and Mark Gustafson follows the mischievous and disobedient adventures of Pinocchio in his pursuit of a place in the world.

**Thursday February 22 Showing
"A Haunting in Venice"**

In post-World War II Venice, Hercule Poirot, now retired and living in his own exile, reluctantly attends a seance. But when one of the guests is murdered, it is up to the former detective to once again uncover the killer.

**Thursday March 28 Showing
"Mrs. Harris Goes to Paris"**

Set in 1950s London, Mrs. Ada Harris (Lesley Manville) a widowed housekeeper thinks her lonely life might turn around if she can become the owner of a Christian Dior gown and will stop at nothing to make it happen. Ada's irrepressible charm just might end up saving the whole House of Dior by daring to follow her dreams.

LET'S PLAY BINGOTuesdays, January 9 and March 12
1:00pm – 2:00pm
Free**Registration Required.**

Join us for your favorite game, with prizes and snacks provided by some of our partners and friends from different organizations in the area. Meet some new people, and have fun!

COMMUNITY LUNCHEONSTuesdays, January 23, February 20 and March 19
12:00pm
\$12

Registration & Payment Required by the Friday before the Luncheon. REGISTRATIONS RECEIVED AFTER THE FRIDAY BEFORE THE LUNCHEON OR THE DAY OF THE LUNCH, WILL BE CHARGED \$15.

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 twelve 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.*

**LAUGHING INTO LEAP YEAR-
AN IMPROV COMEDY CLASS**Thursday, February 29
11:00am-12:30pm
\$5**Registration Required**

They say laughter is the key to feeling youthful and energetic. They also say that Comedy is a great way to keep your mind and wit sharp! Improvisation (Improv) is a centuries-old art form that has been used mainly in the performing arts, specifically in live comedy. Join us for this fun and entertaining class where we will learn about and practice Short Form Improv (as seen on the TV show *Whose Line Is It Anyway?*). Through the interactive exercises and activities taught in this class, you will be able to experience learning on an intellectual, and physical level while having a great time! No experience necessary! Come laugh with us!!

Instructor Mariangela Saavedra has been working in Theater for 27 years in cities across the country. She is the Founder and Artistic Director of Casabuena Cultural Productions, a community theater and film company based in Germantown/Mt Airy. She has been teaching theater classes for adults and youth at Allens Lane Art Center since 2016 and has directed many plays on local stages in the area over the last 15 years.

Registration is required for all Events, Classes, Lectures and Workshops you want to attend.

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

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.

MONDAYS

New Fitness Videos

TUESDAYS

New watch & learn videos

WEDNESDAYS

New Virtual Tour link

THURSDAYS

New Craft or Activity Link

“SOUL” LINE DANCING

Thursdays, January 18, February 22 & 29,
March 21 & 28

(The last 2 Thursdays of the Month)

1:30pm- 2:30pm

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” (Dancing And Singing Help Everyone Relieve Stress), 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.

WOMEN OF THE LEWIS & CLARK EXPEDITION

Thursday, March 21

11:00am- 12:30pm

\$15

Registration Required.

Women played a major role in the success of the Lewis & Clark Expedition. Even prior to the Corps of Discovery's departure, one woman's influence proved invaluable. Sacagawea is, of course, the most well-known female figure connected to the cross-country journey, but as Dr. Paul Sivitz will illustrate, she might not necessarily be the most important. Dr. Sivitz will follow women's contributions to the Lewis & Clark Expedition from Virginia to the Pacific Ocean, then back to St. Louis.

NUTRITION AS YOU AGE- Cooking Class

Tuesday, February 27

1:30pm-2:30pm

FREE

Registration Required

Please join Sunrise of Lafayette Hill and Fox Rehabilitation to learn about the best ways to build a healthy plate incorporating satisfying portion sizes. Focus will be on nutritional habits, and cooking practices to support healthy eating including cooking demonstration, and complimentary homemade plate and dessert option provided by Sunrise of Lafayette Hill and Continuous Home Care.

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

COMPREHENSIVE CHRISTIANITY

Tuesdays, February 13- 27 (3 classes)

1:00pm- 3:00pm

\$59

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

Would you like to learn more about the world's largest faith, or at least better understand the differences between its various groups? How is it that Catholics, Lutherans, Baptists, etc. can be so different in their understandings of Christian teachings and how to apply them? We'll spend the first class looking at basics and getting an overview of how the religion broke down into over 20,000 (that's right, 20,000) sects, and from there explore more detailed differences between selected groups. Both orthodox and mystical Christian understandings will be presented, along with similarities and contrasts with Yoga- and Buddhist-related ideas which have had such a big influence on Western thought.

TRAVEL TALKS WITH LYN

Thursdays, January 11, February 8 and March 7
11:00am- 12:00pm
FREE

Registration Required

January 11 - RIVER CRUISING

Join us for a discussion seeing the world from a smaller ship. River cruising allows you to stop by more ports, taste cuisine and wines from countries you visit, many exclusive experiences, multi-river itineraries and so much more. If the big ships aren't for you discover why you might want to try another view of the world's rivers. Highlights of tours from Normandy and Holland will be shared.

February 8 - ALASKA BY LAND AND BY SEA

If the last frontier is something you have been thinking about let's take a look at options to see all of Alaska. There are national parks, excursions filled with food and fun but you might also want to spend time on location to have a more In-depth view. Alaska is known for tall mountains, it has volcanoes, lakes, and the numerous glaciers. Discover what Princess Cruise Lines has in store.

March 7- ALL INCLUSIVE RESORTS

The term is referring to all you can eat and drink while at a resort. This is an awesome way to visit mostly Caribbean countries. Yes there are a few all inclusives in the USA too! There can be pit falls if you don't ask the correct questions when booking this type of vacation. Learn what to ask and what to look for when planning your next trip. Just a sample of the things we will be discussing: Are you looking for adults only? How far do you want to be from town the airport? (Those long van rides or planes constantly overhead should be considered.) Do you want to experience a cultural program?

Options for visits to Jamaica, Mexico and Aruba will be discussed.

TABLE GAMES: OPEN PLAY

Mondays, ongoing, join us 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. Give your brain a workout by joining us on Mondays for casual and fun Open Play of 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, Battleship, Mystery Date, Monopoly and MORE!

LEARN TO PLAY RUMMY TILES

Wednesday, January 31
10:30am-12:30pm
FREE
Space is limited.

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 for Open Play!

RUMMY TILES OPEN PLAY

Wednesdays, Ongoing
10:30am-12:30pm
\$2

Registration Required.

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.

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.



BRIDGE - OPEN PLAY

Wednesdays, join at any time, ongoing
11:30am - 3:00pm

Registration Required

\$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.

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Thank you!

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MAH JONGG 101

Mondays, February 26- April 15

10:00am- 12:00pm

\$109 for 8 Week Class

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

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.

Barbara (Penny) Dellp, a local Trust & Estate Attorney, has been teaching American Mah Jongg for over 10 years. She enjoys introducing beginners to the basic rules of the National Mah Jongg League and teaching the finer points and strategies of this challenging game.

MAH JONGG - OPEN PLAY

Tuesdays, join at any time

12:30pm - 2:30pm

\$2

Registration Required

MAH JONGG - OPEN PLAY

Wednesdays, join at any time

1:30-3:30pm

\$2

Registration Required



Come join some new friends, and enjoy the game of Mah Jongg in a relaxed environment! Beginners and Intermediate Players welcome. This is an opportunity to simply enjoy others' company and play the game of Mah Jongg. Participants should be familiar enough with the game to play without formal instruction and have played some before.

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.

FUN WITH WATERCOLOR TECHNIQUES

Fridays, January 19- February 9

10:00 AM to 12 NOON

\$89.00 for the 4 Week session. Space is Limited.

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

MORE FUN WITH WATERCOLOR TECHNIQUES

Fridays, March 8- March 29

10:00 AM to 12 NOON

\$89.00 for the 4 Week session. Space is Limited.

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

This is a continuation of the Fun with Watercolors for Beginners Class. This is also for anyone who has taken a beginning watercolor class in the past and wants to learn and practice more of these skills. Each session will begin with a short demo of a different watercolor technique, leaving plenty of time to practice.

EXPRESSIVE COLLAGE

Fridays, February 16 and 23

10:00am- 12:00pm

\$49 for two classes.

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

art EXHIBITS

The "Gallery" is open for viewing Monday-Friday 10am-4pm daily.

JANUARY – ELENA M. ALDRETE -

Watercolor and Gouache

"Sussuros de Mi Vida" ("Whispers from My Life")

Meet the Artist Reception

Thursday, January 11, 3pm-7pm

Light Refreshments Served.

FREE

The show will present Elena's latest work which is primarily watercolor and gouache paint on black watercolor paper, sometimes combined with other water based mediums.

Elena has been a painter for many years. She also focuses on ceramics. She attended the continuing education program of the Pennsylvania Academy of Fine Arts for decades taking classes in oil, acrylic, and water color painting, drawing, and printmaking. Her work has transitioned over the years from representational work to abstract, and from canvas painting to works on paper. Her main focus now is color and mark-making.

FEBRUARY – HEATHER CRABB - *Photography*

Meet the Artist Reception

Friday, February 2, 4:00pm-7:00pm

Light Refreshments Served.

FREE

Heather has been taking pictures since she was 13 years old. She is the mother of two boys who enjoys travelling and exploring. Her photos reflect her adventures, near and far, as well as exploring everyday life through a lens. She enjoys photographing in black and white as well as color.

MARCH – RON RISING - *Photography*

Meet the Artist Reception

Meet the Artist Reception: Friday, March 8th

4:00pm-6:00pm

Light Refreshments Served.

FREE

Ron has been taking pictures since he was in graduate school and flew around the world to

teach in Thailand for a year. That was the start of his passion for photography, which he has been able to put to use in other travels he has been fortunate to have over the years. He says he enjoys trying to capture the beauty of creation with his camera, and sharing it with others. Favorite focal points include nature, seascapes, and flowers. He has photos from around the world, some of which will be displayed in his show.

In Ron's later years, and now that he's retired from being a pastor and therapist, he has enjoyed working with and serving, through Rising Images, a variety of individuals, families, religious and inter-faith groups, non-profits, social service agencies, small businesses, and professional groups, providing them with a wide range of photographic products and services.

Rising Images offers for purchase: greeting cards; prints in various formats, including canvas and metal; and products incorporating Ron's images, like placemats, coasters and calendars.



INTRODUCTION TO ZENTANGLE

Monday, February 5

Cost: \$32 + \$15 Material Fee

Registration Required through

Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333

or mtairylearningtree.org to register.

Note: \$15 materials fee for pens, pencil, and Zentangle tiles will be collected upon registration.

Learn 4-6 basic Zentangle-inspired designs. This art form is relaxing, creative, meditative and quite fun. Each structured pattern will be broken down into small steps, and what results are beautiful, creative and unique images. Tangles are created on small paper tiles using a special black drawing pen. You will leave class with one or two completed tiles and new skills to continue tangling on your own. No talent or experience is needed. The Zentangle® Method was created by Rick Roberts and Maria Thomas. Learn more at zentangle.com.

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

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



WATERCOLOR AND DRAWING FOUNDATIONS

Tuesdays, February 27- March 26

1:30 PM to 4:00 PM

\$110 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. The class welcomes newcomers as well as those who want to brush up on their skills!

MAKING ART MAKES US SMARTER: PASTELS

Thursdays, February 29- March 28

1:30pm- 3:30pm

\$110 for the 5 Week session. Space is Limited.

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

This course welcomes newcomers as well as those who want to renew pastel skills. You will receive instruction in both chalk and oil pastels, including various color application techniques, and paper explorations. Pastel can be applied energetically in broad strokes like paint, or in fine layers like drawing. Vibrant colors and strong covering power makes this medium fun and exciting. Find the sleeping child within yourselves! We will be working in a safe, air filtering room and masks will be strongly recommended to protect our health. A materials list will be provided upon registration.

Marcia Jones Marcia Jones is a teaching artist (MFA Tyler, 1976) in Mt. Airy. Her instruction based teaching method, which she names *Making Art Makes Us Smarter* (c.2010) represents her passionate belief in the regenerative power of creative art making. Marcia's primary mediums are watercolor and pastel. She presented a one person show at Center On The Hill in February, 2020. Her work can also be seen at Le Bus, East Falls and in private collections.

DRAWING OR PAINTING STILL LIFE

Session I – Thursdays, January 25 - Feb 15 (4 weeks)

Session II – Thursdays, February 29 - March 21 (4 weeks)

10:30 am - 12:30 pm

\$90 per session

Registration Required.

Work at your own pace while improving your drawing or painting skills in this relaxed but informative class. We'll discuss key aspects of still life painting and drawing, including color, value, planning a composition, and how to see like an artist. In the first class we'll work from photos provided by the instructor as we get comfortable with the subject. Starting in the second class, there will be two different still life set-ups in the classroom for you to choose from. All levels welcome, but students should already have some experience working in their preferred medium (oil, pastel, watercolor, graphite or colored pencils, acrylic, etc.) Tabletop easels available on request.

Gabrielle Sivitz has been teaching art to adult students for over 15 years. She wants her students to enjoy art and embrace the learning process. To that end, her classes and workshops are geared toward learning to see and think like an artist while having fun. Gabrielle has studied painting and printmaking at the Pennsylvania Academy of the Fine Arts. She has taught at Art Center at Ambler, Greater Norristown Art League, and most recently as a teaching assistant with Mastering Composition, the international online art courses created by painter Ian Roberts.



BASICS OF AN ANDROID PHONE

Wednesdays, January 24- February 28

Wrap up Q & A Session March 6

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.

INTRO TO MICROSOFT EXCEL

Tuesdays, January 16- 30 (3 sessions)

10:00 AM to 12 Noon

\$89.00

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

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, February 13- 27 (3 Sessions)

10:00am-12:00pm

\$89.00

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

WordPress makes it possible to have your website up and running in 24 hours. The reason it continues to be a 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.

WINDOWS 10 MADE SIMPLE

Tuesdays, March 19- April 2

(3 sessions)

10:00 AM to 12 Noon

\$89.00

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

Windows 10 is a Microsoft operating system for personal computers and tablets. In this class you will learn to use Windows - how to access multiple programs, organize files, change computer settings, arrange your desktop, save and print documents. This class is for any device using the Windows 10 operating system. Students may bring their own laptop with Windows 10 installed. There will also be laptops available to use at the class.

David Grauel has been a Technical Support and Training Specialist in Microsoft Office products for such companies as Goldman Sachs and Morgan Stanley. As part of the Human Resources Administration, he trained supervisors and staff, worked the Help Desk, and performed network troubleshooting.

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.

AGING IN PLACE - GROUP

Thursdays, January 25, February 1, 15 & 29

2:15pm- 3:15pm

FREE

Registration required.

Join us this winter for this fun and informative social group of adults like you, healthy aging in place. Join the conversation and share ideas, tips, tricks, thoughts and concerns that come up in your daily lives. Discuss your insights and observations about the world around you in a welcoming environment. Find support, friendship, and helpful information in this group lead by Megan Do Nascimento, the wellness coordinator at Awbury Arboretum in East Mt. Airy.

CHAIR CARDIO

Thursdays, January 25- February 15

1:00pm- 2:00pm

\$10

Registration Required.

Dance, stretch, move and groove with Megan Do Nascimento for an all levels Chair Cardio Class where we will use light weights, and a fun playlist to get our heart rate and energy levels up. Be prepared to laugh and have fun!

Megan Do Nascimento is a breast cancer survivor and yoga and fitness instructor known for her outgoing personality and inclusive teaching style. She has taught in the Philadelphia prisons, the school district, Magee Rehabilitation Hospital and various fitness centers in the area. Megan is the wellness coordinator at Awbury Arboretum in East Mt. Airy and offers yoga classes and walks.

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

MINDFULNESS PRACTICE

Tuesdays, ongoing--
Join Anytime
9:30am –11:00am
\$12 per session
Registration Required.



“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.

CHANGING YOUR DEMENTIA CARE MINDSET

Thursday, January 18
11:00am-12:00pm
FREE

Registration Required.

Repetitive questions. Personal insults and verbal aggression. Making a mess by rummaging in cabinets and drawers. Why does my loved one with dementia drive me so crazy? The fact is, your loved one is doing the best they can to communicate their needs with a failing brain. This is where you become Sherlock Holmes. Shifting the way you think about the dementia experience will actually reduce these troubling behaviors and bring you both greater peace.

Emily S. Gavin, MS, OTR/L, owner Philly Care Coaching LLC, is an occupational therapist specializing in supporting caregivers of people living with dementia. Emily brings more than a decade of professional experience, including the evidence-based program Skills2Care®, to help you meet your loved one where they are. Based in Northwest Philadelphia, she provides services in the home or online, and accepts Medicare or private pay.

RESILIENCE- THE STEPS TO MOVE FORWARD

Thursday, January 25
11:00am- 12:00pm
FREE

Registration Required.

Resilience refers to both the process and the outcome of successfully adapting to difficult or challenging times. It is having the mental, emotional, and behavioral flexibility to adjust to both internal and external demands. Several steps that can help building your resilience journey are being optimistic, problem solving skills, and social support. Join in to learn more about the process.

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

In person at the Center, or by Zoom or Phone.

Registration Required

For more information, or to register call Jean Kirkley, 215-758-7305 or e-mail jean.kirkley@gmail.com.

By Phone Call 301 7158592 and enter below ID and Code when prompted:

*Meeting ID: 448 977 3675
Passcode: 076567*

on ZOOM By Computer visit www.zoom.us/join and join the meeting by entering the meeting ID and then password.

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.

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.

Registration is required for all Events, Classes, Lectures and Workshops you want to attend.



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.

INDIVIDUAL SENIOR SERVICES CONSULTING

By Appointment from One Life Consulting
FREE Consultation

Contact Ellen Donovan, Senior Care Advisor at 267-402-7766 or www.onelifeconsulting.net

One Life is a boutique consultancy specializing in helping seniors and their families make sense of the complex world of late-life care. We help our clients better understand their options and make the best decisions for their own unique situation. We help with homecare services, independent living and nursing home selection, patient advocacy and more.

Ellen Donovan is a Registered Nurse with over 30 years' experience in geriatrics, long-term care administration and homecare services. Now running my own consultancy helping seniors and their loved ones navigate the complex world of late life care. Wife. Mother. Daughter. Always focused on long-term health and well-being, and eager to share my learning with others.

GRIEF SUPPORT GROUP

*Mondays, January 22 & 29, February 12 & 26,
March 4 & 11
1:00pm-2:30pm
Free*

Registration required.

Group is closed to new members after January 29th

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.



HAND REFLEXOLOGY & MASSAGE TECHNIQUES FOR ARTHRITIS CARE & PREVENTION

*Wednesday, March 27
2:00pm- 3:30pm
\$25*

Registration Required

Hand reflexology is an ancient technique for supporting the health of the body by placing light pressure on specific points on the front and back of the hands. It is very helpful for preventing and caring for arthritic conditions. In this class, we will learn the map of the hands and how to stimulate areas that correspond with the many organs, glands and systems of the body. Then we will learn massage techniques which relate to arthritic conditions and support the flexibility and health of the hand.

Michelle P. Carlino, B.A. Special Education/ B.A. Communications, ERYT500- Michelle has been studying multiple styles of yoga since 1985. She has developed programs for use with cardiac patients at Our Lady of Lourdes Hospital, the MS Society, and for adults and children with various special needs. She is certified in multiple styles of yoga, wholistic wellness, and has been an instructor since 1992. She is a foot reflexologist and chair yoga practitioner.

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.

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: January 9- February 13

Session 2: February 20- March 26

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.



Registration is required for all Events, Classes, Lectures and Workshops you want to attend.



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
9:45am – 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.

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Registration is required for all Events, Classes, Lectures and Workshops you want to attend.

BEGINNING T'AI CHI YANG STYLE

Wednesdays, January 17- March 27

10:00am – 11:00am

\$139 for ten sessions

**Registration Required through
Mt Airy Learning Tree**

(MALT) at 215-843-6333 or
mtairylearningtree.org

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, January 17- March 27

11:15am-12:15pm

\$139 for ten sessions

**Registration Required through
Mt Airy Learning Tree**

(MALT) at 215-843-6333 or mtairylearningtree.org

This continuing class is for those who have taken the beginning class at least twice, and/or has the teacher's permission. Wear loose, comfortable clothing and flat, flexible shoes.

INTERMEDIATE TAI CHI

Wednesdays, January 17- March 27

12:30pm-1:30pm

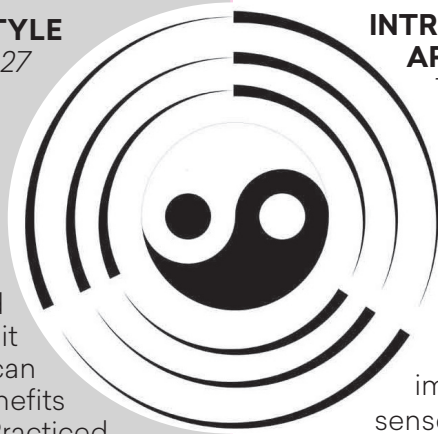
\$139 for ten sessions

**Registration Required through
Mt Airy Learning Tree**

(MALT) at 215-843-6333 or mtairylearningtree.org

This Intermediate class is for those who have learned at least the "first third" of the form, and has the teacher's permission. Wear loose, comfortable clothing and flat, flexible shoes.

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.



INTRODUCTION TO T'AI CHI FOR ARTHRITIS AND FALLS PREVENTION

Tuesdays, January 16- February 6 (4 Weeks)

1:00pm-2:00pm

\$60

Registration Required.

Want to ease or reduce stiffness and pain associated with arthritis while improving your health, balance, and sense of wellbeing? Tai Chi for Arthritis and Falls Prevention (TCA) is an evidence-based program recommended by the CDC and the Arthritis Foundation. TCA is based on Sun style tai chi, a style chosen because of its healing component, its unique Qigong* elements (*an exercise which improves relaxation and vital energy), and its ability to improve mobility, confidence, and balance. We will learn an excellent set of warm-ups that you'll love doing daily, invigorating Qigong breathing exercises, and safe, flowing and soothing tai chi movements.

Elissa Berardi is certified as a Tai Chi instructor by the Oriental Fitness Institute of Philadelphia and has taught Tai Chi since 2010. She is also certified to teach Tai Chi for Arthritis and Falls Prevention and Tai Chi for Osteoporosis by the international Tai Chi for Health Institute. In addition, Elissa studied at the Omega Institute in New York, studied and taught at the Won Institute, and has trained with many east and west coast Masters.



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AARP SMART DRIVER COURSE

Monday and Tuesday, February 5 and 6
10:00am-2:30pm (eight hours total)

\$20 for AARP members/\$25 for non-members

Phone registration and pre-payment is required.

Call the Center at 215-247-4654 to hold your spot, then 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

Tuesday, March 5

10:00am – 2:30pm (four hours total)

\$20 for AARP members/\$25 for non AARP members

Phone registration and pre-payment is required.

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

The AARP SMART Driver Refresher Course is available to all those who have completed the eight-hour AARP SMART Driver course, or the AAA equivalent, within the past three years. Interested participants will need to bring to class their driver's license and proof of having previously completed the two day training. In order to continue to receive the discount on your Pennsylvania car insurance premium, your AARP certificate needs to be updated every three years.

GET SMART ABOUT NEW VEHICLE TECHNOLOGY

AARP SMART DRIVERTEK

Tuesday, March 12

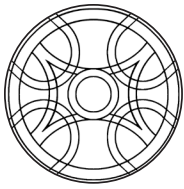
10:00am- 11:30am

FREE

Registration Required.

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





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

The Presbyterian Church of Chestnut Hill
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215.247.4654 www.chestnuthillpres.org

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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.