

AT THE *center* OF THINGS

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

winter 2021

Happy New Year! I hope you had a healthy and restful holiday season. This winter the center will continue to be closed for in person activities and events, but will be offering a wide variety of classes you can participate in live online. We will also continue to post new pre-recorded content daily as we have since last March. Video messages, fitness videos, lectures, virtual tours, games, and much more, will be updated Monday - Thursdays at Noon on our programs page here: www.chestnuthillpres.org/center-on-the-hill/programs

Some of the classes I am excited to be offering ONLINE this winter are:

WHAT'S INSIDE

SPECIAL EVENTS..... 2

FOR YOUR INTEREST 3

ARTS AND LANGUAGE..... 4

HEALTH AND WELLNESS..... 4-6

DRIVING CLASSES 7

COMMUNITY RESOURCES.. 7

- **Love Lost and Found (page 3)** - A workshop created for a special purpose: to explore love in all its facets -- at all ages. Share your personal true life/true love stories, or those of your friends, family and colleagues, to provide the heart and soul of the Philadelphia version of a unique, interactive play that will be presented in the Spring or Summer.
- **Watercolor and Drawing (page 4)** - Join instructor Marcia Jones and classmates to expand your watercolor and drawing skills and to interact with other artists. This class is set up to be as close to direct contact as possible. Focused projects, constructive feedback, and interactive viewing of your works will help you stay connected to what you love doing, and introduce you to others with like interests.
- **Keys to Posture and Balance (page 7)** - It is extremely important to maintain good posture to support our health and minimize structural discomforts. In the aging process, alignment and balance can become challenged. This class will give foundational guidelines to maintain postural alignment and increase balance efficiency
- **Decluttering (page 5)** - Learn how to streamline both your home and virtual environments. The faculty and students from Salus University's Occupational Therapy Department will provide practical tips and tricks for organization to help you decide what to keep, what to donate, and what to trash.

I hope you are able to join us for some of these online offerings and I look forward to the day we can re-open again safely for in-person activities. Until then I hope to be "seeing" you all online, and am wishing you a warm winter season of continued good health and happiness. Stay connected. Stay active. Stay Well.

Sincerely,

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



Registration is required for all Events, Classes, Lectures and Workshops you plan to attend in real time online. THANK YOU!

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

SPEAKER SERIES ON THE HILL

Presented at 12:30pm on the 2nd Thursdays of the month, online here: www.chestnuthillpres.org/education/speaker-series-hill/ A \$5 donation is requested to help support this program. Information and link to watch live or the recording posted after at 5pm, can be found on the website listed above!



January 14
DAVID THORNBURGH

**The 2020 Election's (Almost!)
Over: Now What?
The Challenges to Politics and
Governance in Pennsylvania**

David Thornburgh is president and CEO of the Committee of Seventy, a nonpartisan civic leadership organization that advances

representative, ethical and effective government in Philadelphia and Pennsylvania through citizen engagement and public policy advocacy. He is a frequent commentator on public policy and regional development issues. He will be speaking to us about this most recent election and some of the challenges that will be facing Pennsylvania in the year ahead. He holds a BA in Political Science from Haverford College and a Master's Degree in Public Policy from Harvard University's Kennedy School of Government.



February 11
THOMAS HINE

**Populuxe Revisited: The Look and
Life of Midcentury America**

The talk will be a reflection, 35 years later, on Thomas' best-known book *Populuxe*, published in 1986. I will look at some of the dreams and delusions of a time very different from our own, from tailfins to fallout shelters, and discuss the aesthetic ideas and economic and demographic forces that brought them into being. I will show that this is a moment that grew out of unique circumstances, never to be repeated,

Thomas Hine is a writer on history, culture and design. He was the architecture and design critic of the Philadelphia Inquirer for 25 years, and still reviews art exhibitions for the newspaper. He is the author of six books and was praised in The New Yorker by John Updike for his "mischievously alert sensibility." He was born in Boston, grew up in Connecticut, went to college at Yale, and has lived, since 1970 in Center City Philadelphia.



March 11th
MIKE SIELSKI

**Philadelphia Sports Media-
yesterday, today and tomorrow**

A star in the sports journalism world, Mike Sielski is a columnist for *The Philadelphia Inquirer* and the author of three books. Mike will be discussing the Philadelphia sports scene, the state of journalism and media (sports and otherwise), and his upcoming book on Kobe Bryant, which is scheduled for publication in the fall of 2021.

An alumnus of La Salle University and the Columbia University Graduate School of Journalism, Mike Sielski is one of the most literate and insightful journalists in the nation, and his writing stretches beyond sports into the realms of culture, politics, and American history. The Associated Press Sports Editors voted him the country's top sports columnist in 2015, and his peers, through the National Sports Media Association, voted him Pennsylvania's Sportswriter of the Year in 2016.

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you plan to attend in real time online. THANK YOU!**

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. This schedule is for your reference, but Online Content is not limited to the things listed below.

MONDAYS

New Fitness Videos
New game, cooking, craft or creative activity link

TUESDAYS

New watch & learn videos
New Interactive Game Rounds

WEDNESDAYS

New Art lecture or Art Lesson
New Virtual Tour link

THURSDAYS

New Special Events to join live and watch online
New Diabetes & Nutrition Workshop posted (recorded Wednesdays)

WWII: THE ROLE OF THE HOMEFRONT

Thursday, January 21
11:00am – 12:00pm
Free

Registration Required

Presented on Zoom for participation by Computer, Tablet or call in by phone.

This presentation will discuss the support of everyday citizens during the very challenging times of World War II. We see our country coming together and supporting our troops in ways never imagined. Substantive changes included women in the work force, rationing programs, victory gardens, and the importance of the radio for news updates. Also included were movie theaters focusing on non-war dramas to escape the issues of the war. Popular song titles were very patriotic along with the big band and orchestra performances for our troops. The song titled “Lili Marleen” a German love song especially, sung by Marlene Dietrich, and became so popular throughout Europe and the Mediterranean for all troops to imagine returning home again.

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

STRENGTHEN YOUR VOICE

Mondays, starting January 11th, ongoing
1:00pm-2:00pm
\$25 per class, join at any time.

Registration Required

Presented on Zoom for participation by Computer, Tablet or Smartphone.

Designed for those interested in improving their singing voices, although no prior singing experience is necessary. Students will warm up as a group and work on several songs each week. New songs are added every 3-4 weeks based on student interest! This is an excellent opportunity for those who want to develop their singing skills but who are not able to commit to private lessons.

Julie Snyder, DMA, is active as a performer, educator, and scholar. She currently serves on the voice faculty of the Boyer College of Music and Dance.



LOVE LOST & FOUND

FREE INTRODUCTORY WORKSHOP:

Wednesday, February 3
4 Week Class: Wednesdays, February 10, 17, 24 and March 3
2:00-3:30pm
\$30 for the full 4 week workshop.

Registration Required.

Presented on Zoom for participation by Computer, Tablet or Call-in by phone.

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

Join us in LOVE LOST & FOUND, a workshop created for a special purpose: to explore love in all its facets -- at all ages. Share your personal true life/true love stories, those of your friends, family and colleagues to provide the heart and soul of the Philadelphia version of a unique, interactive play. We'll explore FIRSTS (meetings, crushes, kisses, marriages), FLIRTS, FLINGS, FIX-UPS. FOREVER AFTERS and other Long-Lasting Loves -- tales of hilarious, heart-wrenching encounters, too-good to be true connections, bad dates, break-ups and the shifting sands of relationships of all kinds. Not fiction. Not fantasy. Not fairy tales. Stories which you can relate or write in class, prompted by a special, anonymous questionnaire.

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

Art CLASSES



Meet with instructor Marcia Jones and classmates to expand your watercolor and drawing skills and to interact with other artists. Our class is set up to be as close to direct contact as possible. Focused projects, constructive feedback, and interactive viewing of your works will help you stay connected to what you love doing, and introduce you to others with like interests. **JOIN US!**

WATERCOLOR AND DRAWING

Mondays, 1:00pm-3:00pm

\$85 a Month -Sessions start the first Monday of each month.

Ongoing Monthly Registration.

Registration Required

Presented on Zoom for participation by Computer, Tablet or Smartphone.

Please make payment by the 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.

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

Second Thursday of the month, join at any time

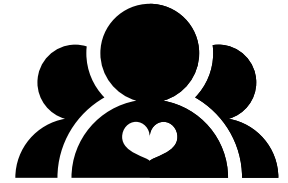
2:00pm-3:30pm

Free By Zoom or PHONE

By Phone Call 301 715 8592 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.

For more information, call Jean Kirkley, 215-758-7305 or e-mail jean.kirkley@gmail.com. Share your wisdom, experiences, challenges and joys with others as caregivers for those living with Alzheimer's and related dementias. This group is an open support group for caregivers, sponsored by the Alzheimer's Association of the Delaware Valley. The group meetings are open to new and interested members. No enrollment or long term commitment is required, just a willingness to share in a confidential and supportive environment.

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.

FUN WITH WATERCOLOR TECHNIQUES

4 weeks

Wednesdays, February 3, 10, 17, and 24

7:00-9:00pm

\$80 for the 4 week session

Registration Required

Presented on Zoom for participation by Computer, Tablet or Smartphone.

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 for 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.

CREATIVE COLLAGE

2 Weeks

Mondays, January 25 and February 1

7:00-9:00pm

\$30 for the 2 week session, \$15 a class

Registration Required

Presented on Zoom for participation by Computer, Tablet or Smartphone.

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. You only need a few simple tools that you probably already have at home such as scissors, paper (old magazines, wrapping paper, newspaper, calendars etc.), and glue.

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**MEDICARE OPTIONS OR
HOW TO IGNORE JOE NAMATH***Monday, January 25**10:00am-11:00am - FREE - Registration Required
Presented on Zoom to participate in by Computer,
Tablet or dial in by phone*

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. Joan Adler, Certified APPRISE Medicare Counselor, will discuss your Medicare options, including Medigap Supplements, Advantage Plans, Drug Plan, and costs. She will explain when you need to sign up for Medicare to avoid penalties, what is the "Donut Hole", and what special circumstances apply to low-income, and high-income individuals. There will be time to discuss special circumstances and answer questions.

HOME SAFETY*Thursday, January 28**11:00am- 12:30pm***Registration Required***Presented on Zoom for
participation by Computer,
Tablet or Call-in by phone.*

In this class, faculty and students from Salus University's Occupational Therapy Department will share easy strategies and products to simplify daily activities and improve safety within the home. Presentation will be followed by discussion and Question and Answer session.

HEALTH CARE OPTIONS FOR SENIORS*Thursday, March 18**11:00am – 12:00pm**Free***Registration Required***Presented on Zoom for participation by Computer,
Tablet or Call-in by phone.*

This program will cover all choices and levels of care for seniors beginning with apartment homes to continuing care retirement communities. There are so many living choices to accommodate a best plan for you if and when you decide to make a move to and for retirement living. Open discussion will follow with when, and how to decide the best choice for you. The Living Will and POLST form will also be addressed. Please come with your questions and learn more about levels of care.

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

MEDICATION MANAGEMENT*Thursday, February 18**11:00am – 12:00pm - Free - Registration Required
Presented on Zoom for participation by Computer,
Tablet or Call-in by phone.*

Medication Management is very important for seniors, as so often we may see our primary care physician along with several specialists during the year. Seeing more than one provider may mean adding medication to the list of medicines you are already prescribed. As a result, it is so important during physician visit, to understand why a new medication is being ordered and the compatibility of the new drug with other medication on your list. Tips to ensure a safe and positive approach to dealing with your medications and good questions to ask your provider about your medication plan. There will be time for questions and discussion.

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

DECLUTTERING YOUR HOME*Thursday, February 25**11:00am-12:30pm**Presented on Zoom for
participation by Computer, Tablet
or Call-in by phone.***Registration Required**

In this class participants will learn how to streamline both their home and virtual environments. Faculty and students from Salus University's Occupational Therapy Department will provide practical tips and tricks for organization and to help decide what to keep, what to donate, and what to trash. Discussion with question and answer session will follow the presentation.

**WELL SPOUSE ASSOCIATION
SUPPORT GROUP***The 4th Tuesday of the Month**7:00pm – 8:30pm - FREE - By Phone**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

INDIVIDUAL NUTRITION COUNSELING

(By Appointment)

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?

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 APPRISE 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.

WEDNESDAY DIABETES AND NUTRITION WORKSHOP

First and Second Wednesdays of the month, Ongoing 12:00pm - 1:00pm - FREE

Registration required

Participants join live though Zoom by Computer, Tablet or Call in by Phone. Weekly classes will be recorded and posted online on Thursdays.

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!

T'AI CHI YANG STYLE LEVEL ONE FOR BEGINNERS

Wednesdays, January 20- March 24

10:00am - 10:50am

\$100 for ten sessions

Registration Required

Presented on Zoom for participation by Computer, Tablet or Smartphone.



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

T'AI CHI YANG STYLE - LEVEL TWO

Wednesdays, January 20- March 24

11:00am - 11:50am

\$100 for ten sessions

Registration Required

Presented on Zoom for participation by Computer, Tablet or Smartphone.

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.

Registration is required for all Events, Classes, Lectures and Workshops you plan to attend in real time online. THANK YOU!

BREATH/MEDITATION AND RELAXATION FOR SUPPORTING INNER CALM

Thursdays, January 21-February 11

2:00pm-3:00pm

\$10 per class –take as many classes as you want.

Full session is 4 weeks.

Registration Required.

Presented on Zoom for participation by Computer, Tablet or Smartphone.

Managing stress is vital for good health. This Series will explore various ways to do that using a variety of techniques. We will examine the nature of stress and its relation to the body. An overview of meditation will be covered, as well as many different styles of meditation. Strategies for using the breath, and various relaxation techniques will be taught to support the body on all levels.

KEYS TO POSTURE AND BALANCE

Thursdays, March 4 and 11

2:00pm-3:00pm

\$10 per class –take one or both classes.

Registration Required

Presented on Zoom for participation by Computer, Tablet or Smartphone.

It is extremely important to maintain good posture to support our health and minimize structural discomforts. In the aging process, alignment and balance can become challenged. This class will give foundational guidelines to maintain postural alignment and increase balance efficiency.

Michelle P. Carlino, is certified in multiple styles of yoga, wholistic wellness, and is a foot reflexologist and chair yoga practitioner.



GOLDEN YOGA

Wednesdays, beginning

February 3, start anytime.

3:00pm- 4:00pm

\$40 a month or \$10 per class

Registration Required

Presented on Zoom for participation by Computer, Tablet or Call-in by phone.

Instructions and link to join, sent after you register.

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

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



AARP SMART DRIVER COURSE

This class is offered ONLINE only till at least April 2021.

Visit www.aarpdriversafety.org to register today.

This new and improved online driving review program is designed for adults fifty and older who want to develop safe, defensive driving techniques. Completion of online course 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 DRIVERTEK

Thursday, February 4 - 11:00am - 12:30pm - FREE

Registration required.

Space is limited: Deadline to register is

Friday January 29th.

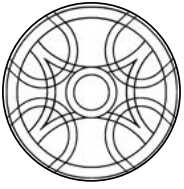
Presented on Zoom for participation by Computer, Tablet or Call-in by phone.

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!



Updated resources with contact information and website links are posted regularly on the Center's Community Resources Page online here:

www.chestnuthillpres.org/center-on-the-hill/community-resources



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

The Presbyterian Church of Chestnut Hill
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FORT
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PA #33



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 mсаavedra@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.