

AT THE *center* OF THINGS

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

winter 2023

HAPPY NEW YEAR! The Center on the Hill welcomes winter by continuing to offer a wonderful assortment of **in-person** activities, as well as a few things you can enjoy **online from home!**

When in person we are following all current recommended guidelines and precautions from the CDC and the City of Philadelphia including **class and group size limits** to allow for social distancing. I recommend that you register early for things you want to attend as classes and events will likely have a wait list. But if you discover you cannot attend something you have registered for, please remember to contact the center to let me know so I can contact someone on the waitlist to take your spot.

We are still sharing new online content such as fitness videos, lectures, virtual tours, crafts, games, and more, on Mondays - Thursdays at Noon on our programs page here: www.chestnuthillpres.org/center-on-the-hill/programs for you to enjoy at home as well.

Programs to look forward to this winter include:

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- **MAKE A MOSAIC PANEL (page 5)** – BACK BY POPULAR DEMAND, after the successful class this fall (where we made the beautiful tile mosaic now installed in the main entrance of the center), Artist and Mosaic Society of Philadelphia member Laura Lyn Stern will teach another tile making mosaic course. The tiles will be used to create a beautiful mosaic panel you will get to take home! No experience necessary. All materials provided.
- **FOOT REFLEXOLOGY (page 9)** – Reflexology is a healing art that recognizes reflex points on the hands and feet that correspond to the internal organs of the body. Learn how applying pressure to specific areas using thumb techniques result in stress reduction and increased energy.
- **KNOW BEFORE YOU GO (page 9)** – Join Sharon Major, Director of Community Marketing from Prestige Healthcare, for a lively discussion on different levels of care from hospitals, ERs, and Senior Community Centers to Continuing Care Retirement Communities. Bring your questions, we will have answers.
- **ZUMBA GOLD (page 13)** – This popular Latin dance inspired workout combines the enticing world rhythms of Zumba with the strength-training techniques of the Zumba Toning Program, creating an easy-to-follow, health-boosting dance fitness program for active, older adults, as well as beginners.

I hope you had a very merry holiday season and New Year, and will be able to join us this winter at the Center. I look forward to a vibrant year ahead, and I wish you all continued good health and happiness in 2023 and beyond.

Sincerely,

Mariangela Saavedra
Director, Center in the Hill



Registration is required for all Events, Classes, Lectures and Workshops you want to attend.
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/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 12
Chris Petrak
Philadelphia and the Birth of American Ornithology

The City of Philadelphia played a leading role in the political, cultural, and commercial development of the young United States. Less well-known is the role the city played in scientific studies. This program will look at Philadelphia's scientific contribution through the work of Alexander Wilson (the father of American Ornithology), and John James Audubon. The city provided the atmosphere and resources for these two remarkable, self-taught naturalists to make a distinctly American contribution to science, and to bring American science to the attention of the people of the United States and to the leading scientists of Europe. A richly illustrated history.

Chris Petrak, a native of Detroit, studied at Wayne State U. and Princeton Seminary. He lived for 20 years in a 200 year old farm/village home in southeastern Vermont where he spent as much time as possible watching, studying, and photographing birds in the fields, forests, back roads, and mountain trails of the Green Mountain State. He became "the bird man" as he wrote a column for local newspapers about his birding experiences and research and was a popular speaker for many groups and organizations in Vermont. He has published three books on birds and birding: Tails of Birding, More Tails of Birding, and Wise Guys. Chris continues his birding activities from his home in Roxborough.

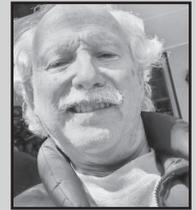


March 9
Eric Gershenow
The Science Behind Creating a New Medication

Learn the science behind developing pharmaceutical therapies, from conception to commercialization, and the different pathways by which these therapies are designed to treat illness. The different types of drug modalities will be presented that include mono-clonal antibody therapies, to emerging technologies such as gene therapies and RNA/ DNA based treatments and the challenges to manufacturing these therapies at commercial scale to make them accessible to the public. Join us as we explore this ever changing and fascinating industry and the impact on our society.

Eric Gershenow has a Bachelor's degree in Chemistry with a 20+ year history working in the biopharmaceutical industry, currently operating as Director of API Development and Manufacturing at Iveric Bio based in New Jersey.

February 9
Eric Corson
Reaching Beyond Prison Walls



Eric joins us to discuss his book "Reaching Beyond Prison Walls: Stories of Volunteer Visitors and the Prisoners They See", that was published in 2021. A 44 year resident of Germantown, he spent decades visiting 110 of the nation's 122 federal prisons and running the nonprofit organization, Prisoner Visitation and Support (PVS). Upon retiring in 2017, Eric went on a two and a half year nationwide "Farewell tour" to thank volunteer prison visitors, interviewing over 100 of them, then spending over four months editing their stories, along with prisoners stories for his book. He will be discussing these stories and leading the conversation about the importance of the work he has done with PVS and what continues to be done.

Born in Minnesota, Eric Corson grew up in Queens, New York. He majored in music at NYU and taught instrumental music in New York public schools for three years. In 1967, while the Vietnam War was raging, Eric applied for conscientious-objector status and received it. So instead of serving in the military, he was allowed to do two years of alternative service working with the American Friends Service Committee in Columbus, Ohio. In that job, he visited many young men who were in prison for refusing to fight in Vietnam. Eric came to Philadelphia in 1977 to take over the directorship of PVS, which is headquartered here, overseeing about 400 volunteer visitors who come from all walks of life. He and his wife have been members of the Green Street Meeting for over 30 years.

AFTERNOON MOVIES

1:30pm

\$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 26 showing "Elvis"**

The 2022 biographical musical drama film directed by Baz Luhrmann. The film follows the life of rock and roll icon, singer, and actor Elvis Presley, told from the perspective of his manager, Colonel Tom Parker, whose financial abuse of him is a major focus of the film. It stars Austin Butler in the title role with Tom Hanks as Parker.

Thursday, February 23 showing "Cyrano"

The 2021 musical romantic drama film based on Erica Schmidt's 2018 stage musical of the same name, itself based on the 1897 Edmond Rostand play *Cyrano de Bergerac*. The film stars Peter Dinklage, and Haley Bennett. Too self-conscious to woo Roxanne himself, wordsmith Cyrano de Bergerac helps young Christian nab her heart through love letters.

Thursday, March 30 showing "Downton Abbey"

The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century. The film, set in 1927, depicts a royal visit to the Crawley family's stately home in Yorkshire. As royal staff members descend on Downton, an assassin has also arrived and attempts to kill the monarch. The Crawleys and their servants are pitted against the royal entourage, including the Queen's lady-in-waiting, who has fallen out with the Crawley family, especially the Dowager Countess, over an inheritance issue.



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).

COMMUNITY LUNCHEON

Tuesdays, January 31, and March 28

12:00pm

\$12

Registration Required by Fridays 1/27 and 3/24.

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, including proof of vaccination, gathering size limits, and social distancing practices.*

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

LET'S PLAY BINGO

Tuesdays, January 24 and February 14

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 health care organizations in the area. Meet some new people, and have fun! Bingo is back at the Center this Winter!

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

Thank you!

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

“SOUL” LINE DANCING

Thursdays, January 19 & 26, February 16 & 23,
March 23 & 30
1:30pm- 2:30pm
(The last 2 Thursdays of the Month)
\$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” (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.

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

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.

LEARN TO PLAY RUMMY TILES

Wednesday, January 25
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 in May 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.

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.

BRIDGE – OPEN PLAY

Thursdays, join at any time, ongoing
10:00am-12:30pm

Registration Required

\$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”.

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Thank you!

MAH JONGG 101

Mondays, January 23- March 13

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.

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.

MAH JONGG 201

Wednesdays, January 18- March 8

1:00am- 3:00pm

\$109 for 8 Week Class

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

For the serious player who would like to advance their Mah Jongg skills, this class offers an opportunity to gain insight into playing strategies and the finer points of this fascinating and challenging game. The focus remains on fun and meeting players with the common goal of elevating their skill level. Prerequisites include possessing an understanding the basics of play and the possession of a current year NMJL Mah Jongg card (preferably large print).

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

Registration Required.

\$2



MAH JONGG - OPEN PLAY

Wednesdays, join any time

1:30-3:30pm

Registration Required.

\$2

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. with the game to play without formal instruction.

CLASSIC 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. 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, Battleship, Mystery Date or Monopoly.



MAKE A MOSAIC PANEL

Tuesdays, March 7- 21 (3 Class Session)

1:00pm- 4:00pm

\$55

Registration Required. Space is Limited!

All Materials provided.



In this class, students will design, sculpt, glaze and set a 8"x8" bas relief mosaic "puzzle" using the bas relief method of tile making. Selection of Imagery is up the individual, but should include opportunities to create bas relief and textural areas. Consider using a favorite photo, design or sketch as your inspiration for your mosaic.

Please come to the first session with an idea for your panel, sized (printed out, black and white) to 8"x 8" (I am happy to help you select your image and get it to the correct size prior to the first class, reach out through email). All levels of experience welcome! All materials provided!

Session #1, 3 hours: Outline design onto plastic sheeting, roll out slab, transfer design. Use bas relief and texture to create image. Cut panel into puzzle pieces (while wet clay).

Session #2, 3 hours: Use underglazes to decorate your mosaic puzzle.

Session #3, 2 hours: The glazed pieces will be adhered to the wood substrate and will be grouted to complete the project.

Presented by Mosaic Tile Design Artist- Laura Lyn Stern from the Mosaic Society of Philadelphia. www.LauraLynStern.artspan.com

art EXHIBITS



The "Gallery" is open for viewing Monday-Friday 10am-4pm daily. All exhibits will follow gathering size limits, with appropriate protocols in place for comfortable social distancing.

JANUARY – KAREN LIEBMAN - *Watercolor*

Karen earned a BA in Art from Temple University. For many years she concentrated on watercolor, but she also loves to experiment with different media and techniques. She loves to travel and to paint landscapes inspired by her travels. Karen paints in a loose and painterly style, finding compositions that excite her, and she hopes that you also feel that excitement. Her work has been accepted into many juried art exhibits, and has won a number of awards. She is a member of the Art Center at Ambler and ARTsisters. She is also a docent at the Michener Art Museum, an experience that has enriched her art and her life.

FEBRUARY – JOY FINE

"Little Things Mean A Lot" - *Mixed Media*

Joy Fine, a native Philadelphian, received a Bachelor of Fine Arts degree (BFA) from the Philadelphia College of Art, followed by graduate courses at Moore College of Art and Design.

Her career includes 10 years as a television artist and teaching a children's class, "Painting with Joy", at the Abington Township Library. Additionally, she spent 30 years as a docent at the Philadelphia Museum of Art. She is represented at the Gathering Art Gallery and Boutique in Doylestown, Pa. "The paintings in this show are personal statements that evoke emotion in me. Inspiration comes from old magazines and photos as well as places I've visited and loved. My watercolors and acrylics capture the subjects' flavor by combining naturalistic and abstract imagery. Currently, I am working on yupo paper with alcohol based colored inks...very challenging and exciting" --Joy Fine

MARCH – DEBS BLEICHER - *Mixed Media*

I started sketching and creating designs when just a toddler with encouragement from my Mother, who amiably offered me the dining room wall on which I could draw to my heart's content. In 2003, I began painting after focusing on ceramics while a student at The Tyler School of Art and Architecture. I've worked in collage, mixed media and exclusively in water based mediums: watercolor, acrylic, house paint, tempera, inks and gouaches they can be combined easily. The Main Line Art Center is where I attend classes, and have taught art in the Philadelphia School district as well as collage workshops for adults. I have been in solo and group shows and other venues such as Post and Art For the Cash Poor. The Accent Gallery in Ocean City sold my work before it went out of business.

FUN WITH WATERCOLOR TECHNIQUES

Fridays, February 24- March 17

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.

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.



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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, February 28- March 28**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!

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.

ITALIAN CONVERSATION*Mondays, ongoing**10:30am – 11:30am**\$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.

STILL LIFE BASICS*Fridays, March 24 – 31**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.

MAKING ART MAKES US SMARTER: PASTELS*Thursdays, February 23- March 23**1:30pm- 3:30pm**\$110 for the 5 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 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.

WINDOWS 10 MADE SIMPLE

Tuesdays, January 17- 31 (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.



INTRO TO MICROSOFT EXCEL

Tuesdays, February 7- 21

(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, March 21- April 4

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.

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.

NAME THAT TUNE

Tuesday, March 28

11:00am- 12:00pm

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!

Instructor Michael Kraus 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.



BASICS OF AN ANDROID PHONE

Wednesdays, February 1 - March 8

Orientation Class on Wednesday

February 1

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.

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

Thank you!

KNOW BEFORE YOU GO- A SENIOR'S GUIDE TO NAVIGATING HEALTH NEEDS

Thursday, January 19
11:00am- 12:00pm
FREE

Registration required.

Presented in person and recorded to be streamed online the following week.

As our loved ones age, they may start to need just a little extra care or help with their daily tasks. In some cases, seniors may need full-time care due to an advanced illness or an accident that left them unable to care for themselves. Join Sharon Major, Director of Community Marketing from Prestige Healthcare, for a lively discussion on levels of care from hospitals, ERs, Senior Centers to Continuing Care Retirement Communities. Bring your questions, we will have answers.

FOOT REFLEXOLOGY

Wednesday, January 25
1:00pm-2:30pm
\$25

Registration Required.

Reflexology is a healing art that recognizes reflex points on the hands and feet that correspond to the internal organs of the body. Applying pressure to specific areas using thumb techniques result in stress reduction and increased energy. Learn how to give a foot massage/reflexology treatment and receive one in return. Bringing a partner encouraged but not required to participate in the class.

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 in Our Lady of Lourdes Wholistic Yoga Teacher Training since 1992. She is a foot reflexologist and chair yoga practitioner.

HEALTHY LIVING FOR THE BRAIN & BODY

Thursday, February 23
11:00am- 12:00pm
FREE

Registration Required.

For centuries, we've known that the health of the brain and body are connected. Now science is able to provide insights into how to make lifestyle choices. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and how to incorporate these recommendations into a plan for healthy aging.

Presented by the Alzheimer's Association

CALIFORNIA HERE WE COME! TRAVEL TALK

Thursday, January, 26
11:00am- 12:00pm
FREE

**Registration Required.**

Presented in person and recorded to be streamed online the following week.

Stop by for another Travel Talks with Lyn. We will be exploring some of the best that California has to offer. There are activities you will enjoy if you have an extended layover, adding a long weekend from another adventure or planning a week-long visit.

Highlights will include:

- 5 Day Drive Along the California Pacific Coast Highway – Muir Woods and Bolinas, Bodega Bay, Point Arena, Mendocino and Fort Bragg
- San Francisco - Pier 39 and the sea lions, Napa Valley and Alcatraz Island
- Los Angeles – More than beaches visit museums, amusement parks and TV tapings.

THE LOCKDOWN IS OVER, but my anxiety lingers on. What can I do?

Thursday, March 2
11:00am- 12:00pm
FREE

Registration Required.

Presented in person and recorded to be streamed online the following week.

Older individuals were already at risk for loneliness and depression pre-pandemic, and then came the public health restrictions of Covid-19. It's been three years since the pandemic began, and most public health restrictions have been lifted. But many of us have not experienced a full return to 'normal'. We may have noticed declines in our physical condition and mobility, or we may admit to anxiety about returning to some of the activities we loved pre-pandemic. I have friends who won't go into a movie theater, and others have eliminated certain activities from their lives because they don't want to drive on an expressway or get on a train. Still others admit to not feeling ready to leave their homes. But, you may say to yourself, 'I'm three years older. Isn't this just normal aging?'. Results of research already conducted suggest that the psychological effects of public health restrictions rather than normal aging are believed to be at the root of some of this decline or disruption of our social rituals, and the incomplete restoration of our former behaviors.

Please join us as Judy Dorshimer and Kim Sloan return to begin a conversation about the lingering social and psychological effects of living through Covid-19 three years later.

This presentation is sponsored by Human Touch Home Care, LTD.

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.

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.

WEDNESDAY DIABETES & NUTRITION CLASS

First 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. Each month we discuss the basics of living with diabetes, and the latest nutrition research findings are also explained and related to improving our everyday lives. Come join us!



DIABETES & NUTRITION COOKING CLASS

Second Wednesdays of the month,

Ongoing

1:00pm - 2:00pm

FREE

Registration Required

Space is limited. 10 participants only.

Come Join Kirsten in the kitchen for fun recipes that teach even beginner cooks some basic skills to create Healthy, Delicious and Budget-friendly lite meals. We will use some of the wide variety of now-delicious plant-based proteins as well as traditional animal proteins to make stir fry, pesto, hummus, many quick sauté recipes with greens, onions, peppers and other vegetables plus fruits! We will sample different products and try different smoothie recipes too. With home-cooking we are in control of what is in our food to help reduce symptoms of chronic disease like diabetes, obesity, heart or kidney disease, cancer or GI issues. Come join the fun!

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).

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

STRONG BONES EXERCISE CLASS

Session 1: Tuesdays, January 10- February 14

Session 2: Tuesdays, February 28- April 4

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.

FUN RETIREMENT

Thursday, February 2

11:00am – 12:00pm

FREE

Registration Required.

Presented in person and recorded to be streamed online the following week.

Thinking about retirement is exciting and we all cannot wait until that day arrives. Although sometimes without real planning, retirement may not be exactly what you dreamt about. After you settled your expenses and the how to live on your fixed income—the fun can really begin. However, financial planning is necessary before you leave work for that last wonderful day with your box of treasures and flowers given to you after your retirement party. We will assume that you have evaluated your finances, and all is good. Your first retirement wake up day begins. You sleep in, have that wonderful first cup of coffee, and stay in your PJ's and then WHAT? That is the fun of retirement. You plan it and enjoy. Suggestions of fun things to get involved with will be shared, so sit back and relax, enjoy the cruise!

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

**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?



GRIEF SUPPORT GROUP

*Mondays, January 24 & 31, February 7 & 28 and March 7 & 28
1:00pm-2:00pm Free*

Registration required.

*Limited number of participants for in Person 10 Max.
Group is closed to new members after January 31st*

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.

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
Phone.*

Registration Required

*For more information, or to register
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.

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.



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ZUMBA GOLD*Wednesdays, January 18- March 8**11:00am- 11:55am**\$80 for 8 weeks, or \$10 per class***Registration Required.**

What's Zumba Gold? Zumba Gold combines the enticing world rhythms of Zumba with the strength-training techniques of the Zumba Toning Program, creating an easy-to-follow, health-boosting dance fitness program for active, older adults, as well as beginners. You are welcome to bring your own 1-2 lbs weights to build strength and tone all target zones.

Karen Taylor-Young has more than 35 years of experience in dance, and currently teaches dance and choreographs in Philadelphia and neighboring communities. In February Karen will be celebrating 13 years teaching Zumba.

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.

**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.



BEGINNING T'AI CHI YANG STYLE

Wednesdays, January 18- March 22

10:00am – 11:00am

\$119 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 18- March 22

11:15am-12:15pm

\$119 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 18- March 22

12:30pm-1:30pm

\$119 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.

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



AARP SMART DRIVER COURSE

Monday and Tuesday, January 30 and 31
10:00am-2:00pm (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

Monday, March 13

10:00am – 2:00pm (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 DRIVETERK

Monday, February 6

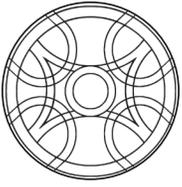
10:00am- 11:30am

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*

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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.

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