

AT THE *center* OF THINGS

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

winter 2026

Happy NEW YEAR!! Registration for all our WINTER activities **begins Monday, January 5, 2026 at 10am!** Group size limits are still in effect for all our activities, so please remember if you register for something you discover you can no longer attend, please be sure to contact the center so we can offer your spot to someone on the wait list for that class or event.

New fitness videos, lectures, virtual tours, crafts, games, and more, are posted online Mondays - Thursdays at Noon on our programs page here: www.chestnuthillpres.org/center-on-the-hill/programs for you to watch from home when you can't make it out to the center.

Some of the programs I am pleased to offer this WINTER include:

- **A VALENTINES DAY MUSICAL CABARET (page 3)** – Rachel DeMasi returns to perform a compilation of wonderfully timeless songs that were made famous on the radio, in various films, TV shows and Broadway Musicals. Ranging from the 1930-1990s Rachel has handpicked some of her favorite Love Songs to share with you.

- **ASK THE CHIROPRACTOR with DR. DAWN CUTE (page 13)** – You will be scheduled a 15-minutetime slot for one-on-one time to ask Dr. Dawn Cute any and all questions about your health and wellness journey, including a spinal evaluation, postural exam and mini chair massage.

- **TAI CHI MOVES FOR BONE HEALTH AND FALLS PREVENTION (page 14)** – Elissa offers a joyous class this Winter that is designed for those of us with arthritis and/or osteoporosis. Her 6-week session will include an excellent set of warm-ups that you'll love doing daily--invigorating Qigong breathing exercises, and safe, flowing, and soothing tai chi movements.

- **FOOT REFLEXOLOGY (page 11)** –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.

- **TRAVEL TALK: CRUISING 101 (page 5)** – This informative session will provide an overview of the many cruising options available today. Participants will learn the differences between ocean and river cruising, explore the advantages of group versus solo travel, and gain insight into accessibility features that make modern ships comfortable and inclusive for all travelers.

Have a happy and healthy start to your new year, and I look forward to seeing you soon at the Center!

Sincerely,
Mariangela

Mariangela Saavedra
Director, Center on the Hill



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FORUM ON THE HILL

Presented at 12:30pm on the 2nd Thursdays of the month, in person in Widener Hall, and recorded and posted online the following day to watch here: <https://www.chestnuthillpres.org/education/forum-on-the-hill/> *Brown Bag Lunches welcome, light refreshments served. A \$5 donation is requested. **Registration required to attend in person.**



January 15
Jim Murphy
Real Philly History, Real Fast

Get answers to these questions:

- What is the Philadelphia Eagles connection to the U.S. Custom House?

- Where did the Acadians live in Philadelphia?
 - Who may have been Philadelphia's first nude model? (He was a Founding Father)
 - What Philadelphian has more than 40 towns, seven counties and five naval ships named after him?
 - Where was the Liberty Bell secretly damaged?
- Find out what Jim Murphy learned during 11 long years of writing his popular book "Real Philly History, Real Fast". You'll leave this program knowing far more about Philly than you did before ... Jim guarantees it. And he has a special bonus for you at the end!

A longtime resident of Philadelphia, Jim Murphy is a certified tour guide who does frequent in-person and online presentations on "The Amazing Success of William Penn." A copywriter and former creative director at Devon Direct Marketing and Advertising, he has owned a marketing communications business since 2004 and was the editor of Choices, an award-winning magazine published by the Franklin Mint Federal Credit Union. He has been researching Philadelphia history since 2010.



February 12
Thomas H Keels
Ladies of the Street

One of the few bright spots of the Sesqui-Centennial was the High Street of 1776, a recreation of a Federal-era Market Street lined with 22 reconstructions of vanished historic structures, from William Penn's Slate Roof House to the Jefferson Declaration House. Created by the Women's Committee, the Street of 1776 was the Sesqui's most popular single attraction, and one of the few to turn a profit. Other popular attractions created by women included Sulgrave Manor, a replica of the ancestral English home of

the Washington family. In this talk, Ladies of the Street, we will discuss how Philadelphia women defied the corrupt Republican Organization to create some of the fair's most memorable monuments.

Tom Keels is a lecturer, writer, and commentator specializing in Philadelphia history and architecture. He is the author or co-author of seven published books including *Sesqui! Greed, Graft, and the Forgotten World's Fair of 1926*; *Wicked Philadelphia: Sin in the City of Brotherly Love*; *Forgotten Philadelphia: Lost Architecture of the Quaker City*. He has spoken to many of Philadelphia's leading cultural and historical organizations, including the American Institute of Architects (Philadelphia chapter), American Revolution Roundtable, Chestnut Hill Historical Society, and Curtis Institute of Music. For many years, Tom was a Contributing Writer for the Rittenhouse Sq. Revue, writing monthly articles on Philadelphia landmarks and lore.



March 12
Tom Weiner
In Defiance: 20 Abolitionists You Were Never Taught In School

This talk will bring to light the often-suppressed stories of those who risked everything to end enslavement. Profiling Black and white men and women, this presentation will highlight their courage, activism, and unwavering commitment to freedom. Through vivid vignettes, including their own words, their struggles and sacrifices come to life. Amid ongoing efforts to erase history, these stories serve as a powerful corrective—meant to challenge, inspire, and ignite action. Co-author Tom Weiner, will share his perspectives into the narrative, emphasizing the importance learning from the past.

Tom Weiner is a Northampton-based writer, educator, and anti-racism activist who taught for 40 years at Smith College Campus School and co-facilitated workshops on developing healthy boys. He also initiated efforts for a Reparations Commission in Northampton, MA.

AFTERNOON MOVIES

1:30pm

\$2

Registration Required

Are you looking to see a movie in a relaxing setting with easy parking and no long lines? Join us for an enjoyable afternoon at the movies. Popcorn and Water provided. Bring your own snacks welcome!

Movie dates and shows:**Thursday January 29**showing: **Freakier Friday**

Years after Tess and Anna endured an identity crisis, Anna now has a daughter of her own and a soon-to-be stepdaughter. As they navigate the myriad challenges that come when two families merge, Tess and Anna discover lightning might indeed strike twice. Starring Jamie Lee Curtis and Lindsey Lohan.

Thursday February 26showing: **Downton Abbey: The Grand Finale**

When Mary finds herself at the center of a public scandal and the family faces financial strife, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future. Starring Michelle Dockery, Hugh Bonneville and Elizabeth McGovern

Thursday March 26showing: **Looking Through Water**

William McKay's successful New York executive career is in ruins after a shocking betrayal. Called by his estranged father, William travels to Belize for a father & son fishing tournament that reopens old wounds and sparks new understanding. Decades later, William recalls that pivotal trip as he tries to connect with his angry, distant grandson. Starring Michael Douglas and David Morse.

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A VALENTINES DAY MUSICAL CABARET

Monday, February 2

11:00am-12:00pm

\$5

Starring Rachel DeMasi

Light Refreshments Served.

Registration Required.

Rachel DeMasi returns to perform a compilation of wonderfully timeless songs that were made famous on the radio, in various films, TV shows and Broadway Musicals. Ranging from the 1930-1990s Rachel has handpicked some of her favorite Love Songs to share with you. Before each song you will find out a fun fact or two about the song you may or may not already know and singing along is encouraged!

Although she is a St. Louis native, Rachel has been proud to call the North East her home for the last 9 years. She is a professional actor and singer in the Philadelphia area and based in South Jersey. She is a proud member of the largest all-female comedy troupe in the country The Washing Well Wenches- specializing in improvisational performance and parodies- seen at the PA Renaissance Faire. When she is not on the stage, Rachel is the owner of a small business where she sings for residents at local assisted living and retirement communities.

TRIVIA

Monday, February 2

1:00pm- 2:00pm

\$2

Registration Required

Prizes and refreshments provided!

Join us for entertaining themed games of Trivia at the Center. Give your brain a workout, learn something new, meet new people, and have a lot of fun! The theme for **February** is: **Honoring Black History Month: Firsts, History, Literature, Music, Sports.**

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

SPECIAL EVENTS and FOR YOUR INTEREST AT THE *center* ON THE HILL

COMMUNITY LUNCHEONS

Tuesdays, January 27, February 24, March 31
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. Our Community Sponsors provide delicious desserts, fun raffle prizes and more. We'd love to see you there!

LET'S PLAY BINGO

Tuesday, February 10
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!

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 Video

Wednesdays

New Virtual Tour Link/
Video

Tuesdays

New Watch &
Learn Video

Thursdays

New Craft or Activity
Link/Video

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**"SOUL" LINE DANCING
SPRING FLING**

Thursday, March 26
1:30pm- 3:30pm
\$10

**Registration Required.
Space is Limited!**



Join instructor Gloria Kingcade, Master "Soul" Line Dance Teacher with More than 2 Decades of Experience, as she leads this fun Line Dancing Party at the Center this March! Dance to R&B, Jazz, Hip-Hop, the "Philly" Sound, classic oldies, the latest soul favorites, and more. No previous line dancing experience necessary! Plus there will be fun surprises, great music and good times! You won't want to miss it!

"SOUL" LINE DANCING

Thursdays, January 22 & 29, February 19 & 26,
March 19

1:30pm- 2:30pm

(Typically 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.

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



HORTICULTURAL THERAPY WORKSHOP

Tuesdays, January 20, March 24
1:30pm- 2:30pm
FREE

Registration Required.

Join Well Rooted HT to create your own unique botanical décor to take home! This horticultural therapy session also includes: Herbal tea, Aromatherapy and Hand massages. This class will blend the healing properties of nature with gentle movement, elements of aromatherapy, and touch therapy to reduce stress and encourage relaxation in a fun, safe space.

Kaitlyn Whalen is a resident of Mt. Airy, Philadelphia and owner of Well Rooted HT, which has been providing horticultural therapy private and group sessions since 2023 after completing the Horticulture Therapy Certificate program at Temple University. Formerly in biotechnology, Kaitlyn leverages her scientific background to create her workshops.

TRAVEL TALK: Cruising 101- Finding Your Perfect Cruise

Thursday, March 5
12:30pm- 1:30pm
FREE

Registration Required.



This informative session will provide an overview of the many cruising options available today. Participants will learn the differences between ocean and river cruising, explore the advantages of group versus solo travel, and gain insight into accessibility features that make modern ships comfortable and inclusive for all travelers. Whether you are planning your first voyage or have cruised before, this presentation will offer valuable guidance for selecting the cruise experience that best fits your interests and needs. The session will conclude with a lighthearted "Cruise Bingo"

Presented by Lyn Thompson-Giles from Travel Designed by Lyn.

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FOR YOUR INTEREST AT THE *center* ON THE HILL

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 28
10:30am-12:30pm
FREE

Registration Required.

Rummy Tiles (aka Rummikub) is one of the world's best-selling and most-played games. Players take turns placing numbered tiles in runs or groups, Rummy style - the first player to use all of their tiles wins. Fast-paced, easy gameplay for 2 to 4 players, combining elements of the card game rummy and mahjong. Come learn how to play and then return 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.

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

NAME THAT TUNE

Tuesday, March 24

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.

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

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

LAUGH OUT LOUD- AN IMPROV COMEDY CLASS

Monday, March 9

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! Take ONE or BOTH classes! Come laugh out loud with us!!

Instructor Mariangela Saavedra has been working in Theater for 28 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 worked for the Tony Award winning Victory Gardens Theater in Chicago, The Kimmel Center in Philadelphia and was the Director of Drama and Voice at Cape Fear School of the Arts in Wilmington North Carolina. She has been teaching theater classes for adults and youth since 2016 and has directed many plays on local stages in the area over the last 16 years.

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!



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.

MAH JONGG – OPEN PLAY

Tuesdays, join at any time
12:30pm – 2:30pm

\$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.

FRENCH CONVERSATION

Thursdays, start at any time
1:30pm - 3:00pm

\$2 per session
Registration Required



Whether you are refreshing your high school/college French, taught the language yourself, or have maintained fluency through travel, tutors and classes, you will be welcomed. The group sets its own pace and agenda.

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UNO DOS TRES - VERY BASIC SPANISH

Thursdays, January 22- February 26
11:30am- 12:30pm
\$74



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

Have fun with your friends and neighbors by learning common Spanish words and phrases. We will play games, listen to music, and focus on greetings and introductions. This class is for the ultimate beginner, with no Spanish knowledge.

Megan Do Nascimento is a Mt. Airy resident who is trilingual in Spanish, English and Portuguese. Megan lived in Spain, works in International sales and has travelled extensively throughout the Spanish-speaking world. Megan is passionate about immigration issues and dedicated some of her time doing work in Matamoros, Mexico with Team Brownsville.



FUN WITH WATERCOLOR TECHNIQUES

Fridays, February 6-27
10:00 AM to 12 NOON
\$89.00 for the 4 Week session.

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

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.

WATERCOLOR AND DRAWING FOUNDATIONS

Tuesdays, February 3-24

1:30 PM to 4:00 PM

\$110 for 4 weeks.

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

Join in the fun of learning how to handle materials and processes 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 do a few projects together with plenty of hands-on instruction. The class welcomes newcomers as well as those who want to brush up on their skills!!



WATERCOLOR AND DRAWING FOUNDATIONS-LEVEL 2

Tuesdays, March 10-31

1:30 PM to 4:00 PM

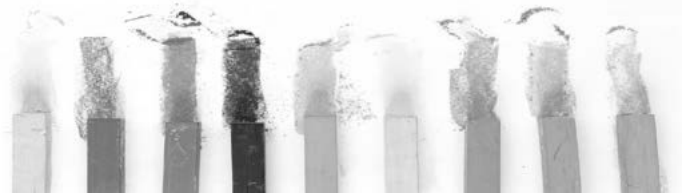
\$120 for 4 week class.

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

This course is for those who have taken Watercolor & Drawing Foundations with Marcia, or for those who would like to take Level 2 again. Our projects vary from season to season and will primarily focus on advanced color mixing, brushwork and the handling of edges. We will expand the basic primary palette used in Watercolor & Drawing Foundations to learn more about the specific characteristics of watercolor. Our projects will include still life, landscape, or any other subject which inspires us!

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.

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



MAKING ART MAKES US SMARTER: PASTELS

Wednesdays, February 18- March 18

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.

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.

art EXHIBITS



The "Gallery" is open for viewing
Monday-Thursday 10am-4pm
and Fridays 10am-2pm.

JANUARY – THE JOINED HANDS ARTISTS COLLECTIVE MIXED MEDIA

Meet the Artist Reception:

Friday, January 9
3:00pm- 7:00pm
FREE, Light Refreshments Served.

The Joined Hands Artists Collective was founded in 2012 by Elke Hildegard Muller, with three other members of the Fellowship of Quakers in the Arts. Over the years we have had 15 members, with three of the original four members still active in the collective. We are all Quaker or Quaker-friendly artists who create through various media: art quilts, fiber art, painting, photography, ceramics, mixed-media, book arts, and literary arts. Our collective meets monthly to share our works-in-progress with one another, to teach each other skills, and to attend events. Members featured this month are Elena M. Aldrete, Lynda Grace Black, Gloria Gammage Davis, Roz Dutton, Asake Denise Jones, Rebecca Jane Hoenig, Gail Lloyd, Ruth A. Seeley, Jesse White, and Maura Williams.

FEBRUARY – GARY REED PHOTOGRAPHY

Gary is an award winning professional Photographer and author of January First, The Philadelphia Mummers. He is a resident of Germantown, and his works have been seen in the Imperfect Gallery as well as galleries all around Philadelphia. Other Photo projects include PhotoWalk Germantown and The Lost Centennial. On display at the center this month will be some of his newer and past works.

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you want to attend. Thank you!**

MARCH– ELENA M. ALDRETE, JOHN A. ALDRETE, DIANE JORDAN BJORNSTAD MIXED MEDIA

Meet the Artist Reception:

Friday March 13
4:00pm-7:00pm
FREE, Light Refreshments Served.

John A. Aldrete is a photographer and founding member of NW Photography Club in the Germantown section of Philadelphia, PA. John will exhibit giclee prints of photographs he took his first return trip in 2025 to his birth country, Peru.

Elena M. Aldrete, John Aldrete's elder sister, last exhibited a solo show of her work at this gallery in January 2024 "Sussuros de Mi Vida" ("Whispers of My Life"). In honor of her brother's photographs and of indigenes peoples, she will offer an assortment of her prints, paintings and ceramic pieces inspired by pre-Columbian images.

Diane Jordan Bjornstad, received an CE certificate from PAFA in 2021. An Expressionist painter, she has exhibited in both PA and NJ. She has been a painter for 20 years and is a member of the Tri-State Equity, Wayne, PA. Diane's exhibit will include a selection of her expressive figurative acrylic/oil paintings which often reflect her deep understanding of the human condition.

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CREATE YOUR WEBSITE WITH WORDPRESS

Tuesdays, February 17- March 3 (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. We will also explore Templates, Page Builders and the impact of AI on website creation. Please bring a laptop (Mac or PC).

WINDOWS 11 MADE SIMPLE

Tuesdays, March 10-24 (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 11 is a Microsoft operating system for personal computers. 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. Students will need to bring their own laptop with Windows 11 installed.

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.

EXPRESSIVE COLLAGE

Fridays, March 20 & 27
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.

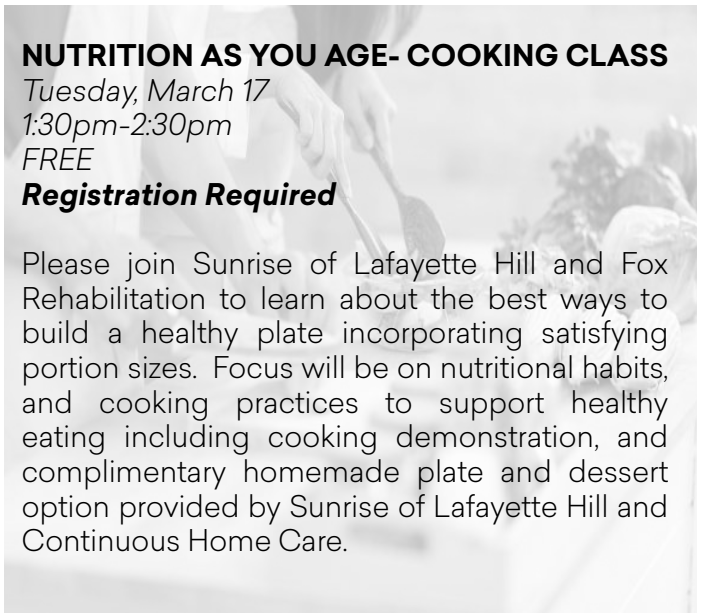
Rebecca Hoenig has been an active artist and teacher for over thirty years. She has taught at numerous locations including The Philadelphia Museum of Art, Fleisher Art Memorial, Abington Art Center, Main Line Art Center, and Mount Airy Learning Tree of Art in Philadelphia. Alex is an accomplished artist who exhibits at the Chestnut Hill Gallery and has held several of his own local exhibits.

NUTRITION AS YOU AGE- COOKING CLASS

Tuesday, March 17
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.



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

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).



KITCHEN ORGANIZATION & MEAL PLANNING

Thursday, January 22

11:00am- 12:00pm

FREE

Registration Required.

Learn how to stock your kitchen with plant forward ingredients, save money and time. This is perfect for the person leaning into a more plant forward lifestyle as well as someone just wanting to get a little healthier and cook more at home. Plus Grocery shopping doesn't have to be a headache. You'll learn a few tips and tricks to make meal planning and grocery shopping a fun part of your week, not a chore. You'll also sample a seasonal recipe using what we've learned in class.

About the Instructor: Emily Amarnick has been in love with cooking healthy energizing food for as long as she can remember. Her focus is helping you add more plants to your diet. Emily will always meet you where you're at, and she will help you turn your kitchen into a healing, loving environment. Find out more at <http://mrspleasant.net>.

SHOULD I STAY OR SHOULD I GO?

Thursday, March 19

11:00am- 12:00pm

FREE

Registration Required.

Helping seniors and their families weigh the pros and cons of aging in place versus moving to a senior living community. We discuss key factors such as safety, social engagement, and long-term care needs. Bring your questions!

Presented by Kathleen Brogan from Senior Living Specialists

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HOME SWEET, SAFE HOME

Thursday, March 5

11:00am- 12:00pm

FREE

Registration Required.

Join Dayna Glantz from Stair Ride to learn about accessibility solutions and safety tips for your home. Properly installed grab bars, stair lifts, ramps and more! She will be joined by Phoebe Workman from Brightstar Home Care who will share information about care and safety services in the home to help you understand the scope and costs of what services can be provided for both medical and non-medical situations. Attorney David Reibstein from the Elder Law Center will round out this panel with information on the value and safety net that having a Will and two Powers of Attorney (property and medical) provides. He will also share the pitfalls to avoid when preparing or reviewing your Estate Plan, helping to keep your information and estate safe.

Refreshments and Complimentary chair side chats will be offered following the panel discussion to answer your individual interests.

FOOT REFLEXOLOGY

Monday, March 23

2:00pm- 3:30pm

\$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.

**“BUILDING MUSCLES FOR LIFE”
TIPS TO ENHANCE AGING GRACEFULLY**

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

Registration Required.

Welcome to an Inspirational and Informative Session with Ellen Donovan: Building Muscles For Life. This session is inspired by the chapter she wrote in the book, The Wellness Universe Guide to Complete Self-Care, 25 Tools for Life... She will discuss how exercise will teach you grit, resilience, and the ability to overcome obstacles and show you the value of consistency and the need to push through tough times. How it provides balance in your life and the ability to manage stress and helps you ignore discomfort to find physical, mental, and emotional strength. Plus, how it will change your body and allow you to age more gracefully. Ellen will provide you with the tools you need to begin your own exercise journey. Tools like: goal setting, weekly planning, journaling, rewarding yourself, and how to ignore the mirror and maintain more focus on how you feel than how you look. You don't need to bring anything to this session, other than maybe a pen and paper for notetaking and an open mind. Ellen's goal is for you to walk away inspired to embark on your own exercise journey, with some useful tools to help guide you along the way.

Presented Ellen Donovan a Senior Care Consultant, Certified Dementia Practitioner, and President of One Life Consulting, a boutique firm dedicated to helping older adults and their families navigate the complexities of late-life care while prioritizing their well-being.



AGING IN PLACE GROUP

First Thursday of the Month,
Ongoing (January 8, February 5, March 5)
2:15pm- 3:15pm
FREE

Registration Required.

Join us 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.

**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.

GRIEF SUPPORT GROUP

Mondays, February 2- March 16
(No Class on February 16)
1:00pm-2:30pm

Free

Registration required.

Group is closed to new members after February 9

We acknowledge the value of sharing time and stories with others who have also experienced a loss. Please join us for 7 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 Holli Farrow, MSW. She is a bereavement counselor at Crossroads Hospice & Palliative Care. She has experience in the mental health field as well as grief and bereavement including serving as a grief facilitator/intern at a non-profit children's grief center in Hockessin, DE while getting her master's in social work.

ASK THE CHIROPRACTOR WITH DR. DAWN CUTE

Thursday, February 26

11:00am- 1:00pm (15 min time slots)

FREE – Requested can or boxed food donation for SSJ Food Bank.

Registration Required

Join Dr. Dawn Cute for ASK THE CHIROPRACTOR! You will be scheduled a 15-minute time slot for one-on-one time to ask Dr. Dawn any and all questions about your health and wellness journey, including a spinal evaluation, postural exam and mini chair massage. Space is limited and the schedule will run on time so please plan to be punctual!

Dr. Dawn Cute is a chiropractor practicing in private practice for 28 years. Her office is located in the Roxborough/Andorra area. She is a graduate of Mount St. Joseph Academy and Chestnut Hill College. She loves being involved in her community and teaching others how they and their families can benefit from holistic healing and believes an ounce of prevention is worth a pound of cure.

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.

HEALTH AND WELLNESS AT THE *center* ON THE HILL

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.

TRY OUT CLASS FOR FREE.

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 developed the chair yoga class at the request of the Chestnut Hill Senior Center in 1985. She has created a unique program that integrates posture, metaphors, poetry, seasonal energetic awareness and stories to enhance the basic Integral Yoga approach she teaches.

BEGINNING T'AI CHI YANG STYLE

Wednesdays, January 21- March 25

10:00am – 11:00am

\$129 for ten week session

**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 21- March 25

11:15am-12:15pm

\$129 for ten week session

**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 21- March 25

12:30pm-1:30pm

\$129 for ten week session

**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!



TAI CHI MOVES FOR BONE HEALTH AND FALLS PREVENTION

Tuesdays, February 17- March 24

11:30AM- 12:30PM

\$120 for 6-week class.

Registration Required.

Class size is limited to 10 students

Elissa offers a joyous class this Winter that is designed for those of us with arthritis and / or osteoporosis. Her 6-week session will include an excellent set of warm-ups that you'll love doing daily- invigorating Qigong breathing exercises, and safe, flowing, and soothing tai chi movements. Our work together can help ease or reduce stiffness and pain associated with arthritis while improving your health, balance, and sense of wellbeing. Balance training and mindful movement components will support bone health and help prevent falls as you build your confidence and strength. Both new and returning learners are welcome.

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 (recommended by the CDC) 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 trained with many east and west coast Masters.

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.

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).

STRONG BONES EXERCISE CLASS

Session 1: Tuesdays, January 6- February 10
(No Class on 1/27)

Session 2: Tuesdays, February 17- March 24
(No Class on 2/24)

1:00pm-2:00pm OR 2:15pm-3:15pm

\$72 for each full session. No 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, 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

**MEDITATION PRACTICE:
SHELTER FOR THE HEART AND MIND**

Tuesdays, ongoing--Join Anytime

9:30am -11:00am

\$12 per session

Registration Required.

In these chaotic times it is extremely important to practice brain health through meditation. Components of class: Sitting and Walking Meditation, and a variety of mind/body exercises. Our class motto is: my whole being is healthy, healed and whole. Our goal is to breathe and relax our minds.

David Dimmack, MEd. was trained by Zen master Thich Nhat Hanh for over 35 years.

WELL SPOUSE ASSOCIATION SUPPORT GROUP

The 4th Tuesday of the Month

7:00pm - 8:30pm

By Phone FREE

Registration Required with the Facilitator Brian Rickman to be given the call in phone number. Brian Rickman 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

**AARP SMART DRIVER COURSE**

Monday and Tuesday, March 2 & 3

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.

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, February 17

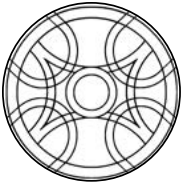
10:00am - 2:00pm (four hours total)

\$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.

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.



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.