

AT THE *center* OF THINGS

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

fall 2020

Fall is here at the Center on the Hill after many months full of strange days and our “new normal”. Shorter days and cooler weather will usher in our re-opening with limited programming I can offer safely in the months ahead. We will also continue to offer new programming online daily as we have since March, Monday- Thursdays on our programs page here: www.chestnuthillpres.org/center-on-the-hill/programs . In addition I will be live streaming online, many of the limited programs that will be offered in person at the center, so that we can still reach people who wish to participate from home.

In order to open I have implemented the following safety protocols for people coming into the Center for activities, and registration will be required for every event, to ensure group limits are adhered to. These protocols are put in place to help protect our staff, instructors and participants alike, and will help provide a safe space for us this fall. Feel free to contact me if you have any questions about these.

WHAT'S INSIDE

SPECIAL EVENTS..... 2-3

FOR YOUR INTEREST 3-4

ARTS AND LANGUAGE..... 5

COMPUTERS AND GAMES... 6

HEALTH AND WELLNESS..... 7-10

DRIVING CLASSES 11

COMMUNITY RESOURCES.. 11

- Masks must be worn inside the Center at all times.
- Registration is required for all classes and presentations.
- Class sizes will be limited. (8-15 participants max based on the activity and space it is in.)
- In person visitors and participants will check in at the front desk for a temperature check, and hand sanitizing before going into the center.
- Contactless hand sanitizers are located at all entrances to the Center and building.
- Participants will be appropriately distanced from each other in spaces that can accommodate social distancing.
- When possible (weather permitting) events and classes will be held outside in the new outdoor tent space in the parking lot.
- UV (virus killing) air filters will be used to sanitize rooms before and after classes and events.
- The entire building's HVAC system is being upgraded with MERV 13 Filters to provide safe ventilation.
- Hand sanitizers will be available in all spaces.
- No space will be used within an hour of another activity concluding in that same space.
- When possible, rooms will not be used more than once per day.
- Sanitizing of spaces will take place before and after each class and event.
- No event, class or activity will last more than 2 hours.

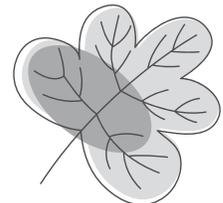
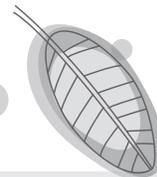


I am pleased to be able to welcome you all back to the Center on the Hill, be it online or in person this Fall with the offerings I have planned. May this season bring you happiness. Stay connected. Stay active. Stay Well.

Sincerely,

Mariangela

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



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

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

SPEAKER SERIES ON THE HILL

Presented at 12:30pm on the 2nd Thursdays of the month, both online and to a limited in person audience (15 people max) in Widener Hall. Due to covid-19 guidelines and precautions we will not be serving deserts and beverages for the series this fall for those viewing in person. A \$5 donation requested.



October 15
MARGARET MONTET
Twentieth Century American Music- Part 1

Minimalist, Dodecaphonic, Electronic, and Aleatoric music, serious art music, experimental opera, Bop, and Free Jazz: The twentieth century saw a plethora of musical styles flourish and falter. Let's look back on the previous century to follow

these trends and genres into the 21st century. We'll listen to and analyze music of American-born and émigré composers Aaron Copland, Milton Babbitt, Charles Ives, George Antheil and many others in the first part of this two part series. Bring an open mind and open ears! Part 2 will be presented in the Spring of 2021.

Margaret Montet returns after her popular presentation last year on the Harlem Renaissance. Margaret has three Master's degrees, Music Theory, Library Science, and Creative Writing. Currently she is a Librarian at Bucks County Community College.



November 12
LAWRENCE M. ARRIGALE AND THOMAS H. KEELS
Miracles on Market Street- Philadelphia's Golden Age of Retail

It's a week before Christmas in Philadelphia in the late 1940s. East Market Street is a solid block of pedestrians, rushing to complete their holiday shopping in the gigantic department stores that line the street from City Hall to Seventh Street: Wanamaker's, Strawbridge & Clothier, Gimbels, Lit Brothers, and Snellenburg's, as well as smaller stores like Frank & Seder and Stern's. On Chestnut Street, the carriage trade chooses jewelry, fine art, and haute couture at stores like J.E. Caldwell's, Bailey Banks & Biddle, Jacob Reed's Sons, and the Blum Store.

Today, all are gone, victims of suburban flight, industry consolidation, changing demographics, online shopping, and a host of other factors.

Drawing on their book, Philadelphia's Golden Age of Retail, they will recreate the magical world that was holiday shopping in Philadelphia. Using a wealth of historical images, to show how Philadelphia retailers



pulled out all the stops to entice shoppers into their stores for Christmas and other holidays. It will be a journey back to the days when a Center City holiday shopping trip was a memorable occasion.

Lawrence M. Arrigale is a former antiques dealer and personal property appraiser. Larry was a frequent guest speaker at the Cheltenham Township Adult School Antiques and Collectibles Seminar, as well as many Montgomery County Questers groups. His talks included Aluminum, The Other White Metal: Collecting Mid-Century Hammered Aluminum, and Treats of the Trades: An Ephemeral Shopping Spree through Victorian Philadelphia.

Thomas H. Keels is a lecturer, writer, and commentator specializing in Philadelphia history and architecture. 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, Cosmopolitan Club, Curtis Institute of Music, Franklin Inn Club, Free Library of Philadelphia, Harvard Club of Philadelphia, Preservation Alliance of Greater Philadelphia, Springfield Township Historical Society, and Union League of Philadelphia. songwriter and leader of men's retreats.

**DAY TRIP: LAUREL HILL CEMETERY
with PRIVATE TOUR**

Saturday October 24

11:00am-1:00pm

\$20 Picnic Lunch included

Meet at 10:45am on Saturday October 24th

(Free Parking available)

Laurel Hill Cemetery Main Entrance:

3822 Ridge Ave. Philadelphia, 19132

**Space is limited: Registration and Payment Due by
Thursday October 15th.**

Laurel Hill is more than just a cemetery. It is an outdoor sculptural garden, a horticultural gem and a truly unique historical resource. It is a unique destination for connoisseurs of art, architecture and horticulture, and the final resting place of countless individuals who shaped the history of our city and nation. Nestled on a scenic bluff high above the Schuylkill River, the site also affords spectacular views that cannot be found elsewhere. Join us for a private walking tour led by local Author and Historian Thomas Keels, as he shows us some of the notable sights that can be found throughout the grounds. The Tour will end with a scenic picnic lunch that will be provided where you can spread out and enjoy scenic views while you eat.

LEARNING TO LOOK AT ART

Docent and Art Educator, Suzanne Fitzpatrick, returns with two new sessions of her Learning to Look series. Presented LIVE though Zoom and also broadcast for a limited in person audience (10 participants Max) at the Center. Classes do not build upon each other. Registration for both Online and In Person participation required.

Thursday, October 8

11:00am-12:30pm

\$15

Grandma Moses

Everyone loves Grandma Moses and her charming slice-of-life paintings, but did you know that she became most famous in her seventh decade of life! In this class, we will learn about her “rags-to-riches story”, examining her depictions of her early rural upbringing.



NEW ONLINE CONTENT

Every Monday-Thursday at 12 Noon

Fitness activities, lectures, games, and much more!

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

MONDAYS

New Fitness Videos

New game, craft or activity link

TUESDAYS

New watch & learn videos

Interactive Games

WEDNESDAYS

New Art lecture or Art Lesson

New Virtual Tour link

THURSDAYS

Special Events to join or watch online

Recorded Diabetes & Nutrition

workshop from Wednesday Posted.

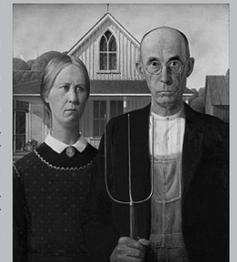
Thursday, November 19

11:00am-12:30pm

\$15

Grant Wood

Yes, you do know who he is! Remember “American Gothic”, the icon painting of the very serious farm couple? Well, portraiture was not all his did. He was an important part of the American Regionalism Movement, and one of the most highly respected Depression era artists. In this class, we will examine his depictions of rural American life and the values embodied therein.



Suzanne Fitzpatrick is a graduate of the Barnes Foundation Art and Aesthetics Program, and has worked with the Barnes Foundation Museum (in Merion Station and in Center City) both as a Docent and as an art educator in the Philadelphia public schools. Additionally, she taught a workshop at the Pennsylvania Academy of Fine Arts on Emulsion Transfers.

STORIES FROM THE TAMIL DIASPORA WITH PRAVEEN VIJAYAKUMAR

Tuesday, October 22

12:00pm-1:00pm

Streamed to a limited number of people in person at the Center and online.

Registration required for participation online or in person.

What does it look like when worlds collide and create new communities? "Stories from the Tamil Diaspora" traces a Singaporean Tamil family's history back to Tamil Nadu, India, in the early 20th century. The presenter shares experiences of British colonialism, Tamil performing arts practices, and Singapore's transition from colony to an independent, multicultural, and global nation. Participants will gain intimate insight into Singaporean culture, much of which is reflected in its cuisines. Through storytelling, participants are invited to personally engage with global cultures, re-imagine past histories, and discuss positive futures.

Presented by the Penn Museum

Art
CLASSES



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.

SKETCHING AND WATERCOLORS CLASS

Mondays, join at any time

9:30am – 11:30am

\$32 per month

REGISTRATION REQUIRED - Space is limited

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.

WATERCOLOR PAINTING:

Instruction and Inspiration

Tuesdays, 1:00pm-3:00pm

\$85 a Month- Materials Not Included

Sessions start the first Tuesday of each month.

Ongoing Monthly Registration.

REGISTRATION REQUIRED.

LIMITED CLASS SIZE. 10 Participants MAX

Expand your knowledge and skills in versatile watercolor and develop your own projects! If you know you love to paint, but are still unsure about your subject. Marcia and your class mates will help you figure that out. That is half the fun. Together, we choose various methods and ideas to explore which can help you in your projects. For example, beginning in May, we will work from a still life which will be available for several sessions. First, we will draw a composition study, then choose a color palette, before we move into the painting itself. This idea comes from our group deciding together that we need more practice with drawing and painting from direct observation, and taking a break from working from a photo. Over time, we may turn our attention to brushwork, or a new technique.

There is always time in class for your ongoing projects. Marcia gives plenty of demonstrations and one on one help as well as group critiques because there are many levels of experience in the class, and we welcome everyone's participation and constructive insights.

About the Instructor:

Marcia Jones, MFA Tyler School of Fine Art, 1976. 30 years teaching experience around Philly. (Allen's Lane Art Center, Mt. Airy Learning Tree, Tyler School of Art) . Her watercolors are currently on display at LeBus East Falls and will be seen at the Center On The Hill in November, 2019.



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

GALLERY

**OCTOBER– Kathryn (Kass) Dymecki
(Watercolor Paintings)**

“After graduation from Moore College of Art I was a textile designer in Philadelphia and New York studios. The P.A.B. Widener Traveling Fellowship awarded to me at graduation gave me 4 months of travel/study in Europe. Following years of commercial art I became interested in weaving, wood carving, and painting with oils and watercolor. At retirement I vowed to concentrate solely on watercolor painting. My interests range from florals to still-life arrangements to landscapes. Whatever the subject matter color, mood, and composition are for me the most important elements in any painting. I am pleased to exhibit my work at the Center on the Hill and I thank you for this opportunity.”

**NOVEMBER – Greater Norristown Art League
(GNAL)**

Greater Norristown Art League is now in its 79th year, as a non-profit organization engaged in the promotion and teaching of the arts. Located in the Old Norriton Schoolhouse dating from 1894, in East Norriton Township. GNAL has a membership of over 400 members. Membership is opened to all applicants, and classes, workshops, meetings and activities that are held at the schoolhouse or field trips. This exhibition showcases some of the marvelous artistic talent of the group's members. For more information go to www.gnal.org

Opening reception by reservation only: Thursday November 12th 3pm-5pm. Call 215-247-4654 to reserve your viewing time for the 12th.

DECEMBER – NW Philly Artists Making Art

The gallery at Center on the Hill will host this exhibition from November 27th to December 19th, of NW artists who are coming out of COVID 19 sequester with a bang. Paintings, photography, drawings, and more will be on display and for sale. In their respective media, these artists are exploring their feelings and activities during this pandemic, as well as continuing the impulse to make our world a more beautiful, creative place to enjoy. The Black Friday reception and ongoing exhibit will be safe and assuring, taking reservations for 10 visitors at a time.

Opening reception by reservation only: Friday November 27th 5pm-8pm. Call 215-247-4654 to reserve your viewing time on the 27th.

COLORFUL COLLAGE ART WORKSHOP

Thursdays, October 29 and December 10

1:00pm-3:00pm

\$10 per Class. Presented Online Through Zoom.

Registration Required – link and information to join through ZOOM sent after registration.

Limit 10 participants, minimum 5 needed for class to run.



This fun class offers everyone an opportunity to create their own work of art. Using two familiar tools you have at home—glue and scissors, each participant will enjoy turning new and recycled papers and magazines into art. No prior experience with art is required.

Connect with others and get individual instruction on the art of collage while you create works at home. This class is offered on two different dates, so you can plan to attend just one or join us at both of them for more creative and relaxing fun this Fall!

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.



COMPUTERS

David Grauel has been a Technical Support and Training Specialist in Microsoft Office Products for such companies as Goldman Sachs and Morgan Stanley. He has years of experience in staff training, Help Desks and network troubleshooting.

INTRODUCTION TO COMPUTERS/WINDOWS 10

Tuesdays, October 13- November 3

10:00am – 12:30pm

\$104 for four sessions

Space is LIMITED- to register, call the Mt. Airy Learning Tree (MALT) at 215-843-6333.

This basic course covers working with desktop icons and manipulating Windows; managing and organizing files and directories/folders; copying, moving, and deleting files and directories/folders; using search features, and simple text editing tools. No experience is necessary and the class is 100% hands-on. Classroom laptops are provided. You'll definitely feel more comfortable with computers by the end of the course!

INTERNET AND E-MAIL

Tuesdays, November 10 and 17

10:00am – 12:00pm

\$44 for two classes

Space is LIMITED- to register, call the Mt. Airy Learning Tree (MALT) at 215-843-6333.



An excellent follow-up to the Introduction to Computers class, this two part series explores in depth the internet and e-mail. Find valuable resources on the internet, learn how to make purchases online, use search engines to locate

anything, protect yourself and others while online, and create a free e-mail account and learn how to use it. Students are asked to bring their e-mail logins to class, if they have one. No experience necessary.

MAH JONGG – OPEN PLAY

Tuesdays, join at any time
1:30pm – 3:30pm

Registration Required.

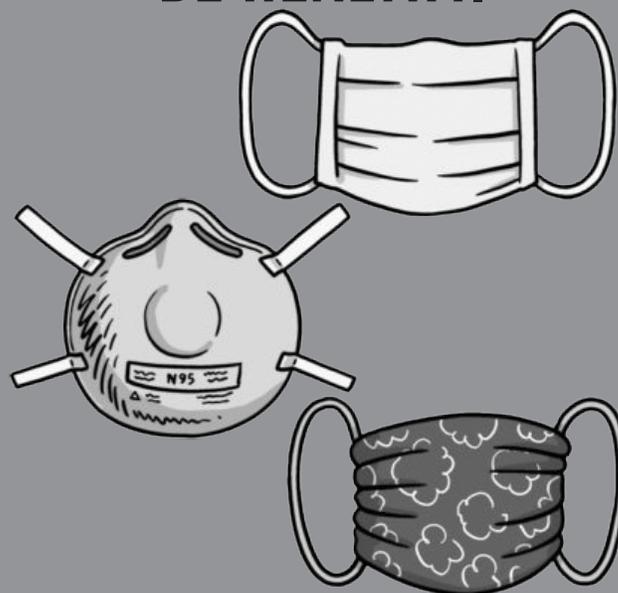
Space Is Limited

\$2



This is an opportunity to simply enjoy others' company and play the game of Mah Jongg. Not for beginners: participants should be familiar enough with the game to play without formal instruction.

**BE CONNECTED.
BE SAFE.
BE HEALTHY.**



**MASKS MUST BE WORN INSIDE THE
CENTER AT ALL TIMES.**

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

GRIEF SUPPORT GROUP

Mondays, October 12 & 26,
Nov 9 & 16, Dec. 7 & 14
1:00pm-2:30pm
Free



Registration required. Limited number of participants for in Person.

Online access to group through Phone/Zoom is also available with registration.

Group is closed to new members after October 26th.

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.

WELLNESS FOR EVERY DAY LIVING

Thursday, November 5
11:00am – 12:00pm
Free

Registration Required.

Presented in person to a limited number of people, and streamed through Zoom for people who want to join/watch from home.

This presentation will focus on a positive approach to living well and setting goals for a healthier lifestyle. The whole person wellness model will include the 6 dimensions of wellness: physical, emotional, spiritual, intellectual, social, and occupational. Join in on the discussion to learn how you can implement a wellness lifestyle and how to achieve your goals.

“Health is a state of body. Wellness is a state of being.” -Miles J. Stanford

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

INJURY PREVENTION AND BALANCE

Thursday, October 29
11:00am – 12:00pm
Free

Registration Required.

Presented in person to a limited number of people, and streamed through Zoom for people who want to join/watch from home.

Practical information will be provided including possible causes of injury as a result of falling and signs to look for to prevent injury in your home. A Red Flag symptom of feeling dizzy or vertigo will be highlighted. You have the power to reduce your risk of injury which will be discussed throughout the program. If you are concerned about falling, preventing injury, and staying safe this is the program for you. There will be time available for questions and discussion.

JERALDINE MARASCO KOHÚT, RN, BS, MA, NHA retired in 2015 after 50 years of full-time employment in the health care professions. Mrs. Kohut currently serves as part-time community liaison for Cathedral Village located in Philadelphia. She is an accomplished writer and researcher and in addition to making numerous presentations at state, regional and national conferences, she has authored or co-authored dozens of journal articles and monographs, and two award winning books.

THE HEALTHY BRAIN

Thursday, December 3
11:00am – 12:00pm
Free

Registration Required.

Presented in person to a limited number of people, and streamed through Zoom for people who want to join/watch from home.

Brain Health and Heart Health are very similar but most of us do not think about brain Health. Age and health are often dependent on your genes but lifestyle choices can help to maintain both a healthy body and brain. As we age there are normal changes affecting your brain but we can still learn new things, create new memories and improve all around wellbeing. There are risks that can be eliminated to support good brain health. The discussion will include tips to enhance brain health and what you can do now to support a healthy brain.

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



(By Appointment)
Contact Kirsten at 215.527.4193 or
email: KFPuskar@gmail.com

Do you have Diabetes or Pre-Diabetes? Are you 50 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, CDE for a one-to-one private consultation to discuss how nutrition can improve your unique health issues.

If you are Diabetic, Pre-Diabetic or 50+ pounds overweight, there is no out of pocket charge, your insurance will be billed. Most insurance plans cover 4-10 sessions a 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, CDE, is a certified diabetes educator, registered dietitian, nutrition consultant. Kirsten's passion is helping her patients to eat mindfully and enjoy new recipes and menus they help create. She helps her patients to not dwell on dietary restrictions but to see the many delicious healthy alternatives they already enjoy. She helps her patients find small steps they can do toward forming habits that lead to a healthy lifestyle. It's not about adding years to our lives, but adding life to our years!

T'AI CHI YANG STYLE LEVEL ONE FOR BEGINNERS

*Tuesdays, October 6 - December 8
Wednesdays, October 7-
December 9
10:00am - 11:00am
\$109 for ten sessions*
**Registration Required-
Space is limited**



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

T'AI CHI YANG STYLE - LEVEL TWO

*Wednesdays, October 7- December 9
1:00pm - 2:00pm
\$109 for ten sessions*

Registration Required-Space is limited

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

T'AI CHI YANG STYLE - LEVEL THREE

*Wednesdays, October 7- December 9
11:30am - 12:30pm
\$109 for ten sessions*

Registration Required-Space is limited

This class is for those who have completed the first third of the Yang Style short form and wish to further their practice.

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.

To register for any of these T'ai Chi classes, please call the Mt. Airy Learning Tree (MALT) at 215-843-6333.

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

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

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

By Phone Call 301 715 8592 and enter below ID and Code when prompted:

Meeting ID: 448 977 3675
Passcode: 076567

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

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

Share your wisdom, experiences, challenges and joys with others as caregivers for those living with Alzheimer's and related dementias. This group is an open support group for caregivers, sponsored by the Alzheimer's Association of the Delaware Valley. The group meetings are open to new and interested members. No enrollment or long term commitment is required, just a willingness to share in a confidential and supportive environment.

Jean Kirkley has been the President/CEO of Boomers 'R Heroes Caregivers Support Group, Inc. since 2011 and facilitates their support groups around the Philadelphia area. Jean has also been trained to lead support groups for the Alzheimer's Association.



**WELL SPOUSE ASSOCIATION
SUPPORT GROUP**

*The 4th Tuesday of the Month
7:00pm - 8:30pm
Free By Phone*

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

“When one is ill, two need help.” If you are a spouse or partner of someone who has a chronic illness or disability, your life is likely much more complex than you had planned. The reality is that most life/future plans that we had imagined may be difficult, if not impossible, to achieve, and may require a major adjustment in our thinking. Joining our peer-led support group may be the first step in helping to create your “new normal”, and get support for the self-care that is greatly needed to continue on this sometimes arduous journey.

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

INDIVIDUAL 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 trained 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.

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.

GOLDEN YOGA

*Wednesdays, start at any time
3:00pm- 4:00pm
\$27 for four classes and your first class is FREE!*

Registration Required.

Space is Limited.

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.



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

MANAGING YOUR GRIEF OVER THE HOLIDAYS

*Monday, November 2
12:30pm – 1:30pm
Free*

Registration Required.

Presented in person to a limited number of people, and streamed through Zoom for people who want to join/watch from home.

The death of someone we love is difficult in itself. The expectations of the holiday season compounds that difficulty. Now, add the challenges with grieving amidst a pandemic. Come and be part of a practical presentation surrounding the topic of grief and the holidays.

Questions addressed: What is grief? How will I get through these days without the one I miss so deeply? How do I support those who have lost a loved one through the holidays? How does the pandemic impact my grief, particularly over the holidays and what can I do to manage my grief?

David Stevenson, M.Div., CT is a bereavement counselor with Crossroads Hospice & Palliative Care. He has a strong background in supporting those in their grief and loss, to include serving in the US Army, working at Highmark Caring Place in Harrisburg, a highly-recognized grieving center for children and their families and now working in the hospice field.

WEDNESDAY DIABETES and NUTRITION WORKSHOP

*Wednesdays, Ongoing
12:00pm – 1:00pm*

Registration required for both online and in person participation.

Space is limited for in person participation. (10 participants MAX), participants can join live through Zoom as well. Weekly Classes will be recorded and posted on Thursdays.

You can live well with diabetes, pre-diabetes or gestational diabetes. Chestnut Hill Hospital's certified diabetes educator Kirsten Puskar, CDE, will help you understand managing diabetes to stay healthy. All are welcome to take part in this series of four interactive discussions, where participants receive personalized attention and learn what it takes to maintain a healthy lifestyle.

Examples of some Weekly Topics: *The Body System, Diabetes and Basic Nutrition Nutrition Overview: macronutrients, counting carbohydrates, developing an individual meal plan Classes of Medications and Reducing Stressors Complications of high blood sugar Healthy Eating and Cooking*



AARP SMART DRIVER COURSE

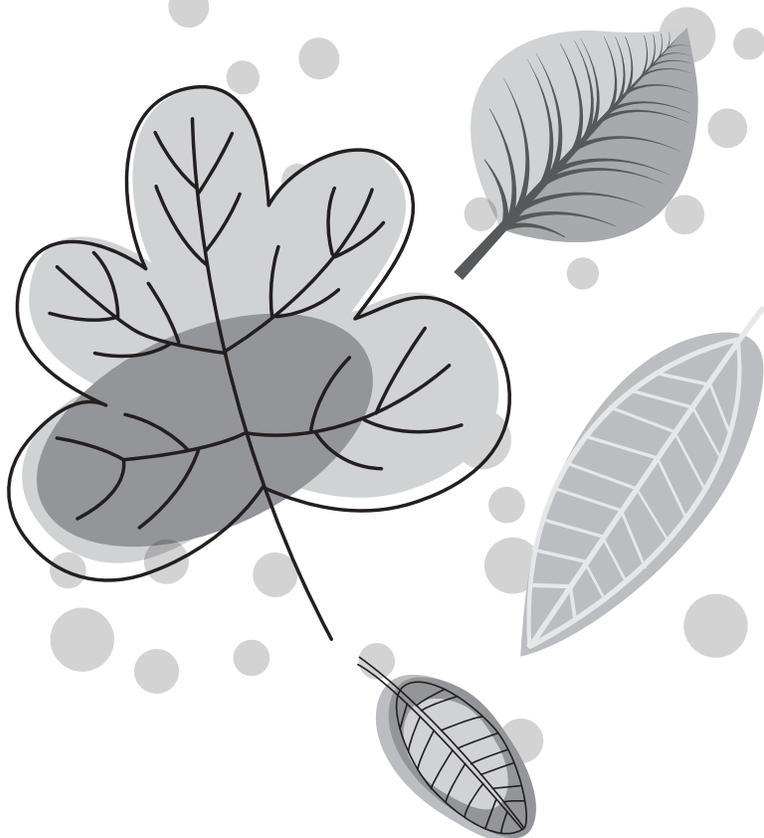
This class is offered **ONLINE only** for the rest of 2020.

Visit www.aarpdriversafety.org

Use this Promo Code for 25% off fee for the class: **DRIVINGSKILLS**

Promo valid through December 31, 2020

This new and improved online driving review program is designed for adults fifty and older who want to develop safe, defensive driving techniques. Completion of online course is mandatory in order to receive the AARP certificate. Pennsylvania state law requires insurance companies to give a minimum 5% premium reduction to persons 55 years and older who complete this course.



Updated resources with contact information and website links are posted regularly on the Center's Community Resources Page online here: www.chestnuthillpres.org/center-on-the-hill/community-resources

Resources such as, but not limited to, these below:

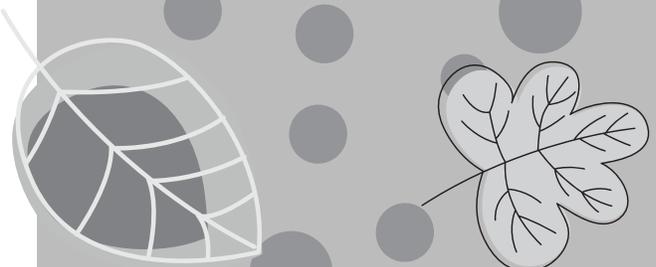
Assistance paying for utilities, groceries, medications, health insurance, and more through BenePhilly, contact 833-373-5868 for more information.

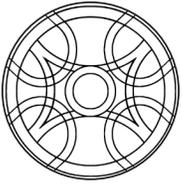
The Greater Philadelphia Coronavirus Helpline is available 24/7, if you would like to speak to a healthcare professional: 1-800-722-7112

Access free and low-cost internet access, public wi-fi, and laptops/devices. Apply by January 1, 2021 at www.internetessentials.com or by calling 1-855-8-INTERNET

Philadelphia Corporation for Aging helpline can be reached at 215-765-9040 to schedule an assessment or provide assistance as needed. Other PCA resources can be found at <https://www.pcacares.org/>

Please contact Mariangela at 215-247-4654 if you have questions or need assistance with resources.





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 mssaavedra@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.