

AT THE *center* OF THINGS

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

fall 2023

Welcome FALL! The Center on the Hill welcomes cooler weather, color changing trees, and shorter daylight hours leading up to the Holiday Season, by offering a great variety of **in-person activities and events**, plus a few things you can still enjoy **online from home!**

When in person we are continuing to take strict sanitation measures and maintain group size limits. Please remember that registration is required for everything you want to attend in-person at the Center.

We still share 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 from home throughout the week.

Programs I am sure you won't want to miss this Fall include:

- **DAY TRIP TO GROUNDS FOR SCULPTURE (page 4)** – Join us for this fun filled excursion to the Grounds for Sculpture in Hamilton New Jersey. We will visit this beautiful museum, sculpture garden, and arboretum. Outdoors, nearly 300 contemporary sculptures are sited across 42 landscaped acres. Indoors, temporary exhibitions from established and emerging artists are featured in six galleries. Charter bus transportation to and from the grounds provided.
- **BEADING BRACELETTES (page 9)** – Just in time for the Holidays, come learn how to make beautiful stretch bracelets using precious stone, ceramic, glass, and crafted beads (provided). Create fantastic works of art you can wear on your wrist or gift to someone.
- **HEALTHY MEALS COOKING CLASSES (page 6)** – Cooking Classes with Kirsten have returned! Kirsten Puskar, the dietitian at Spring House Nutrition, will show you how to cook recipes that are deliciously healthy, quick, affordable with plenty of protein and a variety of vegetables to keep us strong and energized.
- **HOW SABA KEPT SINGING- Movie Screening and Concert (page 4)** – The award-winning documentary film, How Saba Kept Singing, shares the story of Cantor, Holocaust Survivor, and Military Veteran, David S. Wisnia (93), who spends his later years travelling with his grandson and musical accompanist, Avi Wisnia (38), sharing the story of how he survived the Holocaust through music which the duo perform together. Avi will be joining us to perform some of “Saba’s Songs” on piano and lead a Q & A session following the film.

I hope you have had a wonderful Summer and are looking forward to the Fall as much as I am. As always, I look forward to seeing you soon at the Center and wish you all continued good health and happiness for the remainder of 2023.

Sincerely, *Mariangela*

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.**



September 14

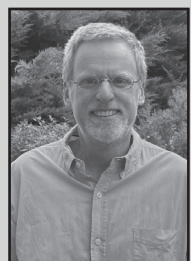
Thomas Keels

Franklin's Forgotten Philadelphia

Author and Historian Thomas Keels returns to present more from his book *Forgotten Philadelphia: Lost Architecture of the Quaker City*.

This time he is exploring with us Franklin's Forgotten Philadelphia. A tour through the vanished city where Benjamin Franklin lived, worked, and helped to create the United States of America.

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 Philadelphia Graveyards and Cemeteries; Wicked Philadelphia: Sin in the City of Brotherly Love; and Forgotten Philadelphia: Lost Architecture of the Quaker City. Tom was a Contributing Writer for the Rittenhouse Sq. Revue, writing monthly articles on Philadelphia landmarks and lore. His articles have also appeared in the Chestnut Hill Local, Main Line Times, Springfield Sun, Philadelphia Style Magazine, Germantown Crier, and the Journal of the Historical Society of Montgomery County. His articles on Laurel Hill Cemetery and contractor bosses can be viewed online at The Encyclopedia of Greater Philadelphia.



October 12

Paul Sivitz

How Puritanical were the Puritans???

From the mid-1800s and lasting the better part of a century, people believed that the Puritans, founders of Massachusetts and Connecticut 200 years earlier, shunned anything that might be considered entertaining. Drawing on the historical records of the Puritans themselves, Dr. Paul Sivitz uncovers the surprising (and often humorous) truth about these supposedly staid and melancholy early English settlers, illustrating how they understood their 17th-century world.



November 9

David Young

The Battles of Germantown

Known as America's most historic neighborhood, the Germantown section of Philadelphia (established in 1683) has distinguished itself by using public history initiatives to forge community. Progressive

programs about ethnic history, postwar urban planning, and civil rights have helped make historic preservation and public history meaningful. The Battles of Germantown considers what these efforts can tell us about public history's practice and purpose in the United States.

Author David Young, a neighborhood resident who worked at Germantown historic sites for decades, uses his practitioner's perspective to give examples of what he calls "effective public history." The Battles of Germantown shows how social history research proved that the neighborhood's Johnson House was a station on the Underground Railroad. These encounters have useful implications for addressing questions of race, history, and memory, as well as issues of urban planning and economic revitalization.

David W. Young recently retired from the Delaware Historical Society, where he was the Executive Director, to work on independent writing and public history projects. He previously served as Executive Director of Cliveden, a historic site of the National Trust for Historic Preservation, and the Johnson House Historic Site, both located in the Germantown section of Philadelphia. He received his Ph.D. in history from Ohio State University.

Paul Sivitz received his PhD in History from Montana State University. He specializes in Early America, Race and Slavery, History of Knowledge, and History of Performing Arts. Dr. Sivitz has presented his research at conferences in the US, UK, Paris, Oslo, and Dublin. He is co-director of the digital humanities project, Mapping Historic Philadelphia. One of the project's maps, Free African American Householders in Philadelphia, 1789-1791, is part of the permanent exhibit at the National Museum of African American History and Culture in Washington, DC.

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

Thank you!

AFTERNOON MOVIES1:30pm
\$2**Registration Required**

Are you looking for an enjoyable activity that's economical and during the daytime so you don't have to drive at night? Are you looking to see a movie in a relaxing setting with easy parking and no long lines? Then join us for an enjoyable afternoon at the movies.

Movie dates and shows:**Thursday September 21st Showing "Air"**

Sonny Vaccaro and Nike pursue basketball rookie Michael Jordan, creating a partnership that revolutionizes the world of sports and contemporary culture. Starring Ben Affleck, Matt Damon, Chris Tucker and Viola Davis.

Thursday November 16th Showing "Book Club: The Next Chapter"

Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once-in-a-lifetime cross-country adventure. Starring Diane Keaton, Candice Bergen, Mary Steenburgen and Jane Fonda

Thursday December 7th Showing "Indiana Jones and the Dial of Destiny"

Daredevil archaeologist Indiana Jones races against time to retrieve a legendary dial that can change the course of history. Accompanied by his goddaughter, he soon finds himself squaring off against Jürgen Voller, a former Nazi who works for NASA. Starring Harrison Ford and Antonio Banderas

NEW ONLINE CONTENT

Every Monday-Thursday at 12 Noon

Fitness activities, lectures, games, and much more!

Visit our PROGRAMS Page: www.chestnuthillpres.org/center-on-the-hill/programs daily to see the latest online content we post to keep you active and engaged at home.

MONDAYS

New Fitness Videos

TUESDAYS

New watch & learn videos

WEDNESDAYS

New Virtual Tour link

THURSDAYS

New Craft or Activity Link

COMMUNITY LUNCHEONS

Tuesdays, September 19, October 24 and November 21

12:00pm
\$12

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

Where else in the community can you go for lunch where you'll see both familiar and new faces, where the atmosphere is relaxed and welcoming, where the food is consistently good, and where it only costs you twelve dollars? Our large room is full of round tables that are simply decorated and set with white linens and festive tableware. We'd love to see you there!

**Luncheons are subject to all current Covid guidelines, gathering size limits, and social distancing practices.*

RODGERS & HAMMERSTEIN CABARET

Tuesday, October 10

1:00pm-2:00pm

\$5

Starring Rachel DeMasi

Light Refreshments Served.

Registration Required

The world renowned writing team Richard Rogers and Oscar Hammerstein II are considered some of the most influential and innovative creators in the theatre world. Their popular Broadway productions in the 1940s and 1950s initiated what is considered the "golden age" of musical theatre. Come listen to some of this theatre writing team's most beloved and timeless songs from their very first show, Oklahoma, to their last, The Sound of Music. Rachel will perform many classics like "Some Enchanted Evening", "It's a Grand Night for Singing", and "Getting to Know You", to name just a few, and include interesting facts about each show she sings from. Please enjoy!

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.





BUS TRIP: GROUNDS FOR SCULPTURE

Friday, September 29

9am-4pm

\$50

(includes transportation and entry into the Grounds)

*Bus departs from the Center at 9am, and returns by 4pm.

**Please plan to bring money for Lunch, there are two cafes and a restaurant on the grounds. No outside food is permitted.

Registration and Payment required in advance. Space is Limited.

Join us for this fun filled excursion to the Grounds for Sculpture in Hamilton New Jersey. Grounds for Sculpture is a museum, sculpture garden, and arboretum. Outdoors, nearly 300 contemporary sculptures are sited across 42 landscaped acres. Indoors, temporary exhibitions from established and emerging artists are featured in six galleries. You will get to spend the day exploring the grounds and galleries at your own pace, taking in the beautiful works both indoors and outdoors among the beautiful landscape. Lunch will be on your own and of your choosing at one of the 3 dining options on the grounds.

LET'S PLAY BINGO

Tuesdays, September 12 and November 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 different organizations in the area. Meet some new people, and have fun!

COMMUNITY HOLIDAY PARTY

Thursday, December 14

12:30pm-2:30pm

\$10 Per Person in Advance, \$12 at the door.

Pre-Registration and Payment is required by Monday December 11th, or you will be charged the at the door rate.

Join us for this wonderful holiday party with music, friends, festive decorations, light bites and dessert buffet! Plus other fun surprises to get you in the mood this holiday season! *This party is subject to all current CDC Covid Guidelines, gathering limits, and social distancing recommendations at the time of the event.

HOW SABA KEPT SINGING- FILM, CONCERT, Q & A

Friday, December 8

1:00pm- 3:00pm

FREE

Light Refreshments Served.

Registration Required.

The award-winning documentary film, How Saba Kept Singing, shares the story of Cantor, Holocaust Survivor, and Military Veteran, David S. Wisnia (93), who spends his later years travelling with his grandson and musical accompanist, Avi Wisnia (38), sharing the story of how he survived the Holocaust through music which the duo perform together. For years, Cantor Wisnia's story centered around the belief that he survived Auschwitz mainly by using his beautiful singing voice to entertain his Nazi captors. These performances in the death camp gave him status as a "privileged prisoner." However, when David takes his family back to Poland for one last performance, Avi starts asking questions and they discover that someone else had a hand in Saba's survival. An uplifting story about music, faith, family and resilience, proving love can grow and take hold in even the darkest of places. This film is directed by Sara Taksler (Tickling Giants), and Executive Produced by Hillary Rodham Clinton and Chelsea Clinton.

Avi Wisnia will be joining us to perform some of "Saba's Songs" on piano and lead a Q & A session following the film. Avi is an award-winning singer, songwriter, storyteller, and educator based in Philadelphia. He performs in venues around the world including the Hammerstein Ballroom in New York and The Kennedy Center in DC, with concert tours in Japan, Poland, and Brazil.

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!



BUDDHIST PHILOSOPHY AND ETHICS

Wednesdays, November 28, December 5 and 12

1:00- 3:00pm

\$59

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

Recently Buddhism has gained much visibility as an outstandingly peaceful and insightful religion, and its meditation practices are widely known. Learn about the history, doctrines of this faith, and see why its ethical practices are so admired by psychologists (and any number of celebrities). Similarities and contrasts with our country's Judeo-Christian heritage will be noted. We'll do a bit of Buddhist self-inquiry and meditation practice as well.

David Low ,MS, PhD was an entertainer and drug counselor before getting a doctorate in Religious Studies, and teaching as an adjunct professor at Rutgers, Rowan and other colleges in the area. He has a private counseling practice in Mt. Airy. See more about him at davidlowmsphd.com

“SOUL” LINE DANCING

Thursdays, September 21, 28,

October 19, 26, November 16, 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.

ADVANCE DIRECTIVES AND LIVING WILLS

Tuesday, October 24

2:00pm- 4:00pm

\$34

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

One of the most important decisions of your life is how you wish to leave it. What if you can no longer speak for yourself? We will review a standard Durable Healthcare Power of Attorney and Living Will and learn how to create a legal document that provides instruction to your loved ones and your physician about the medical treatment you want or do not want to receive if you are unable to communicate your wishes about your care and treatment. By the end of class you should be able not only to have a more informed conversation with your loved ones about end-of-life and quality-of-life concerns but also to create your own Living Will.

WORLD FAIRS IN AMERICA, 1876-1916

Thursday, November 16

11:00 AM- 12:00pm

\$15

Registration Required.

During the late-19th and early-20th centuries, the United States hosted a seemingly endless stream of World's Fairs. While the Fairs ostensibly were educational, and of course entertaining, they reinforced the racial biases and divides which had continued after the Civil War. In this program, Dr. Paul Sivitz explores not only the Fairs' organizers' vision of what we now call “edutainment,” but also how the intentionally marginalized groups responded to this treatment. Artifacts from several of these Fairs will be shown during the program.

Paul Sivitz received his PhD in History from Montana State University. He specializes in Early America, Race and Slavery, History of Knowledge, and History of Performing Arts. Dr. Sivitz has presented his research at conferences in the US, UK, Paris, Oslo, and Dublin. He is co-director of the digital humanities project, Mapping Historic Philadelphia. One of the project's maps, Free African American Householders in Philadelphia, 1789-1791, is part of the permanent exhibit at the National Museum of African American History and Culture in Washington, DC.



HEALTHY MEALS COOKING CLASS

Tuesdays, October 3, November 7 and December 5
1:00pm-2:00pm
\$10

Registration Required.

Cooking Classes with Kirsten have returned! Kirsten Puskar, the dietitian at Spring House Nutrition, will show you how to cook recipes that are deliciously healthy, quick, and affordable with plenty of protein and a variety of vegetables to keep us strong and energized. Come join her in the kitchen this fall to learn about and try out easy delicious recipes that you make once and enjoy multiple times, including special dishes for the holidays. Who has time to make a meal every night? These recipes also freeze well, so it's simply a choice of what to defrost, heat and enjoy!

Kirsten Puskar, MS, RDN, LDN, CDCES, is an education specialist, and registered dietitian nutritionist licensed in PA. Kirsten's passion is helping people find their most nutritious diet to improve their health and lifestyle, while discovering delicious new recipes for easy to make meals.

LEARN TO PLAY RUMMY TILES

Wednesday, October 4
10:30am-12:30pm
FREE

Space is limited.

Rummy Tiles (aka Rummikub) is one of the world's best-selling and most-played games.

Players take turns placing numbered tiles in runs or groups, Rummy style - the first player to use all of their tiles wins. Fast-paced, easy gameplay for 2 to 4 players, combining elements of the card game rummy and mahjong. Come learn how to play and then return for Open Play!

RUMMY TILES OPEN PLAY

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

Registration Required.

Join us for this fast-paced, fun and easy game combining elements of the card game rummy and mahjong. Open Play space is limited so please RSVP for each week you plan to come and play. Game sets provided.

MAH JONGG 101

Mondays, September 18- November 6
10:00am- 12:00pm
\$109 for 8 Week Class

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

Have fun learning this ancient Chinese tile game. Using 152 tiles, players form hands and earn points. It's an intricate game that provides an exercise for the mind, an opportunity for social groups to get together, and is played competitively in tournaments throughout the US.

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

MAH JONGG - OPEN PLAY

Tuesdays, join at any time
12:30pm - 2:30pm
\$2

Registration Required



MAH JONGG - OPEN PLAY

Wednesdays, join any time
1:30-3:30pm
\$2

Registration Required

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

LEARN AND PLAY CROQUET

Tuesdays, September 26, October 3, and
October 10 (Weather Permitting)
10:30am-12:00pm
FREE

Registration Required. Space is limited.

Croquet is a sport that involves hitting wooden balls with a mallet through hoops (called "wickets") embedded in a grass playing court. Join us outside on the Lawn to play American Nine-Wicket aka "Backyard" Croquet. This is a fun and engaging way to get some fresh air and exercise while playing a competitive lawn game! No experience necessary, all players welcome.

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

Thank you!

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.

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, Monopoly, and more!

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.



SKETCHING AND WATERCOLORS CLASS

Mondays or Tuesdays, join at any time
9:30am – 11:30am
\$32 per month

Registration Required.

Please bring check payment to first class. Enjoy sketching and watercolor painting in a relaxed class. A variety of mediums will be demonstrated and still life's and photographs will be used. This drawing and watercolor painting class is for people of all abilities.

Instructor Alex Forbes has been teaching classes in the Chestnut Hill area for the past twenty-six years. He has also taught illustration at The Hussian School of Art in Philadelphia. Alex is an accomplished artist who exhibits at the Chestnut Hill Gallery and has held several of his own local exhibits.

FUN WITH WATERCOLOR TECHNIQUES

Fridays, October 6 - 27

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.



WATERCOLOR AND DRAWING FOUNDATIONS

Tuesdays, October 3- 31

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.

art EXHIBITS

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

SEPTEMBER – ILENE BATTIN - *Acrylic*

Meet the Artist Reception

Wednesday September 13 3pm-5pm

Light Refreshments Served.

FREE

Mine is a fairly simple story, but no less Ama- ZING. When I began painting I was enamored. While painting, I relaxed, giving attention only to the brush and the paint. When a painting was completed I felt delighted. Sometimes elated, other times frustrated. Most times very happy.

I began to see my own distinctive style. Similar to my own handwriting. Recognizable as one of mine. I saw happy all over the paintings. Soon after, a friend wrote to me having seen a photo of my painting and said, "if that's for sale, I want it!!" The rest is history. I paint on canvas and paper but mostly create acrylic paintings on cradle wood panel. I like to make my paintings pop. My husband then constructs the "cradled wood panel". By adhering small pieces of recycled wood to all sides, my paintings are ready and easy to hang or display on a table or shelf. A spray varnish protects the painting from the environment and further enhances the colors. I've been told my style reminds some of Matisse who "moved away from exactitude – which according to him was not the truth – and sought the synthesis of form in the essence of its emotions." (Re: Wikipedia) I most enjoy hearing my paintings make you happy and seeing you smile.

OCTOBER – GERRY TUTEN - *Acrylic*

Meet the Artist Reception

Thursday, October 5 3pm-5pm

Light Refreshments Served.

FREE

Gerry Tuten connects us to the natural world by detailing intricate floating microcosms in pond life that may not be visible to the naked eye or even under a microscope. Tuten lays bare the astonishing intricacies and seeming disorder of nature for us to marvel at and decipher layer by layer. The deliberate

configuration and precision of flow ground the sides of her paper and contrast deliberately with the perpetual motion of the amoebas and other organisms. Her work is a metaphor for and a reminder of our place in the cosmos. Gerry grew up in Pittsburgh, PA and lives now with her husband and dog in Villanova, PA. She loves to paint in her studio in Norristown and by the ocean in Cape Cod, MA or anywhere there is water.

NOVEMBER – ELAINE BUONO, KATHY CHAPMAN, BONNIE GOLDSTEIN, PATRICIA LIMA, DIANA MYERS, AND ELIZABETH STRICKER - *Printmaking*

Meet the Artist Reception

Friday November 3 3pm-5pm

Light Refreshments Served.

FREE

This show consists of printmakers who are members of Cheltenham Printmakers Guild and/or 705 West Gallery. Most of them have been working along side of each other in various studios over many years. Prints are unique and one of a kind. As artists they create an image on a plate, either plexiglass or cardboard, using printmaking ink. The final steps involve soaking and drying paper leaving it damp, and running the plate through a printmaking press onto the damp paper. Prints will be diverse in subject matter as well as technique, enriching the viewers with their diversity.

DECEMBER – NW PHILLY ARTISTS SHOW AND ART SALE - *Mixed Media*

Opening Reception

Friday, December 1st

5:00pm- 8:00pm

FREE

This exhibit will also be open on Saturdays and Sundays 9am-12pm.

We are pleased to host this exhibition from December 1st to December 17th that features artwork created by the center's own NW Artists. Original paintings, photography, drawings, greeting cards, jewelry, hand crafted candles and more will be on display and for sale. A reception on Friday December 1st, including delicious treats and live music, will create a festive gathering sure to provide holiday fun and a unique shopping experience. A percentage of sales supports the Center on the Hill.

MAKING ART MAKES US SMARTER: PASTELS

Thursdays, September 28- October 26

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.

CREATIVE COLOR ART CLASS

Thursdays, October 12 - November 16

10:30 am - 12:30 pm

\$132 (6 Week class)

Registration Required.

Learn how to enhance your artwork and express yourself through the creative use of color. This in-depth but relaxed six-week class will use exercises and small studies to explore color theory, color mixing, limited color palettes, color schemes, and more. Open to beginning and intermediate artists with some experience in their dry or wet color media, including oil, acrylic, watercolor, colored pencil, or pastel.

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

**BEADING STRETCH BRACELETS**

Thursdays, October 5 and November 2

1:00pm- 3:00pm

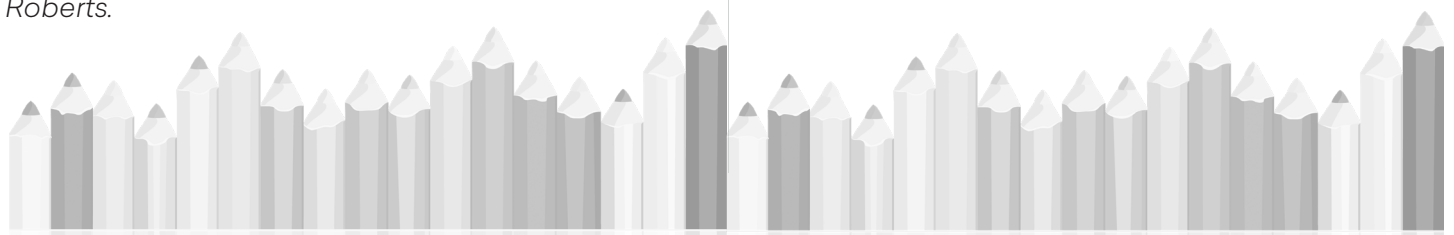
\$15 per class- includes all beads and materials.

Registration Required.

Material for 2 bracelets included.

Just in time for the Holidays, come learn how to make beautiful stretch bracelets using precious stone, ceramic, glass, and crafted beads. Create fantastic works of art you can wear on your wrist. Fun and easy you will enjoy picking out your favorite beads to include in your creation and then string them together to make a wonderful gift, or keep it for yourself. All Materials for two bracelets included in cost of the class. Additional materials can be purchased to make more if you want for \$5 each additional bracelet.

Lois Gershenow has been making beaded jewelry since 2003 when she retired. She has sold many of her beaded creations at small local craft shows, as well as here at the Center on the Hill during our Holiday sales in 2021 and 2022. What started as a hobby is now an outlet for her creative side, and she is thrilled to be able to share the joy of beading with you all this season.



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.

ITALIAN CONVERSATION

*Mondays, ongoing
11:00am – 12:00pm
\$2 per session*

Registration Required.



For all those who love and respect the Italian language, we have an Italian Conversation group. All are welcome to practice speaking Italian with like-minded Italian aficionados. Practice speaking in a no pressure, fun environment.

BASICS OF YOUR APPLE (IOS) DEVICE - TIPS & TECHNIQUE

*Thursday, October 19
2:00pm – 3:30pm
\$12*

Registration Required.

This Class will cover the essentials you need to learn how to effectively use the basic functions and applications of your iPhone or iPad.

BASICS & BEYOND OF YOUR APPLE (IOS) DEVICES – TIPS & TECHNIQUE

*Thursday, October 26
2:00pm – 3:30pm
\$12*

Registration Required.

This class will cover more of the essential basics, and the instructor will steer the discussion as requested & time allows to explore more of the apps on your iPhone & iPads.

BEYOND THE BASICS OF YOUR APPLE (IOS) DEVICES – TIPS & TECHNIQUE

*Thursday, November 2
2:00pm – 3:30pm
\$12*

Registration Required.

The Instructor will steer the discussion as requested & time allows to explore more of the apps on your iPhone & iPads that you would like to explore and learn more about.

Our facilitator for all three classes is Peggy Leiby. Peggy has been a techie since the 1970s. She became a programmer and systems analyst for area companies, including a computer magazine publishing company she co-founded in the 1980s. Peggy has been teaching tips and tricks classes for nine years.

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

WINDOWS 10 MADE SIMPLE

*Tuesdays, September 19- October 3 (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, October 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

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, November 14- 28 (3 Sessions)
10:00am-12:00pm
\$89.00*

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

WordPress makes it possible to have your website up and running in 24 hours. The reason it continues to be a popular choice for website building is that no coding is necessary. We will start from the beginning and gradually build on the previous material. It is recommended (but not required) that you already have a WordPress site.

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.

**BASICS OF AN ANDROID PHONE**

Wednesdays, October 18- November 22

Wrap up Q & A Session November 29

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.

PLANNING FOR THE FUTURE AS YOU AGE

Thursday, September 21

11:00am-12:30pm

FREE

Registration required.

Light Refreshments Served.

It is important for seniors and their families to consult with experts in Long-Term Care planning to create Eldercare Financial Solutions associated with aging and develop a comprehensive strategy. Planning early for Long-Term Care is crucial for seniors and their families to understand the potential costs involved with aging at home. Long-Term Care expenses can quickly deplete seniors' savings and become financially burdensome for their families. Seniors who wish to age at home should consider factors such as home modifications, home health care services, and personal care needs. Seniors should plan early for long-term care and take appropriate measures to ensure that they can age comfortably and with dignity while also considering the financial impact of their decisions. Come join our friends from Longevity Income Solutions, Keystone Clinical Studies, and Effraim Home Care for a panel discussion to answer your questions.

**NAME THAT TUNE**

Tuesday, October 10

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.



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.

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.

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

*Second Thursday of the month, join at
any time
2:00pm–3:30pm
FREE*

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

Registration Required

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

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

Meeting ID: 448 977 3675

Passcode: 076567

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

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

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



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

STRONG BONES EXERCISE CLASS

Session 1: September 12-October 31 (no class on 10/10 and 10/17)

Session 2: November 7- December 12

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.

**F.I.R.E.D. UP ABOUT THE KEY COMPONENTS OF HEALTHY AGING**

Thursday, September, 28

11:00am- 12:00pm

FREE

Registration Required

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

Friends and Social Support

Injury Prevention

Relationships including professional colleagues

Exercise

Diet and Nutrition

Kim Sloan and Judy Dorshimer return to lead this informative presentation on 5 of the essential ingredients of healthy aging. How do we prevent injury? How important is it to 'stay engaged' as we grow older? What are the benefits of exercise? Whether you live in a community or are a 'solo ager', bring your questions to Kim and Judy and learn about these key components of healthy aging.

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

GRIEF SUPPORT GROUP

Mondays, September 25,

October 9, 23, 30, November 6, 13

1:00pm-2:30pm

Free

Registration required.

Group is closed to new members after October 9

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.

UNDERSTANDING MEDICARE CHOICES

A Medicare Q & A with Joan Adler

Tuesday, September 26

1:00pm- 2:00pm

FREE

Registration required.

Are you getting ready to retire and wonder about how to figure out Medicare? Are you already on Medicare and wonder if you can or should change your Plan? Then this class is for you. Joan Adler is a Certified Medicare Counselor and a Volunteer for PA MEDI. She will present an overview of Medicare and how to decide what kind of plan to choose. All questions will be answered



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.

AVOIDING MEDICARE SCAMS

Thursday, October 5

11:00am- 12:00pm

FREE

Registration Required

Presented in person, and recorded to be shared online the following week

Your Medicare card is a valuable resource and your number should be protected. There are many scams trying to get your number to defraud Medicare. Joan Adler is a Medicare Counselor and a volunteer for the Senior Medicare Patrol, which investigates issues of Medicare Fraud and Abuse. We will also discuss other types of scams and how to protect yourself.

THERAPEUTICS FOR VISION

Wednesday, September 27

2:00pm- 3:00pm

\$25

Registration Required.

Like all the muscles of the body, if the muscles of the eyes are not toned, they weaken and our vision is affected. Ancient traditions of care as well as more recent works have included strategies to build these most necessary muscles. This workshop will include a basic understanding of the physiology of vision as well as techniques and tools to strengthen and relax our eyes to prevent loss of and improve sight.

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



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

EMOTIONAL BALANCE*Thursday, October 19**11:00am-12:00pm**FREE**Presented in person, and recorded to stream online the following week.***Registration Required.**

The Emotional Balance Program focuses on how we manage stress. Being Out of Balance Emotionally, usually involves either not allowing yourself to experience your feelings or suppressing them. The balance occurs when we allow ourselves to feel whatever comes up, without being overwhelmed and learn to accept our feelings without judgement. During the program, there will be examples of acceptance, emotional balance tips, and the art of resilience.

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

**SLEEP HABITS***Thursday, December 7**11:00am-12:00pm**FREE**Presented in person and recorded to stream online the following week.***Registration Required.**

Are you getting ready to retire and wonder about how to figure out Medicare? Are you already on Medicare and wonder if you can or should change your Plan? Then this class is for you. Joan Adler is a Certified Medicare Counselor and a Volunteer for PA MEDI. She will present an overview of Medicare and how to decide what kind of plan to choose. All questions will be answered

LONG TERM CARE PLANNING*Thursday, November 2**11:00am-12:00pm**FREE***Registration Required**

The right long-term care strategy can help safeguard your family, your savings, your retirement, and your peace of mind. During this presentation, we'll provide all of the information you need to prepare for a more secure future for you and your loved ones. Here's what we'll discuss:

- Why it's important to have a long-term care strategy
- Key questions to consider before creating a strategy
- What's covered and not covered by government programs
- How much long-term care services currently cost in your area
- Solutions that can help give you peace of mind about the future

Presented by Antoinette Rehak FSCP® from New York Life Insurance Company

INDIVIDUAL SENIOR SERVICES CONSULTING*By Appointment from One Life Consulting**FREE Consultation*

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

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

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

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

SENIOR BALLET: PINK & SILVER SLIPPERS

Session 1: September 13- October 18

Session 2: October 25- December 6

(No class November 22)

Wednesdays, 9:45am- 10:45am

\$99 for full 6 weeks

\$19 drop in per class

Registration Required.

Find your inner ballerina! If you studied ballet as a child or dreamt of being a ballerina this class is your dream come true. Basic terminology for ballet barre, center floor, progressions.

Karen Taylor-Young has more than 35 years of experience in dance, and currently teaches dance and choreographs in Philadelphia and neighboring communities. She is a founding member of Philadanco (The Philadelphia Dance Company), former musical theater choreographer at Germantown Friends School, and recently completed her third production with Old Academy Players.

ZUMBA GOLD

Wednesdays, Ongoing

11:15am- 12:15am

Session 1: Sept 13- Oct 18

Session 2: Oct 25- Dec 6 (No Class Nov. 22)

\$60 for 6 week Session

Single class- \$12.00

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 **encouraged to bring your own 1-2 pound 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.



NUTRITION AS YOU AGE

Wednesday, October 11

1:00pm-2:00pm

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 to support healthy eating including a complimentary homemade plate and dessert option provided by Sunrise of Lafayette Hill and Continuous Home Care.

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.

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

Thank you!



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.

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



BEGINNING T'AI CHI YANG STYLE

Wednesdays, September 20- November 29 (No class November 22)

10:00am – 11:00am

\$129 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, September 20- November 29 (No class November 22)

11:15am-12:15pm

\$129 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, September 20- November 29 (No class November 22)

12:30pm-1:30pm

\$129 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

Session 1: Monday and Tuesday, September 11 and 12

Session 2: Monday and Tuesday, November 13 and 14

10:00am-2:30pm (eight hours total)

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

Phone registration and pre-payment is required.

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

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

AARP SMART DRIVER REFRESHER COURSE

Tuesday, November 28

10:00am – 2:30pm (four hours total)

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

Phone registration and pre-payment is required.

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

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

GET SMART ABOUT NEW VEHICLE TECHNOLOGY

AARP SMART DRIVERTEK

Tuesday, October 24

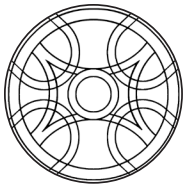
10:00am- 11:30am

FREE

Registration Required.

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





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

The Presbyterian Church of Chestnut Hill
8855 Germantown Avenue
Philadelphia, PA 19118
215.247.4654 www.chestnuthillpres.org

NON-PROFIT ORG.

U.S. POSTAGE

PAID

FORT

WASHINGTON,

PA #33



Being Good Stewards

At the Center on the Hill, we strive to be good stewards of the earth. To this end we would like to cut down on the number of newsletters we print and mail out. Please contact Mariangela at 215-247-4654 or via email at 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.