

AT THE *center* OF THINGS

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

fall 2022

Welcome FALL! The Center on the Hill is continuing to offer a wonderful assortment of **in-person activities**, as well as a few things you can still enjoy **online from home** this season!

When in person we are following all current recommended guidelines and precautions from the CDC and the City of Philadelphia including: attendance limits for classes and events, strict cleaning protocols, and maintaining UV filtered air in our spaces to ensure safe ventilation.

Our class and group sizes are still being limited to allow for social distancing, so it is recommended that you register early for things you want to attend. Classes and events will likely have a wait list so if you discover you cannot attend something you have registered for, please contact the center to let me know so I can move someone up from the waitlist.

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

Programs to look forward to this FALL include:

- **CERAMIC TILE MOSAIC CLASS** (page 7) – Artist and Mosaic Society of Philadelphia member Laura Lyn Stern will teach a tile making mosaic course. The tiles will be used to create a beautiful mosaic mural for the exterior wall of the Center on the Hill. Participants will work with clay to create floral tiles. No experience necessary. All materials provided.
- **PHILADELPHIA'S LESSER KNOWN HEROES WALKING TOUR** (page 4) – Join us as we take a fascinating, leisurely walking tour around City Hall. Our guide will show us important landmarks and talk about lesser known Heroes. Tour is followed by lunch outside in Dilworth Plaza.
- **LEARNING TO LOOK AT ART** (page 7) – Suzanne Fitzpatrick, a docent at the Barnes Foundation, returns this Fall with TWO sessions of her popular series of lectures discussing Artworks by notable artists.
- **"SOUL" LINE DANCING** (page 4) – 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!

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I hope you had an enjoyable and relaxing summer, and will be able to join us for some of the activities and events you will find on the following pages this fall. I look forward to cooler weather, beautiful color changing leaves, and I wish you all continued good health and happiness in the months ahead.

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 in-person or online. 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/speaker-series-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 15

John Wilkinson - The Post-Pandemic Church

The church landscape was evolving well before the onset of COVID. COVID seemed to accelerate and magnify the change, some welcome, some unwelcome. John's presentation will focus on key aspects of what the church has experienced and learned, and what this season suggests for the future.

John Wilkinson began his service as Pastor of the Presbyterian Church of Chestnut Hill in September 2019 after serving 18 years as pastor of Third Presbyterian Church in Rochester, New York. He received his BA from the College of Wooster, his MDiv from McCormick Theological Seminary and his PhD from Northwestern University, focusing on Twentieth Century American Religious History.



October 13

Josh Hitchens - Haunted History of Philadelphia

As one of the most haunted cities in the nation, the City of Brotherly Love is a haven for unexplained phenomena. The specter of an innocent waiter murdered in 1783 is sometime seen breaking dishes and smashing glasses at the City Tavern, once a meetinghouse for George Washington, Paul Revere, and other patriots. Haunting footsteps are still heard among the cellblocks of Eastern State Penitentiary. Among the picturesque streets of Chestnut Hill sits Baleroy Mansion, whose plethora of supernatural hosts has earned the home the nickname of "the most haunted house in America." Author and paranormal historian Josh Hitchens will discuss some of the chilling tales from Philly's past and present that are featured in his book *Haunted History of Philadelphia*.

*Josh Hitchens was born and raised in Sussex County, Delaware. He has been a storyteller for the Ghost Tour of Philadelphia since 2007. Josh is also a theater director, actor, playwright and teaching artist who has been called "Philadelphia's foremost purveyor of the macabre" by local press. His first book, *Haunted History of Delaware*, was released in 2021 by Arcadia Publishing. Josh is deeply honored to tell the stories of his second home in *Haunted History of Philadelphia*. Josh has also written articles for *Philadelphia Weekly* and the *Broad Street Review*. He lives in West Philadelphia with his partner and a cat named Mina. <http://www.joshhitchens.com>*



November 10

Jane Golden - Mural Arts Philadelphia

The founder and Executive Director at Mural Arts Philadelphia will present a snapshot of how the organization has grown exponentially from a small city agency into the nation's largest public art program creating over 4,000 works of public art. She will also share information about the different programs within the organization along with examples on how Art Ignites Change!

Jane Golden has been the driving force of Mural Arts Philadelphia since its inception. In partnership with innovative collaborators, she has developed groundbreaking and rigorous programs that employ the power of art to transform practice and policies related to youth education, restorative justice, environmental justice and behavioral health. Sought-after nationally and internationally as an expert on urban transformation through art, Golden has received numerous awards for her work. This year, she has been awarded the Jewish Family and Children's Service of Greater Philadelphia Honors Award and nominated as a 2022 Philadelphia Titan 100. She is an adjunct professor at the University of Pennsylvania, and serves on the Mayor's Cultural Advisory Council and the board of directors of The Heliotrope Foundation.Club, and co-Founded Putumayo World Music in 1993 to introduce people to music of the world's cultures. He has devoted his life to the love of music and the arts. Join us for this creative and inspiring conversation.

COMMUNITY LUNCHEONS

Tuesday, October 25,
November 22
12:00pm
\$10



Registration & Payment Required
by Fridays 10/21 and 11/18.

REGISTRATIONS RECEIVED AFTER THE FRIDAY BEFORE THE LUNCHEON OR THE DAY OF THE LUNCH, WILL BE CHARGED \$12.

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 ten 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.*

COMMUNITY HOLIDAY PARTY

Thursday, December 15
12:30pm-2:00pm

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

Pre-Registration and Payment is required by Monday December 12th, 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!

**This party is subject to all current CDC Covid Guidelines, gathering limits, and social distancing recommendations at the time of the event.*

TRIVIA FOR EVERYONE!

Thursday, October 20 and December 8
12:30pm- 1:30pm
FREE

Registration Required.

Join us for HOLIDAY themed Trivia in October and December at the Center. Give your brain a work out, learn something new, meet new people, and have a lot of fun! Prizes and snacks provided.

AFTERNOON MOVIES

1:30pm
\$2

Registration Required

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

Movie dates and shows:

Thursday, October 6 showing "Death on the Nile"

Based on the book by Agatha Christie, Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. Set against an epic landscape of sweeping desert vistas and the majestic Giza pyramids, this tale of unbridled passion and incapacitating jealousy features a cosmopolitan group of impeccably dressed travelers, and enough wicked twists and turns to leave audiences guessing until the final, shocking denouement.

Thursday, November 3 showing "West Side Story"

An adaptation of the 1957 hit musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds in New York City. Full of stunning cinematography and breakout performances, this film directed by Steven Spielberg was nominated for several Academy Awards.

Tuesday December 6 showing "Encanto"

From Walt Disney Animation Studios' this is the tale of an extraordinary family, the Madrigals, who live hidden in the mountains of Colombia, in a magical house, in a vibrant town, in a wondrous, charmed place called an Encanto. The magic of the Encanto has blessed every child in the family with a unique gift from super strength to the power to heal—every child except one, Mirabel. But when she discovers that the magic surrounding the Encanto is in danger, Mirabel decides that she, the only ordinary Madrigal, might just be her exceptional family's last hope.

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

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

LOVE LETTERS (A STAGED PLAY READING)

Tuesday, October 11

3:00pm – 4:30pm

\$5

Light refreshments will be served.

Registration Required

Love Letters is a beautifully written Pulitzer Prize nominated play by A.R. Gurney portraying a lifelong relationship between two people via their letters from childhood on. In over nearly 50 years of correspondence, they discuss their hopes and ambitions, dreams and disappointments, victories and defeats – that have passed between them throughout their separated lives.

Join us for this touching staged play reading starring:

Bernadette Cronin-Geller-- Co-founder of the Rittenhouse Players on the Square in the '70s, as an actress and director. Performances were also taken out to community groups, to include the Society for the Visually Impaired. She was also seen most recently as a mainstay of Radio Revisited, a variety show with a radio format.

Lawrence H. Geller-- Veteran actor in the Delaware Valley, having performed in over 50 plays. Founder of the Anne Frank Theatre Project in 1998, it is still touring locally at civic groups, synagogues, libraries, schools, etc.

LET'S PLAY BUNCO

Tuesday, September 13

1:30 PM to 2:30 PM

Thursday, November 17

12:30 PM to 1:30 PM

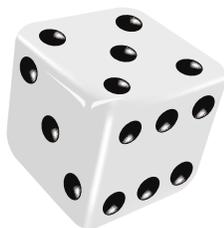
FREE

Registration Required

Come join us to play one of the hippest and fun dice games – BUNCO

There will be four “rounds” of dice rolling – When you and your ever revolving partner “win” you remain at the table you are playing (although you cannot be partners again for the next round) - the “losers” get up, move to a new table and get a new partner!

Light exercise, heavy excitement... Prizes will be awarded for MOST BUNCOS, MOST WINS and MOST LOSSES!



PHILADELPHIA STORIES OF LESSER-KNOWN HEROES--A TALK and A WALK

Friday, September 23 (Rain Date September 30th)

9:30am-1:00pm (Train to Center City Departs at

9:51am- Tour begins downtown at 11am)

\$25 **Lunch included**

Meet at the Chestnut Hill West Regional Rail Station, at 9:40 a.m., 9 W Evergreen Ave (Parking is available)

Train departs promptly at 9:51 a.m.

Regional Rail is FREE for Seniors 65+ with Valid ID, all others train will be \$10.50 Round Trip.

REGISTRATION AND PAYMENT DUE BY MONDAY

September 19th.

Space is Limited. Maximum 12 participants.

Does “Meet Me at The Eagle” evoke any memories? What did John Wanamaker ever do for me?

What did Ann Jarvis, Anna Jarvis and Julia Ward Howe have in common? What did Matthias Baldwin make besides jewelry? Was Mother Jones a 1970s magazine? Who was Octavius Catto? How many sculptures are in City Hall? What stories do they tell? Join us and Philadelphia Docent Elise Bromberg as she takes us on a fascinating walking tour surrounding City Hall. The tour will consist of a leisurely stroll around the streets at the center of our city, where she will show us important landmarks and talk about lesser known Heroes. The tour will end at Dilworth Plaza where we will enjoy lunch outside (included).

*** Elise’s definition of Hero: A person, an object, an event that has left an imprint on our city.

“SOUL” LINE DANCING

Thursdays, September 22 & 29, October 20 & 27, November 17 and December 1

(The 3rd and 4th Thursdays of the Month)

1:30pm- 2:30pm

\$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” (**D**ancing **A**nd **S**inging **H**elp **E**veryone **R**elieve **S**tress), a business she created after leaving a 9-year stressful job. She has received many recognitions, and is dedicated to preserving the “Philly Style” of line dancing.

INTERNATIONAL FOLK DANCING

Fridays, start at any time.

12:30pm – 2:30pm

\$60 for ten sessions, \$7 per session at the door.

Your first visit is free.

Registration Required

Start your weekend right! Enjoy learning folk dances from the Balkans, Greece, France, the British Isles, and beyond. No partner is needed, as most dances are done in lines and circles. There is always a mix of teaching and “just dancing” and it’s a great place for beginners to pick up the basics in a super friendly group. Ask us about our special pre-session class from 12:30pm-1:00 pm.

For more details about our Friday folk dance session, contact Anne Ehrhart at anne.ehrhart@gmail.com

LEARN AND PLAY CROQUET

Tuesday, October 4 (Rain Date October 11)

10:30am-12:00pm

FREE

Outside on the lawn. Registration Required

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 learn how to play American Nine-Wicket aka “Backyard” Croquet. We will also discuss and try out a variation or two on this game as well. This is a fun and engaging way to get some fresh air and exercise while learning a new sport!

CROQUET OPEN PLAY

Tuesday, October 18 (Weather Permitting)

10:30am-12:00pm

FREE

Outside on the Lawn. Registration Required.

Join us outside on the front Lawn to play American Nine-Wicket aka “Backyard” Croquet. This fun and engaging game will help you get fresh air and exercise while enjoying this competitive lawn sport!

BUDDHIST PHILOSOPHY AND ETHICS

Wednesdays, November 30, December 7 and 14

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

BRIDGE – OPEN PLAY

Wednesdays, join at any time, ongoing

11:30am – 3:00pm

Registration Required to come play

\$2

This is an opportunity to simply enjoy others’ company and play the game of “Party Bridge”. Not for beginners: participants should be familiar enough with the game to play without formal instruction.

BRIDGE – OPEN PLAY

Thursdays, join at any time, ongoing

10:00am-12:30pm

Registration Required to come play

\$2

Come meet some new friends, and enjoy the game of Bridge on Thursday mornings! Not for beginners: participants should be familiar with the game, and have played some before. This Group plays “Rubber Bridge”.

CLASSIC TABLE GAMES: OPEN PLAY

Mondays, ongoing, join us anytime

12:00pm-2:00pm

\$2

Registration Required.

Playing table games are proven to stimulate brain areas that are responsible for memory formation and complex thought processes in all ages. Join us on Mondays for casual and fun Open Play of classic table games. Bring your own favorite game to play, or choose from ones we have here at the Center like Clue, Parchisi, Boggle, Phase 10, Scatergories, Dominos, Battleship, Mystery Date or Monopoly.



MAH JONGG 101

Mondays, September 19- November 14 (No Class October 10)

10:00am- 12:00pm

\$109 for 8 Week Class

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

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. (Students will be required to wear a mask at this class regardless of vaccination status)

MAH JONGG 201

Wednesdays, September 21- November 9

1:00am- 3:00pm

\$109 for 8 Week Class

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

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

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

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.

MAH JONGG - OPEN PLAY

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

Registration Required.

\$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.

BEGINNER/INTERMEDIATE MAH JONGG- OPEN PLAY

Wednesdays, join at any time

1:30pm-3:30pm

\$2

Registration Required

Come join some new friends, and enjoy the game of Mah Jongg in a relaxed environment! For beginners and Intermediate Players. Participants should be familiar with the game and have played some before.

LEARN TO PLAY RUMMY TILES

Wednesday, September 21

10:30am-12:30pm

FREE

Registration Required.



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

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

RUMMY TILES OPEN PLAY

Wednesdays, Ongoing

10:30am-12:30pm

\$2

Registration Required.

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

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

CREATIVE COLLAGE

Fridays, November 11 and 18

10:00am- 12:00pm

\$49

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

This class is for ANYBODY AND EVERYBODY who wants to have fun and play with paper. Absolutely NO previous art experience is necessary. You will be amazed at how easy, relaxing, and rewarding it is to make a collage. Please bring a pair of scissors, some paper (old magazines, wrapping paper, newspaper, calendars etc.), and some form of adhesive such as glue or a glue stick.

Rebecca Hoenig has been an active artist and teacher for over thirty years. She has taught at numerous locations including The Philadelphia Museum of Art, Fleisher Art Memorial, Abington Art Center, Main Line Art Center, and Mount Airy Learning Tree.



mosaic society of philadelphia

**MOSAIC SOCIETY OF PHILADELPHIA (MSOP)
TILE MOSAIC CLASS**

Session A: Tuesdays, September 20 & 27

Session B: Thursdays, September 22 & 29

1:30pm- 4:30pm

Cost: \$60 for the two week session.

Register for only ONE Session. Week 1 is instruction and construction. Week 2 is glazing.

Registration Required. All Materials provided.

Mosaic tile artist and MSOP member Laura Lyn Stern is offering a tile making course. The tiles will be used to create a beautiful mosaic mural for the exterior wall of the Center on the Hill.

Participants will work with clay to create bas relief (dimensional) floral tiles. Each person will be making multiple tiles, both modeling and glazing the pieces. All tiles created in class will be used for the mural.

Please come to class with several ideas and images of the flowers that you want to work with.

(Laura Lyn will also have images available). You will be taught how to transfer your images from a photo, magazine or print out onto a clay slab and then model your piece dimensionally.

Come and join the fun and be part of this permanent mural project!

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.

LEARNING TO LOOK AT ART

Docent and Art Educator, Suzanne Fitzpatrick, returns with new sessions of her **Learning To Look** series. Suzanne has been a Docent and Arts Educator in the Philadelphia area for well over a decade. She is also a photographer, specializing in portraiture and architectural detail, and has taught workshops on Emulsion Transfers at PAFA and elsewhere. Come join the fun! (Classes do not build on each other.)

IN HONOR OF INDIGENOUS PEOPLES

Monday, October 10

10:00am-11:30am

\$15.00

Registration Required

In honor of October's Indigenous Peoples' Day, we will discuss Native American artist R.C. Gorman whose colorful and lyrical works (paintings, lithographs, ceramics, sculptures) focused on Native culture and the beauty of the Southwest.

THE IMPORTANCE OF A PICTURE

Monday, November 14

10:00am-11:30am

\$15.00

Registration Required

Can a photograph change our world? Yes, it certainly can! Photographer Lewis Hine's "documentary photography" and "work portraits" had a profound social impact and were instrumental in changing the way society viewed child labor. Indeed, his work led Congress to enact child labor legislation.

art EXHIBITS



The "Gallery" is open for viewing Monday-Friday 10am-4pm daily. **RSVP Required to attend all Opening Receptions. Contact 215-247-4654 to RSVP.** *All exhibits and receptions will follow all gathering size limits, with appropriate protocols in place for comfortable social distancing.

SEPTEMBER - LINDA CHICCHI

Mixed Media

Opening Reception: Friday September 8th
5:00pm- 8:00pm

This is Linda's first solo show. Working primarily in watercolor, she also uses mixed media, inks and mono printing. A love of horticulture, inherited from her Italian grandfather, informs her florals and landscapes. Linda has been painting for a decade. She has studied under Marcia Jones and Marta Sanchez. She has shown her work at Ned Wolf Park, The Allens Art Center, here at the Center on the Hill and at the Philadelphia Corporation for Aging over 50 Show. Although she came to painting later in life, Linda spent her childhood sketching plants and insects in pastel. She is the daughter of a potter and no stranger to the creative life and returned to her native Philadelphia after living in Europe for several years. Now retired after 40 years in the nonprofit world, Linda is devoting herself full time to her art.

OCTOBER - CENTER ON THE HILL WATERCOLOR AND SKETCH DRAWING CLASSES

Alex Forbes is the instructor and facilitator of our Watercolor and Sketch Drawing Classes. He and his students will be displaying some of their favorite watercolor and sketch works they have created here at the center.

NOVEMBER - GREATER NORRISTOWN ART LEAGUE (GNAL) *Mixed Media*

Opening Reception: Thursday, November 10th,
4:00pm to 6:00pm

Greater Norristown Art League is now in its 81st year, as a non-profit organization engaged in the promotion and teaching of arts. Located in the Old Norriton Schoolhouse dating from 1894, in East Norriton Township. GNAL has a membership of over 250 members. Our membership is open to all applicants, along with classes, workshops, and meetings. Social activities and art shows are held at the schoolhouse. This exhibition showcases some of the marvelous artistic talents of the group's members. For more information visit www.gnal800west.org.

DECEMBER- NW PHILLY ARTISTS SHOW AND ART SALE

Mixed Media

Opening Reception: Friday, December 2nd
5:00pm- 8:00pm

**This exhibit will also be open on Saturdays and Sundays 9am-12pm.
No Appointment needed.**

We are pleased to host this exhibition from December 2nd to December 18th 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 2, 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.

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

MAKING ART MAKES US SMARTER: PASTELS*Thursdays, October 6- November 3**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.

WATERCOLOR AND DRAWING FOUNDATIONS*Tuesdays, October 4 - December 1**1:30 PM to 4:00 PM**\$110 for 5 weeks.***Registration Required** through Mt Airy Learning Tree (MALT) at 215-843-6333 or mtairylearningtree.org

Join in the fun of learning how to handle materials and 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.

FUN WITH WATERCOLOR TECHNIQUES*Fridays, October 14- November 4**10:00 AM to 12 NOON**\$89.00 for the 4 Week session. Space is Limited.***Registration Required** through Mt Airy Learning Tree (MALT) at 215-843-6333 or visit mtairylearningtree.org

If you have always wanted to paint with watercolors, but have been afraid to try, this is the perfect place to start. Geared towards beginners, learn several tricks to creating beautiful watercolors even if you have never tried painting before. Each session will begin with a short demo of a different watercolor technique. Students will then have plenty of time to experiment. Rebecca Hoenig has been an active artist and teacher for over thirty years. She has taught at numerous locations including The Philadelphia Museum of Art, Fleisher Art Memorial, Abington Art Center, Main Line Art Center, and Mount Airy Learning Tree.

NAME THAT TUNE*Tuesdays September 13 and November 8**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.

WINDOWS 10 MADE SIMPLE

Tuesdays, September 20- October 11
(3 sessions- NO Class on 9/27)
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 18- November 1
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 29- December 13
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 5- November 9
Orientation Class on
Wednesday October 5
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.

WRITING YOUR LIFE STORY—LEAVING A LEGACY

Tuesdays, September 27- November 1
1:00 p.m.–3:00 p.m.
\$60 for six weeks.

Registration Required.

How long have you been thinking about writing your life story? Is the “writing” part of it holding you back? Instead, then, why not put the emphasis on “life story” for which you have an overflowing storehouse of resources from all the years you have been alive? Take that story material—those memories, those highs-and-lows and in-betweens—and put it to good use with a group of like-minded folks who also are on a telling and writing journey. Guided and coached by the instructor, you will learn the techniques for organizing and developing your story. You will also learn from the writing shared weekly by others in a comfortable, non-threatening setting.

Sam Whyte is a retired professor and dean, the former director of the St. David’s Christian Writers’ Conference at Eastern University, and the co-founder and director of the Festival for Writers at Rosemont College.

MOVING FORWARD WITH EASE

Monday, September 19

9:30am- 10:30am

Early registration: \$15 (before 9/10/22) \$20 after.

Registration Required.

For your safety and the safety of everyone, proof of vaccination, and N95 masks required.

Looking for a new adventure?

Learn the Alexander Technique

- Anyone can benefit!

*Move with freedom and ease

*Diminish stress

*Rediscover strength, balance, and agility

Please join us for this fun, interactive workshop! We will explore new ways to maximize comfort and ease for all of the activities of your life! You will leave the workshop with exercises to practice at home. Bring a yoga mat and a towel if you would like to try the floor work. Alexander Technique is movement education. Please get your doctor's ok.

For more information, please contact Mary McCann: 215.520.0832 or ma2mcca@aol.com, www.exploreaalexander.com

KEYS TO POSTURE AND BALANCE

Wednesday, September 28

1:00pm-2:30pm

\$25

Registration Required

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

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

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

STRONG BONES EXERCISE CLASS

Session 1: Tuesdays, September 6- October 18

(No Class on September 27th)

Session 2: Tuesdays,
November 1- December 6

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, 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.

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.

AGING IN PLACE PLANNING

Thursday, September 22

10:00am-11:00am

FREE

Registration Required.

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

This presentation will focus on how to view aging in place planning as an opportunity. We will discuss simple strategies to implement to prepare for your independence including organizing, assessing your home, and assessing your support. We will also address available resources for aging alone to assist with decision making so that bill paying, caregiving, and home modifications for example are addressed.

This presentation will be conducted by Bode Hennegan, Founder & President of Life Managers. Bode is a passionate advocate for independent aging and an experienced resource for aging in place in the Philadelphia region. She is a Certified Aging in Place Specialist and a graduate of the Goldman Sachs 10,000 Small Business program. Bode has a longstanding history of service to the community.

MOVING FORWARD TO SUCCESSFUL AGING

Thursday, September 29

11:00am-12:00pm

FREE

Registration Required.

Successful Aging has been researched for years with findings shared and movements initiated. The most critical project was the MacArthur Foundation Study of Gerontology in 1984. This was a 10 million dollar Grant with the study of over 1000 seniors for the project. It was the most extensive and comprehensive project in America. The researchers had to dispel the many myths of aging. To mention several- "You Can't Teach and Old Dog New Tricks, The Lights May Be on But the Voltage is Low, The Secret to Successful Aging Is to Choose Your Parents Wisely." The research dispelled the many myths of aging and today the product of this study has essentially set the stage for our active older adults, as we know them today as involved in every aspect of our country.

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

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 plan to attend in-person or online. Thank you!

PART II: DO I STAY OR DO I GO

Thursday, October 6

11:00am-12:00pm

FREE

Registration Required

Presented in person for a limited number and recorded to be shared online next week.



Part One explored the pros and cons of remaining at home as we age versus moving to a continuous care retirement community. Now we have made our decision and have decided we want to continue telling our own story according to our own priorities. We want to remain in our own home! Part Two gives us the practical information to facilitate this decision. How will I find professionals to do yard work? snow removal? install grab bars in the shower and make other safety modifications to my home?

Bring your questions with you to this workshop, presented by Bess Wray, Owner, Human Touch Home Care, Ltd., and Judy Dorshimer, a retired RN with first hand knowledge of CCRC's.

Kim Sloane and Judy Dorshimer return to lead a practical workshop about the empowering resources we have right at hand.

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.

FOCUS ON CORE FOR BALANCE AND POSTURE

Mondays, October 17- November 21

12:30pm-1:30pm

\$72/six week session, or \$15/class drop in.

Registration Required.

In this class, breathing and connecting to your deep core will create a foundation for exploring two different definitions of balance. The ability to find physical balance in space, whether that is on one foot, or in a lunge, or in transitioning from one position to another is important for moving through the world with confidence. Additionally, a balance of strength and mobility in a variety of body parts is needed for good posture.

In each class balancing poses will be emphasized, and you will work on a balance of strength and mobility in a certain part of the body. Hamstrings, psoas, glutes, inner and outer thighs, shoulders, upper back, chest, and arms will all be featured. Chairs will be used to assist with balance and to help with body alignment.

Jennifer May has been teaching yoga in NW Philly for the past four years. Her background in science teaching and experience with core rehab have proved valuable in teaching people body awareness and posture starting with a deep core connection.

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 at 774-249-2494 or brian.rickman@gmail.com to be given the call in number.



“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.

GRIEVING DURING A PANDEMIC

Thursday, November 17

11:00am- 12:00pm

Free

Registration Required.

Each time we experience a loss, we grieve. World-wide grief has been experienced during the COVID-19 Pandemic, as this crisis presents both primary and secondary losses. Primary losses are the result of major life events such as the death of a loved one or the loss of a job. Public health measures have resulted in many different types of secondary losses such as the loss of relationships, recreation activities and social support. During this crisis we must grieve what has been lost, yet also to find meaning and hope in life changes. The “Grieving During a Pandemic” Workshop addresses our grief needs to find solace in new formats of connecting with others, utilizing space for being creative, and taking the time to care for ourselves to reorient meaning in our lives.

Samantha Johns, BSW is a Bereavement Coordinator at Abramson Hospice with over 5 years of professional Hospice experience. She has witnessed first-hand the challenges the pandemic has brought to our community as an experienced Bereavement Coordinator. These challenges have inspired the bereavement program to address the lack of grief support within our community. For more information about Abramson Hospice’s Bereavement Program please contact Samantha Johns at 215.237.0716 or at sjohns@abramsonseniorcare.org.

CREATIVE ADVENTURES FOR AGING GRACEFULLY

Thursday, October 18

12:30-2:00pm

FREE

Registration Required.

Do you enjoy “Creative Excursions”? Are you bored with your present routine? Would you welcome opportunities to discover/re-create exciting activities? Please join us for-

- FUN! Hands-On Activities, Games and Prizes
- FOOD! Delicious Desserts, Snacks and Beverages
- FACTS! Valuable Knowledge, Useful Information

Activities will include:

Empathy Training which has been developed to assist learners in experiencing the feelings that an older adult may experience in her or his daily live. Empathy Training exercises are designed to be experienced in a group setting, taking turns participating in each exercise. Everyone in the group gets a chance to experience the different challenges seniors may face and then get an opportunity to express their reactions to these experiences of sensory, motor, and social deprivation.

Let music inspire you to create your own masterpiece- “A work of Art”. Join us in our “Learning Circle”. Together we will PLAN, PLANT creative ideas as we PREPARE for our next graceful aging adventure! We hope that you will leave with contacts, new friends, referrals, gems of wisdom and creative ideas!



GRIEF SUPPORT GROUP

September 26, October 3, 10, 24, 31, and November 7

1:00pm-2:00pm

Free

Registration required.

Group is closed to new members after October 3rd.

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.



BEGINNING T'AI CHI YANG STYLE

Wednesdays, September 21- December 7 (No class 10/5 & 11/23)

10:00am – 11:00am

\$119 for ten sessions

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

T'ai Chi (or tai chi ch'uan) is claimed to be the oldest martial art. But it is also a gentle exercise that can provide innumerable health benefits for body, heart and mind. Practiced consistently, it can improve balance, lower blood pressure, reduce anxiety, ease depression, and has even been shown to benefit those with Parkinson's disease. Tai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5 ft. square of open space. The beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes.

CONTINUING T'AI CHI YANG STYLE

Wednesdays, September 21- December 7 (No class 10/5 & 11/23)

11:15am-12:15pm

\$119 for ten sessions

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

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

Instructor, Vicki Mehl has studied t'ai chi since 1995, has taught for ten years, and enjoys sharing this accessible and life changing exercise with others.

INTERMEDIATE TAI CHI

Wednesdays, September 21- December 7

(No class 10/5 & 11/23)

12:30pm-1:30pm

\$119 for ten sessions

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

This Intermediate class is for those who have learned at least the "first third" of the form, and has the teacher's permission. Wear loose, comfortable clothing and flat, flexible shoes.

Instructor, Vicki Mehl has studied t'ai chi since 1995, has taught for ten years, and enjoys sharing this accessible and life changing exercise with others.

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

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.

FUN RETIREMENT

Thursday, November 3

11:00am – 12:00pm

FREE

Registration Required

Presented in person for a limited number and recorded to be shared online next week.

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

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

WEDNESDAY DIABETES AND NUTRITION WORKSHOP

First Wednesdays of the month,

Ongoing

1:00pm – 2:00pm

FREE

Registration Required



You can live well with diabetes, pre-diabetes or other chronic disease including obesity with the most nutritious diet. Certified diabetes educator Kirsten Puskar, RDN, CDCES, will help you understand managing your diet and diabetes to stay healthy. All are welcome to take part in her interactive discussions, where participants learn what it takes to maintain a healthy lifestyle. Each month we discuss the basics of living with diabetes, and the latest nutrition research findings are also explained and related to improving our everyday lives. Come join us!

DIABETES & NUTRITION COOKING WORKSHOP

Second Wednesdays of the month, Ongoing

1:00pm – 2:00pm

FREE

Registration Required

Space is limited. 10 participants only.

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

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

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.



INDIVIDUAL NUTRITION COUNSELING (By Appointment- virtual or in person)

Contact Kirsten at 215.527.4193 or email: KFPuskar@gmail.com

Do you have Diabetes, Pre-Diabetes, Kidney disease or have other chronic ailments? Are you 20 pounds or more overweight? Would you like to know more about how nutrition can improve your health with chronic disease, obesity or other nutrition-related health issues?

Contact our resident nutritionist, Kirsten Puskar MS, RDN, LDN, CDCES for a one-to-one private consultation to discuss how nutrition can improve your unique health issues.

If you are Diabetic, Pre-Diabetic or 20+ pounds overweight, there is no out of pocket charge, your insurance will be billed. Most insurance plans cover 3 or more sessions per year.

For more information or to book your appointment please call Kirsten at 215.527.4193 or email: KFPuskar@gmail.com

Kirsten Puskar, MS, RDN, LDN, CDCES, is a certified diabetes care and education specialist, registered dietitian nutritionist consultant licensed in PA. Kirsten's passion is helping her patients find their most nutritious diet and enjoy new recipes and menus she helps them create per their individual tastes. No need to dwell on dietary restrictions - see the many delicious healthy alternatives you already enjoy. She will help you find small steps you can do toward forming habits that lead to a healthy lifestyle. It's not about adding years to our lives - but adding life to your years! Why not call her today and see how she can help you improve your health and life?



FUTURE PROOFING YOUR HOME SO YOU CAN LOVE IT, NOT LEAVE IT!

Thursday, October 27

11:00am-12:00pm

FREE

Registration Required.

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

In this presentation, Charlinda will talk about what “futureproofing” your home really means, why it is important, and how to prepare your home so that you can safely age in place. She will discuss common misconceptions and pitfalls that prevent successful aging at home as well as lots of tips and tricks to optimize your home for your lifestyle, safety and future!

Charlinda Diaz, Home Modification Specialist, OTR/L, ECHM Certified, Realtor® With over 9 years of practice as an occupational therapist in many areas, she enjoys merging her clinical background with her knowledge as a realtor to find creative home solutions to optimize the home function for her clients. In addition to her licensure as a Realtor and Occupational Therapist, Charlinda is also certified as a Home Modification Specialist, a LSVT BIG Neurological Movement Specialist and Dementia Care and Training Specialist.

KNOW BEFORE YOU GO- A SENIOR'S GUIDE TO THE CARE CONTINUUM.

Tuesday, October 25

11:00am- 12:00pm

FREE

Registration Required.

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

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

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.

HOW NUTRITION CHANGES AS YOU AGE

Thursday, December 1

10:00am- 11:00am

FREE

Registration Required

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

Please join Sunrise of Lafayette Hill and Fox Rehab to learn key ways to optimize your health throughout the aging process. We will discuss important nutrition, activity, medical, and social ways to ensure you are living your healthiest life. Demonstrations, active engagement, and give aways will all be a part of this presentation.

Presented by Tina Jackson from HUMANA, who enjoys sharing ways we all can take control of our Health and Wellness



ARE YOU STRONG ENOUGH?

Tuesday, November 15

11:00am- 12:00pm

FREE

Registration Required.

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

Please join Sunrise of Lafayette Hill and Fox Rehab to learn key ways to optimize your health throughout the aging process. We will discuss important nutrition, activity, medical, and social ways to ensure you are living your healthiest life. Demonstrations, active engagement, and give aways will all be a part of this presentation.



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.

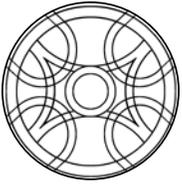
The Greater Philadelphia Coronavirus Helpline is available 24/7, if you would like to speak to a healthcare professional: 1-800-722-7112

The state has launched a new toll-free phone line to provide 24/7 support to people who may be struggling emotionally: 1-855-284-2494.

AARP is offering Safe Driver Classes ONLINE ONLY here: <https://www.aarpdriversafety.org/>

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*

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

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PA #33



Being Good Stewards

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