

AT THE *center* OF THINGS

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

spring 2021

I am very happy to announce that the Center in the Hill will be re-opening on April 5th for in-person activities (both inside and outside), as well a variety of classes you can participate in live online!

When in person we will be following all recommended guidelines and precautions, including:

- mask requirements
- hand sanitizing
- use of UV sanitizers and strict cleaning protocols before and after all activities take place
- maintaining open air and UV filtered air in our spaces to ensure safe ventilation.
- hosting activities outside in the Tent whenever possible.
- temperature checks
- attendance limits for all in person classes and events

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I will also continue to post new pre-recorded content such as video messages, fitness videos, lectures, virtual tours, games, and more, on Mondays - Thursdays at Noon on our programs page here: www.chestnuthillpres.org/center-on-the-hill/programs.

Some things I am excited to be offering this Spring include:

- **Name That Tune (page 3)** – Michael Kraus returns outside in the Tent, to guide you through fun music lessons featuring songs from the past. Learn about the musical roots of songs you still love to sing along with today.
- **Writing Your Life Story (page 4)** – We all have a story to tell – our own. Sam Whyte returns to offer his popular classes online this spring.
- **Learn and Play Croquet (page 4)** – Join us for a fun and engaging way to get some fresh air and exercise while learning a new sport!
- **Internet Safety and Scams (page 9)** – Learn practical strategies and tips to increase your safety online and how to protect yourself from falling victim to internet and telephone scammers
- **Fun with watercolor techniques (page 5)** – If you have always wanted to paint with watercolors, but have been afraid to try, this is the perfect place to start.

I hope you are able to join us either in person or online for some of the great activities and events you will find on the following pages. I look forward to a wonderful Spring at the Center, and I wish you all continued good health and happiness.

Sincerely,

Mariangela

Mariangela Saavedra
Director, Center in the Hill



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

SPEAKER SERIES 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, and **online here**: <https://www.chestnuthillpres.org/education/speaker-series-hill/>
A \$5 is donation requested to help support this program. **Registration Required.**

Due to CDC Guidelines and precautions in place, we will not be serving refreshments at this event for those attending in person.



April 8

PAMELA KING

**Digital Data Security & Privacy:
What you don't know can hurt you.**

This presentation will cover the proliferation of personal information online, types of high technology scams, and techniques for cyber fraud. Topics will contain examples of cases of computer crimes. We will further discuss cloud services, and other industries that need or have

personal information. The course will cover some best practices for safety online, and what steps you can take if your data is compromised.

Pamela King worked for nearly 20 years in law enforcement as a civilian specialist in digital forensics and cybersecurity for a federal program providing investigative support and information sharing regionally to state and local law enforcement agencies. While working in law enforcement, she produced tactical and strategic intelligence analysis for law enforcement.



May 13

DREW BROWN

**Philadelphia's consolidation of 1854
and how it led to us drinking the
Schuylkill River.**

On a single day in 1854, Philadelphia was transformed from a County with 29 separate and unique municipalities into a Consolidated County composed of one, new, all-encompassing City of Philadelphia that we know today. The political upheavals that had to be navigated are easy to imagine, as is combining the basic city services of Police and Fire protection, but what about the hidden infrastructure for life-sustaining water delivery?

The separate water systems of the newly defunct municipalities needed to be knitted together into a safe, reliable whole. Northwest Philadelphia (composed of Chestnut Hill, Mt Airy, Germantown, and Roxborough) provides us with an excellent case study of how the new City's engineers used

innovative solutions to achieve a unified water system from three separate systems...and gave us the Schuylkill River to drink!

In a presentation illustrated with historic photographs and original, hand-drawn engineering sketches from the Historical Collection of the City of Philadelphia Water Department, you will recognize scenes that you may never have connected to the water system, starting [spoiler alert] with Chestnut Hill's Water Tower, not just a monument but an essential component of water delivery in Chestnut Hill beginning in 1849.

Drew Brown speaks regularly about the City of Philadelphia Water Department's current and historic operations. He is a civil/environmental engineer with more than forty years of experience with the Water Department. Not a native of Philadelphia, he says that the Water Department's history has been a fascinating framework for exploring the City's people and their neighborhoods. He lives in Chestnut Hill with his wife and two of his three adult children.

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

NEW ONLINE CONTENT

Every Monday-Thursday at 12 Noon

Fitness activities, lectures, games, and much more!

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

MONDAYS

New Fitness Videos

New game, cooking, craft or creative activity link

TUESDAYS

New watch & learn videos

New Interactive Game Rounds

WEDNESDAYS

New Art lecture or Art Lesson

New Virtual Tour link

THURSDAYS

Special Events to join or watch online through Zoom.

Throw Back Thursday! Re-post of a video, presentation or link from the past year.

Diabetes and Nutrition Class Video

NAME THAT TUNE

A fun and interactive approach to Music Appreciation

Thursday, May 27

2:30pm-3:30 p.m. FREE

This class is presented outside in the Big Tent

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.

MOVIE MUSICAL CABARET

Tuesday, May 18

1:00pm-2:00pm FREE

*Presented **Live on Zoom** to join online, and streamed for a limited number of people **in person** at the center.*

This 'Movie Musical Show', starring Rachel DeMasi, will have a compilation of wonderfully timeless songs that were made famous in various films ranging from the 1930-1990s. With the help from the official list from the American Film Institute's 'The 25 Greatest Movie Musicals of All Time' Rachel handpicked some of her favorites to share with you. Before each song you will find out which movie the songs were in, when they were produced, and even a fun fact or two about the song or film. So, sit back, relax and take a sunny drive through Tinsel Town!

Although she is a St. Louis native, Rachel has been proud to call the North East her home for the last 7 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.

TWENTIETH CENTURY MUSIC - PART 2

Thursday, May 6

11:00am-12:30pm FREE

*Presented **in person** to a limited number of people, and **online** to join/watch from home.*

Registration Required

Lecturer Margaret Montet returns to present the second half of the lecture she began in October as part of our Speakers Series. Minimalist, Dodecaphonic, Electronic, and Aleatoric music, serious art music, experimental opera, Bop, and Free Jazz: The twentieth century saw a plethora of musical styles flourish and falter. Let's look further into the previous century to follow these trends and genres into the 21st century. Starting where we left off in Part 1, we'll listen to and analyze music of American-born and émigré composers Aaron Copland, Samuel Barber, Arnold Schoenberg, film composers, Minimalists, and even a sampling of 21st century composers in the second part of this two part series. Bring an open mind and open ears!

Margaret Montet returns after her popular presentation last year on the Harlem Renaissance. Margaret has three Master's degrees, Music Theory, Library Science, and Creative Writing. Currently she is a Librarian at Bucks County Community College. Her book, Nerd Traveler, will be published in July, 2021



LEARN AND PLAY CROQUET

Tuesdays, May 18 and 25

10:30am-12:00pm FREE

Outside on the lawn. 6 participants max per class.

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!

MAH JONGG - OPEN PLAY

Tuesdays, join at any time

12:30pm – 2:30pm

Registration Required.

Space Is Limited: 8 MAX

\$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.

WRITING YOUR LIFE STORY—LEAVING A LEGACY

Tuesdays, April 20- May 25

1:00 p.m.–3:00 p.m

\$60 for six weeks

Presented on Zoom for participation by Computer, Tablet or call in by phone.

Registration Required.

This class is for returning students, or people who have started writing their memoir already. The class for beginners is on Thursdays.

We all have a story to tell – our own. Write and share portions of your journey – choices, turning points, insights, life lessons. Draw on techniques such as dialogue, description, scene, summary and musing to enliven and enhance your memoir. Students will share portions of their writing with class members every week and will also receive feedback from the instructor.

BEGINNING YOUR LIFE STORY

Thursdays, April 22- May 27

2:00pm- 4:00pm

\$60 for 6 Week Course

Presented on Zoom for participation by Computer, Tablet or call in by phone.

Registration Required.

This is a course for who have thought about writing their life story but just haven't taken the first step. That step is this course for beginners, for those interested in learning the basic approaches for starting, organizing and finishing your story. It will help you overcome whatever fears and concerns you have about embarking on such a personal journey. With guidance, examples and hundreds of ideas for writing, you likely will have many pages to show for your work by the end of the course.

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.

SKETCHING AND WATERCOLORS CLASS

Mondays and Tuesday, join at any time

9:30am – 11:30am

\$32 per month

REGISTRATION REQUIRED -

Space is limited.

8 Participants MAX

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.



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



art EXHIBITS

If you are not planning to view the exhibit while attending another activity at the Center, please call 215-247-4654 to schedule an appointment to come in and view. The "Gallery" is open for scheduled appointments Monday-Friday 10am-4pm daily.

APRIL – Elizabeth A. Snowdon - Watercolors

Landscapes and flowers dominate the subjects of Elizabeth Snowdon's paintings in which she strives to capture the beauty of nature. Her own garden and her travels—local, national and international—provide her with subject matter. Transparent watercolor painting which allows for a flow of color into color and the layering of color over color became her preferred medium. Inspired by artist and teacher Lauren Dadonna, Liz has had fun experimenting with non-traditional watercolor techniques, working occasionally in guache, gesso on paper, and webbing and other textures. Liz has also studied with Linda Freeman, Jo Ann Cooksey Bono, Jim McFarlane, Don Getz and Howard Watson. Liz has exhibited at the Wayne Art Center, Woodmere Art Museum, The Greater Norristown Art League, the Artman Lutheran Home, Springfield Township Library, the Springfield Residences, the Manayunk-Roxborough Art Center and the Oreland Art Center.

MAY – Bea Weidner- Photography

Bea is a graduate of Philadelphia College of Art. Her career has been that of a freelance illustrator for clients including advertising agencies, book and magazine publishers, and an in house position as Visual Designer for Wyeth Pharmaceuticals. She taught Illustration at UArts and Moore College of Art. "Artists don't retire, they just refocus. My earliest photos were half the production work of a business I named CookieFriends. When my daughter, Emily was a toddler we made cookies that I turned into a new illustration technique for magazines such as Sesame Street and Ranger Rick, the Free Library of Philadelphia, a line of greeting cards and lots of advertising assignments, along with teaching workshops. My fascination with the camera really began as I worked on assignments with photographic images for print material at Wyeth Pharmaceuticals. So much work went into drawing a picture vs the ease of taking a photograph. Or, so I thought. The real answer is nothing is easy. My current work is occupied with studying the people I see, the house where I live and the garden I keep. That and Photoshop!"

You can find a collection of Bea's prints and cards she designs at Woodmere Art Museum.

JUNE – Art Center at Ambler

On display will be the artwork of members of the Art Center at Ambler created with various mediums. The Art Center at Ambler is an intergenerational nonprofit Art Center that sponsors classes and workshops in the visual arts, taught by some of the finest artists in the country. All levels are welcome! The Art Center at Ambler is located on the top floor of the Montgomery County Senior Adult Activities Center, 45 Forest Avenue, Ambler, PA 19002. www.artcenteratambler.org

FUN WITH WATERCOLOR TECHNIQUES

Thursdays, April 22, 29, May 6 and 13

7:00-9:00pm

\$80 for the 4 week session

Presented on Zoom for participation by Computer, Tablet or Smartphone.

Registration Required.

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 for 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.

More FUN WITH WATERCOLOR TECHNIQUES

Wednesdays, April 21, 28, May 5 and 12

7:00pm-9:00pm

\$80 for the 4 week session

Presented on Zoom for participation by Computer, Tablet or Smartphone.

Registration Required.

This is a continuation of the Fun with Watercolors for Beginners Class. This is also for anyone who has taken a beginning watercolor class in the past and wants to learn and practice more of these skills. Each session will begin with a short demo of a different watercolor technique, leaving plenty of time to practice.

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.



BASIC APPLE (IOS) DEVICE - TIPS & TECHNIQUE

Thursday, May 13
2:00pm – 3:30pm
\$12

This class is presented In Person for a limited number of participants.

Registration Required

In this session, we'll cover the essentials to learn how to effectively use the basic functions and Apps on iPhones and iPads. We'll also spend time on the Camera and Photos Apps.

You'll want to know your Apple password to be able to take full advantage of your device features.

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

Thursday, May 20
2:00pm – 3:30pm
\$12

This class is presented In Person for a limited number of participants.

Registration Required

This class is suitable if you are comfortable navigating Settings and the App Store. We'll have a broad discussion on getting the most out of your Apple device by tailoring its settings to personalize your apps, and we'll steer the conversation to meet the needs and interests of those in the class. You'll want to know your Apple password to be able to take full advantage of your device features.

SCHEDULING/GET ORGANIZED APPLE (IOS) DEVICES - TIPS & TECHNIQUE

Thursday, May 27
2:00pm – 3:30pm
\$12

This class is presented In Person for a limited number of participants.

Registration Required

Join us for an in-depth and practical discussion of these Apple Apps: Calendar, Reminders, Notes, Contacts and using the keyboard. You'll want to know your Apple password to be able to take full advantage of your device features.

Our facilitator 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 eight years.

BASICS OF ANDROID PHONE

Wednesdays, April 14, 21, 28, May 5, 12, 19

Orientation Class on Wednesday April 14th

1:30pm – 2:30pm Free

This is an in person class for a limited number of participants.

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.

DRAWING AND PAINTING FOUNDATIONS

Wednesdays, May 19- June 23

1:30pm-3:30pm

\$120 for the 6 week Session.

Registration Required

Presented on Zoom for participation by Computer, Tablet or Smartphone.

“Making Art Makes Us Smarter”. In this foundation class, exercises will be introduced and will practice developing the skills you need to make successful paintings: line, shape, value, texture, and materials. Then we study and practice paint application, brushing, and color mixing. Pencils, watercolors, sketch paper and watercolor paper will get you started. A supply list will be shared after you register.

About the Instructor:

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

QIGONG - ONGOING

Mondays, 2:00pm – 3:00pm (ongoing)
Thursdays, 9:00am – 10:00am (ongoing)
 \$40 per four classes; \$12 walk-ins per class
 This class will be held outside in the Big Tent.
Registration required. Space is limited.

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. while learning a new sport!

SLEEP HABITS

Tuesday, April 27
 11:00am-12:00pm **FREE**

Presented **in person** to a limited number of people, and **online** to join on Zoom or by phone.

Registration Required

In this class, participants will learn practical solutions to improve sleep habits for a healthier routine. Faculty and students from Salus University's Occupational Therapy Institute will discuss the vital role sleep plays and how to attain it in this unprecedented time. Presentation will be followed up with a question and answer session to address ways to have a healthier sleep routine.

UNDERSTANDING PARKINSON'S DISEASE

Thursday, June 17
 11:00am-12:00pm **FREE**

Presented **in person** for a limited number of people, and **online** to join by Zoom or Call in by phone.

Registration Required

Parkinson Disease is a neurological disease affecting a person's movement, walking and including the noticeable tremor. There are other non-movement symptoms that will be addressed including Lewy Body Dementia The diagnosis, symptoms, stages and treatment will be highlighted. Many notable people have PD and will also be mentioned as living a normal active life.

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

WELL SPOUSE ASSOCIATION SUPPORT GROUP

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

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



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

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

UNDERSTANDING ALZHEIMER'S DISEASE

Thursday April 15
 11:00am-12:00pm **FREE**
 Presented **in person** for a limited number of people, and **online** to join by Zoom, or Call in by phone. **Registration Required**



Alzheimer's is a disease affecting brain cells. The most common symptom is memory loss affecting daily living. The disease worsens over a number of years. In the early stage memory loss is mild but with late Alzheimer's disease the individual lose the ability to converse, and respond to their environment. Current Alzheimer's treatment cannot stop Alzheimer's from progressing; they can temporarily slow the worsening of the disease. It is the 6th leading cause of death in the United States. There is no cure but research has been promising. Today there is a word wide effort underway to find better ways to treat the disease, delay its onset, and prevent it from developing. The program will focus on changes in the brain, symptoms of the disease, current treatment and support programs available for both patient and family.

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

WEDNESDAY DIABETES AND NUTRITION WORKSHOP

*.First and Second Wednesdays of the month, Ongoing
12:00pm – 1:00pm FREE*

Registration required

This class is held in-person outside in the Big Tent.

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.

The first week we discuss the basics of diabetes and nutrition, the second week is all about meal planning. Each week the latest nutrition research findings are also explained and related to improving our everyday lives. Come join us!

THE OPIOID CRISIS AND COVID 19

Thursday, May 20

11:00am-12:00pm FREE

*Presented **in person** for a limited number of people, and **online** to join by Zoom or Call in by phone.*

Registration Required

The Opioid Crisis and Covid 19 together have created a disaster for our country. Opioid use in the United States is not new. It goes back to the use of Morphine to help injured soldiers in both the revolutionary war and the civil war. Opioids are most often prescribed for acute pain. Standards of Care and number of Opioid prescriptions written required close monitoring, as misuse became significant. Today the use of opioids is at a crisis level and adding Covid 19 to the mix becomes devastating for all citizens. Scrutiny and more oversight and knowledge of pain management continues as a challenge. The discussion will conclude with time for questions and remarks.

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



GRIEF SUPPORT GROUP

*Mondays, April 19 & 26, May 10 & 24, June 7 & 14
1:00pm-2:00pm Free*

Registration required.

This is an in person group for a limited number of participants.

Group is closed to new members after April 26th

We acknowledge the value of sharing time and stories with others who have also experienced a loss. Please join us for 6 informal gatherings as you grieve the loss of a loved one. Topics covered: Myths of Grieving, Grieving & the Holidays, Does Grief Ever End and others.

Our facilitator is David Stevenson, MDiv, CT. He is a bereavement counselor at Crossroads Hospice & Palliative Care. He is a certified grief recovery specialist with a strong background in grief and bereavement, to include serving as a chaplain in the US Army and as a child grief specialist with Highmark Caring Place, recognized as the premier grieving center for children, adolescents and their families.

GRACEFUL AGING

Tuesdays, May 25, June 1, 8, 15

2:00pm- 3:00pm

Full Series: \$40, Drop in: \$12 per class

This class is held outside.

Registration Required

Take some time for yourself this spring to stretch, breathe and recharge your body, mind and spirit. Join professional coach and yoga instructor Lisa Kramer for this series that combines mindful movement (appropriate for EVERY body), a brief guided meditation and conversation on topics related to graceful aging. Open to men and women of any age!

Lisa Kramer, founder and president of Living with Intention LLC, has been self-employed as a professional coach for more than 15 years. In 2013, at the age of 57 Lisa completed a 200 hour yoga teacher certification. Lisa is passionate about partnering with her clients to achieve greater life satisfaction and meaning through a holistic approach that combines mind, body and spirit.

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



**INDIVIDUAL NUTRITION COUNSELING
(By Appointment)**

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?

**INDIVIDUAL MEDICARE COUNSELING
By Appointment Only**

Call 215-844-0439
Free



Medicare can be complicated and confusing for retirees, baby-boomers preparing for retirement, children who are handling their parents' health care, and social security disability recipients. The APPRISE program offers free, unbiased and confidential Medicare counseling.

Meet with state certified counselor Joan Adler in an individual meeting where she can help you understand what Medicare does and doesn't cover and learn about your options concerning Medicare HMOs, supplemental insurance, and Part D prescription drug plans. Also learn about special assistance programs available to low-income recipients or problem solve about your current Medicare, HMO, or Supplemental Insurance benefits.

Make your appointment for free Medicare counseling by calling Joan at 215-844-0439. Leave her a message and she will call you back to set up a phone appointment to discuss your needs.

**ONLINE SAFETY AND AVOIDING
INTERNET/PHONE SCAMS**

Monday, May 17

11:00am-12:00pm FREE

Presented **in person** to a limited number of people, and **online** to join on Zoom or by phone.

Registration Required

In this class, faculty and students from Salus University's Occupational Therapy Institute will share practical strategies and tips to increase your safety online. Participants will learn how to protect themselves and avoid falling victim to internet and telephone scammers. Discussion with a question and answer session will follow the presentation.



T'AI CHI YANG STYLE – LEVEL ONE FOR BEGINNERS

Wednesdays, April 21- June 23

10:00am – 11:00am

\$100 for ten sessions

Registration Required

Class is held outside in the tent. Space is limited:
10 Participants MAX

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

T'AI CHI YANG STYLE – LEVEL TWO

Wednesdays, Wednesdays, April 21- June 23

11:30am- 12:30pm

\$100 for ten sessions

Registration Required

Class is held outside.

Space is limited: 10 Participants MAX

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.

KEYS TO POSTURE AND BALANCE

Thursdays, June 3 and 10

2:00pm-3:00pm

\$10 per class –take one or both classes.

Registration Required.

Presented on Zoom for participation by Computer, Tablet or Smartphone.

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. This class will be recorded, so if you cannot attend in real time on Zoom you can register to receive the video of the class.

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

CHAIR PILATES

Thursdays, APRIL 15 - June 3

1:30pm- 2:15pm

\$89 for 8 week session

This class is held Outside in the Big Tent

Pre-registration required by APRIL 13th

\$14 per class for drop in, (*please note the class builds each week on things taught the week before, so coming for the full session is recommended but not required.)

Join and learn the well-known method of Contrology developed by Joseph Pilates in the early 1900s that is taught in studios around the country today, in an easy and accessible way for your body. This system integrates the whole self by training the mind to focus precisely on the actions of the body. There is emphasis on executing proper posture, breathing, balance, form and alignment. We will begin by learning the foundations of the method and build each week upon on the exercises learned using mindful form and technique. We will work to strengthen the Powerhouse, the deep stabilizer muscles in the center of our body.

Michelle Olowolafe is the owner of MO Fitness and has more than 15 years of experience in the fitness and wellness industry. She is an American Council on Exercise Fitness Nutrition Specialist and holds certifications with the National Academy of Sports Medicine, the Athletics & Fitness Association of America and other professional organizations.



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



YOGA CLASSES

Center on the Hill hosts TWO unique yoga classes. Please read below to see which might best fit your needs and preferences

LOTUS BLOSSOMING YOGA

Tuesdays, beginning April 20
10:30am-11:45am

\$10 per class

This class is held outside in the big tent.

Registration Required

Friday yoga becomes Tuesday while we meet outside. We will be able to greet old friends and meet new ones. All levels welcome, as both intermediate yoga and chair yoga will meet together. This is a traditional gentle class exploring breathing techniques, postures (asana) and meditation with perhaps some poetry and a few stories tucked in. For those attached to their mats and blankets feel free to bring them and we'll adapt postures for all. The emphasis here is gentle. I suggest everyone bring a blanket since the chairs outside are metal.

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.

GOLDEN YOGA

Wednesdays, ongoing, start anytime.
3:00pm- 4:00pm

\$10 per class, \$35 for 4 classes, \$85 for 10 Classes.

Registration Required

IN APRIL: Presented on Zoom for participation by Computer, Tablet or Smartphone.

Instructions and link to join, sent after you register.

Starting in MAY: *this class will meet outside in the big tent.*

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.



AARP SMART DRIVER COURSE

This class is offered ONLINE only till at least April 2021.

Visit www.aarpdriversafety.org to register today.

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



Updated resources with contact information and website links are posted regularly on the Center's Community Resources Page online here: www.chestnuthillpres.org/center-on-the-hill/community-resources. Resources such as, but not limited to, these below:

Free confidential support counseling resources.

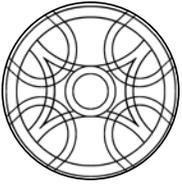
Legal assistance for seniors.

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.

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.

www.chestnuthillpres.org/center-on-the-hill/community-resources



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

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Being Good Stewards

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