

AT THE *center* OF THINGS

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

fall 2021

It is FALL at the Center on the Hill and we have planned some wonderful in-person activities, as well as some things you can still watch online from home!

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

- mask requirements
- hand sanitizing
- attendance limits for all in person classes and events
- 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.

Because our class sizes are limited in all our spaces to allow for good social distancing, I recommend you register early for any classes or events that interest you. We will likely fill up!

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

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

- **Learn and Play Croquet (page 4)** – Back by Popular Demand- join us for a fun and engaging way to get some fresh air and exercise while learning a new sport! Open Play dates follow the formal class dates in October.
- **Love Lost and Found (page 8)** – Join us in LOVE LOST & FOUND, a workshop created for a special purpose: to explore love in all its facets -- at all ages. Share your personal true life/true love stories, those of your friends, family and colleagues to provide the heart and soul of the Philadelphia version of a unique, interactive play.
- **Keys to Posture and Balance (page 13)** – 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
- **Build Your Life Book (page 3)** – The life book is a gathering of the information our family and friends will need in the event of an emergency. It's also helpful for us as we age: to make sure the important things will always be at our fingertips. Binder and content worksheets provided.

I hope you are able to join us this Fall for some of the great activities and events you will find on the following pages. I look forward to a wonderful Fall Season at the Center, and I wish you all continued good health and happiness.

Sincerely,

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!

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, and live streamed online here: <https://www.chestnuthillpres.org/education/speaker-series-hill/>
 Due to Covid Protocols we are not serving refreshments at this time. Bottled water and grab and go snacks will be provided. A \$5 donation requested. **Registration required to attend in person.**



September 16

**Jeff Marazzo,
CEO Spark
Therapeutics
Creating The
Path For Gene
Therapies**

Learn about the growth of Spark Therapeutics from a research center within the Children's Hospital of Philadelphia to a fully integrated, commercial gene therapy company that is challenging the inevitability of genetic disease by discovering, developing and delivering potential treatments in ways unimaginable – until now.

Jeff will speak about how under his leadership, Spark received regulatory approval for the first gene therapy for a genetic disease in both the U.S. and EU, launched the first gene therapy for a genetic disease in the U.S., and established human proof-of-concept of Spark's gene therapy platform in both the retina and liver. And about how in more than eight years, he built an organization of more than 600 employees, named a top-ten Science Magazine Top Employer in 2019 and 2020, listed on the Philadelphia Business Journal's Best Places to Work list four consecutive years and awarded the Prix Galien for Best Biotechnology Product in 2019.



November 11

Catherine Nerney

Forgiveness and Reconciliation: The Great Work of Love in a Wounded World

The world in which we live today is both wonderful and wounded. Though we don't want to miss its wonders, we, likewise, are called to see and address its wounds, its brokenness. With a willingness to name our present reality, this presentation will invite us to understand the 21st century in which we live, as our moment in salvation history. Here and now, God entrusts us with the gifts to forgive and reconcile that we may be in the world who God is, the unrelenting Lover and Healer of our wounded world. How do we learn together how to use these gifts, how to model for one another forgiveness and reconciliation as a way of life, counter to the hatred and revenge that too often prevail in the 21st century?

Catherine T. Nerney, a Sister of St. Joseph of Chestnut Hill, Philadelphia received her Ph.D in systematic theology from The Catholic University of America. As a professor of Religious Studies at Chestnut Hill College, she also serves as Founder and Director of its Institute for Forgiveness and Reconciliation. Dr Nerney's area of specialization is the Theology of the Church.

October 14

Serving Our Neighbors During The Pandemic And Beyond

The coronavirus pandemic affected persons living in poverty and with food insecurity more adversely than many of us. How did our neighbors facing hunger and housing challenges cope, and how did community organizations rise to meet the challenge? This forum will feature a panel of local social service providers, who will share their particular experiences and then explore larger trends. Come for this important discussion that will include presentation and ample time for discussion.

Featuring:



• Rachel Falkove, Executive Director, Philadelphia Interfaith Hospitality Network

Rachel serves as the Executive Director of the Philadelphia Interfaith Hospitality Network, an organization that provides homelessness prevention, shelter, supportive services and housing for homeless families. Rachel is a member of the City of Philadelphia' Housing Security Work Group, and participates in its Community Education and Preventing Illegal Evictions Committees. She is involved in the Family Service Provider's Network, a coalition of family homeless service providers and serves on the Board of Directors for Mt Airy CDC.



• Tara Monihan, Director of Programs, BSW, MSW, Face to Face Germantown

Tara has worked in the social services field for over 30 years. Her experience has focused on child welfare, mental health, crisis management and trauma informed care. She spent many years working with agencies in Philadelphia advocating for the city's most vulnerable children. She spent 5 years working in crisis management at one of the local hospitals but found her passion when she started at Face to Face in 2013. Tara is the Program Director at Face to Face and directs the Social, Legal and Health programs. She has helped train staff on how to engage with guests who experience trauma due to a life of poverty.



• Eileen Jones, Executive Director, Germantown Avenue Crisis Ministry

Eileen received her Master's in Social Work degree from Temple University. As a lifelong Northwest Philadelphia resident, with over 30 years of community based social work experience, her greatest joy continues to be using her professional training, faith, and heart to partner with and support neighbors in need.

AN AFTERNOON OF COLE PORTER

Monday, September 12

1:30-2:30pm

\$5

Registration Required

Enjoy learning about the life and musical career of American popular and musical theater composer Cole Porter in this relaxed, interactive presentation and performance. Participants are encouraged to sing along if they so choose! Taught by Julie Snyder, DMA and owner of Snyder School of Singing in Erdenheim, and assisted by Nathaniel McEwen, faculty member at Snyder School of Singing.

COMMUNITY HOLIDAY PARTY

Thursday December, 9th

1:00pm-2:30pm

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

Pre-Registration and Payment is required by Monday December 6th, 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.

**NEW ONLINE CONTENT**

Every Monday-Thursday at 12 Noon

Fitness activities, lectures, games, and much more!

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

MONDAYS

New Fitness Videos

TUESDAYS

New watch & learn videos

WEDNESDAYS

New Virtual Tour link

THURSDAYS

New Craft or Activity Link

NAME THAT TUNE

Thursdays, September 23, November 4,

December 2

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

BUILD YOUR LIFE BOOK

Tuesday, September 21

1:00pm-3:00pm

\$15 (Includes Binder and Worksheets)

Registration Required by Thursday September 16th

If you become suddenly incapacitated or die, will anyone know where to find insurance information, or a list of your financial assets, or your passwords and your home's alarm code? The life book is a gathering of the information our family and friends will need. It's also helpful for us as we age: the important things will be at our fingertips. This session provides a binder and explains in detail what should be included. Helpful resources, binder and worksheets provided.

Mary Lee Keane has been teaching classes for seniors since her retirement in 2014. She developed this class last year; it's gotten high grades by those who've participated to date.

ADVANCED DIRECTIVES AND LIVING WILLS

Wednesday, October 13

10:00am-12:00pm

\$24.00

**Registration Required through
Mt Airy Learning Tree (MALT)**

Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

What if you can no longer speak for yourself? How do you want to spend the last weeks, days, or hours of your life? We will review a standard Living Will/Advanced Directive form, go over terminology, and explanations. By the end of class you should be able to have a conversation with your loved ones about end of life and quality of life concerns, and complete your own living will.

FOR YOUR INTEREST AT THE *center* ON THE HILL

BINGO

Wednesday, September 22
1:00pm-2:00pm

Registration Required by Monday September 20th

Who doesn't love an entertaining game where you can win small prizes and take home delicious treats! Join us and our friends from Visiting Angels of Jenkintown for a fun afternoon playing Bingo!

Snacks and Small prizes will be provided.

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

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.



LEARN AND PLAY CROQUET

Tuesdays, September 21 and 28

10:30am-12:00pm FREE

Outside on the lawn. You only need to take the class once. Then you can then return for Open Play that runs October 5-26 at this time.

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!

BEGINNING BRIDGE LESSONS

Wednesdays, September 29-November 17

1:30 p.m.–3:30 p.m.

\$80 for 8 classes

Registration Required.

Minimum of 5 students to run.

Registration Deadline: Monday September 24th

The game of bridge is a lot of fun, and many people keep on playing even into their 90s. In addition, studies have shown that playing bridge keeps your mind sharp and reduces the chance of Alzheimer's disease. This class assumes no prior knowledge of bridge. Bring pencil and paper have played some before. This Group plays "Rubber Bridge".

BRIDGE – OPEN PLAY

Wednesdays, join at any time, ongoing

11:30am – 3:00pm

No registration is necessary

\$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

No registration is necessary

\$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".

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- Northwest Village Network Photo

Group- Photography

Meet the Artists' Reception Friday, September 10, 2021 - 4-6pm

On exhibit will be the works of Northwest Village Network members. Strong lines, shapes and bold colors are the hallmark of Claire Robinson's photographs which commands the eye to explore detail. David Fellner catches life and portraits of the Caribbean, other parts of the world as well as those close to home along Germantown Avenue, inspiring a true appreciation. Rickie Sanders sees the street as a canvas on which to direct the eye and tell the ordinary stories of people and place through the landscape of Covid. Paul Savedow, intrigued by architecture, vintage cars, color and shapes, captures these finds through Roxborough, Germantown, and Mt Airy. A very personal journey dominates the interactive work of Taddy Dawson in which she marries her photography with her poetry. All are members of the NVN Photo Group, and several have exhibited in other spaces, including Philadelphia Photo Arts Center, Temple University, IMPeRFeCT Gallery, Mt. Airy Art Garage, Philadelphia Flower Show, Garden Club of America Sanctioned Shows and the Media Arts Council. Northwest Village Network is a proud member of the National Village to Village Network. We encourage others to join.

OCTOBER- Verona Barrett- Watercolor

"Art has been a part of my life having a grandfather artist, and my father a photo engraver, so I became interested in art in my early years. My chosen career was nursing and along the way as an RN I enjoyed working at Roxborough, Bryn Mawr and HUP Hospital at the University of Pennsylvania. Later I completed a BS in Health Care Administration and Case Management Certification. I would draw pictures on nursery windows at Christmastime, and my first art lessons were at Manayunk Art Center, where I also sold my first picture. I began my studies with Chestnut Hill artist Dolores Campbell, giving me a grounding in different artistic approaches. Soon after I took classes at Woodmere with Howard Watson, whose work has been commissioned by former presidents

Bill Clinton and Jimmy Carter. Here was my place to develop in watercolor to paint landscapes, cityscapes and seascapes, and I describe myself as a realist who finds inspiration in nature and the sky. I particularly value those classes for Watsons input, but also for that of my talented fellow classmates. My watercolors have been exhibited at Manayunk Art Center, Spring Mill Presbyterian Village, and Hill House Library."

NOVEMBER- Anthe- Mixed Media

Meet the Artist Reception

Thursday, November 11th from 6-8 pm

Anthe Capitan-Valais formerly of Winston Road in Chestnut Hill, resides in Flourtown. She has enjoyed a dual career of artist and teacher since the 1980's and has worked as a full time artist to keep up with the demands of private and public commissions. In her youth Anthe attended the Cleveland Institute of Art. Later in 1995 she graduated from Pennsylvania Academy of the Arts as an award winning artist in painting, mixed media, and printmaking with works exhibited and sold worldwide.

Anthe's mission is to create distinctive art that spreads joy. Her work surely does that by bringing music and dance to life as works of art. She uses dramatic color, shapes, gentle and bold lines along with a sense of whimsy. This show titled "**Musicality**" opens with paintings, mixed media and digital prints where Anthe translates the choreographer's line, the composer's music, which she hears during live performances into pieces of art that resonate beyond the performer's performances. The Musicality can be felt and heard as you view the pieces. There is an array of genre illustrated from Jazz to Country Western music, Hip Hop to Ballet, African Drum to the Lullaby. If music and dance are what you seek this exhibition has it all.

DECEMBER- NW Philly Artists Show and Art Sale-

Mixed Media

Opening Reception Friday, November 26th, 4:00pm-6:00pm

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

No Appointment needed.

We are pleased to host this exhibition from November 26th to December 17th that features artwork created during the pandemic by the center's own NW Artists. Original paintings, photography, drawings, greeting cards, and more will be on display and for sale. A reception on Black Friday, 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!

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

ARTS AND LANGUAGES AT THE *center* ON THE HILL

WATERCOLOR AND DRAWING FOUNDATIONS

Tuesdays, October 5 – November 2
1:30 PM to 3:30 PM
\$99.00 for 5 weeks.

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

Join in the fun of learning how to handle materials and process in drawing and watercolor in a supportive, friendly environment. Receive hands-on instruction in basic watercolor washes, color mixing, line drawing and shading techniques. We will begin to understand and apply good composition. We do a few projects together with plenty of hands-on instruction. When you are ready, you are facilitated in your own projects.

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.

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 Russian 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.

ITALIAN CONVERSATION

Mondays, ongoing
10:30am – 11:30am
\$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.

FUN WITH WATERCOLOR TECHNIQUES

Fridays, September 24 – October 15
10:00 AM to 12 NOON
\$89.00 for the 4 Week session.

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

If you have always wanted to paint with watercolors, but have been afraid to try, this is the perfect place to start. Geared towards beginners, learn several tricks to creating beautiful watercolors even if you have never tried painting before. Each session will begin with a short demo of a different watercolor technique. Students will then have plenty of time to experiment.

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



SEEING SERENITY IN STILL-LIFE

Fridays, October 22 – November 5
10:00 AM to 12 NOON
\$79.00

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

This course is for everyone who would like to experience the serenity that comes from looking closely. Geared towards beginners, students will learn the step by step secrets to drawing from life. Students may use any medium that they want from a simple pencil and eraser to color pencils, oil pastels, or watercolors for their still-lives. If you have ever admired a vase of flowers, bowl of fruit, or other everyday objects, this is an opportunity to learn how to capture the beauty around you in an original still-life drawing or painting.

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, October 14
2:00pm – 3:30pm \$12
This class is presented
Registration Required*

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

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

*Thursday, October 28
2:00pm – 3:30pm \$12
Registration Required*

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

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

*Thursday, November 11
2:00pm – 3:30pm \$12
Registration Required*

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

Our facilitator 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.



INTRODUCTION TO MICROSOFT EXCEL

Tuesdays, October 12, 19, 26
10:00 AM to 11:30 AM
\$54.00

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

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. Students will use laptops with Windows 10, Office 2010.

INTRO TO WORD PRESS

Tuesdays, November 9, 16, 23
10:00am- 11:30am
\$54.00

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

WordPress makes it possible to have your website up and running in 24 hours. The reason it is the 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.

WINDOWS 10 MADE SIMPLE

Tuesdays, November 30, December 7 and 14
10:00am- 11:30am
\$54.00

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

Learn what's new in Windows 10, including how to access multiple programs, organize files, change computer settings, arrange your desktop, save and print documents. For any device using the Windows 10 operating system.

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

WRITING YOUR LIFE STORY—LEAVING A LEGACY

Tuesdays, September 28- November 2nd
1:30 p.m.-3:30 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.

BASICS OF ANDROID PHONE

Wednesdays, October 20, 27, November 3, 10, 17
Orientation Class on Wednesday October 20th
1:30pm – 2:30pm 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.

LOVE LOST & FOUND

Orientation: Thursday, September 30
4 Week Class: Thursdays, October 7, 14, 21, 28
2:00-3:30pm
FREE

Registration Required.

TIs love blind? Is there such a thing as love at first sight? Does love make the world go round? Despite the world-shaking discoveries of science and technology, love remains a mystery -- joyous, thrilling, precious, ephemeral, eternal. Something we seek and celebrate... something not even death can destroy. What Is love?

Join us in LOVE LOST & FOUND, a workshop created for a special purpose: to explore love in all its facets -- at all ages. Share your personal true life/true love stories, those of your friends, family and colleagues to provide the heart and soul of the Philadelphia version of a unique, interactive play. We'll explore FIRSTS (meetings, crushes, kisses, marriages), FLIRTS, FLINGS, FIX-UPS, FOREVER AFTERS and other Long-Lasting Loves -- tales of hilarious, heart-wrenching encounters, too-good to be true connections, bad dates, break-ups and the shifting sands of relationships of all kinds. Not fiction. Not fantasy. Not fairy tales. Stories which you can relate or write in class, prompted by a special, anonymous questionnaire.

Diana Finegold is a playwright and member of The Dramatists Guild, an actor, director, producer, and the founder of The Wild Thyme Players, acclaimed for their original Guess Whodunit murder mysteries-- produced in NY, CT, MA and now PA – often referred to as “a combination of Sherlock Holmes and Monty Python.”

GRIEF SUPPORT GROUP

Mondays, September 20 & 27,
October 4 & 18, November 1 & 8
1:00pm-2:00pm Free

Registration required.

Group is closed to new members after September 27th

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.

QIGONG - (HEALING MOVEMENTS)

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.

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.

SOCIALIZATION “THE BEST VITAMIN”

Thursday, September 23

11:00am-12:00pm FREE

Presented **in person** for a limited number of people, and **Live Streamed** online **Registration Required**

As we age, opportunities for socialization may decrease but working hard to maintain interpersonal relationships can help you dramatically. Staying socially active both mentally and physically can help to protect your physical, emotional, cognitive health and may even boost your immune system. People who continue to maintain close friendships and find other ways to interact socially live longer than those who are more isolated.

As we age, however, life circumstances may push us to toward loneliness and isolation unless we take proactive steps to cultivate new relationships. It is all about you. There will be a discussion on opportunities to connect with people by promoting activities including reminiscence, reading groups, singing groups, potluck suppers and letter writing. Join our group in offering suggestions to get involved, socialize and have fun!

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

“THERE’S NO PLACE LIKE HOME”

Thursday September 30th

11:00am

FREE

Registration Required

You've made the decision to stay in your own home. This empowering workshop is a practical 'how to' survival guide providing tools to help you evaluate your physical environment and organize your finances, and get you on your way to a safe, happy and independent life in your own home.

Presented by Human Touch, Home Care

**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

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

Second Thursday of the month, join at any time

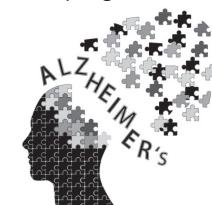
2:00pm–3:30pm

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

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

Meeting ID: 448 977 3675

Passcode: 076567



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

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.

HEALTH AND WELLNESS AT THE *center* ON THE HILL

INTIMACY LOST: SPOUSAL CAREGIVERS'

SILENT PAIN

Thursday, October 7

12:00 – 3:00 pm

FREE Boxed Lunch Provided

Registration Required

Presented in person for a limited number of participants and Online via ZOOM.

As is the plight of our Caregiving Community many relevant issues remain unrecognized and pushed into a dark corner. You get lost in your duties caring for your loved ones and end up neglecting our spouses, partners, family and friends. You're too tired, edgy, worn-out and just plain sick, to maintain a healthy love-life or relationship. How do we rescue our intimate lives and still provide the caregiving that's needed?? Does this sound vaguely familiar??

Come out and join Jean Kirkley and her friend, colleague and former full-time spousal caregiver, Ms. Goretta Marie Goss, as she shares her thought provoking, heart-wrenching story of Intimacy Lost. Support her in sharing your stories and observations. It will be worth your time to know you're not alone. A distinguished panel of community experts will be joining us to answer your questions and concerns.

Presented by Boomers 'R Heroes Caregivers Support Groups

STRONG BONES EXERCISE CLASS

Session 1: Tuesdays, Sept 14 -Oct 12

Session 2: Tuesdays, Oct 26 -Nov 23

1:00pm-2:00pm

\$60 for 5 Week Session or \$15/per class drop In

Registration Required

Did you know that 1 in 2 women and 1 in 4 men over the age of 50 will have an osteoporosis-related fracture in their remaining lifetime, and that osteoporosis is responsible for 1.5 million fractures a year in the United States? It doesn't have to be this way! Hundreds of clinical studies have indisputably proven that doing the right exercises, improving your balance, and making some lifestyle changes, (such as not smoking and improving your diet), are critical factors in building stronger bones. In addition, active lifestyles are associated with reducing the risk of hip fracture by half.

This class will include standing and floor exercises to improve postural alignment, balance, and strength. Joanne's Strong Bones program is derived from evidence-based research in the field of osteoporosis. Bring your own mat, but all other equipment will be provided.

STAYING STRONGER LONGER

Session 1: Tuesdays, Sept 14 -Oct 12

Session 2: Tuesdays, Oct 26 -Nov 23

2:30pm-3:00pm

\$35 for 5 Week Session or \$10/per class drop In

Registration Required

Some decline in muscle mass and strength can be a natural part of the aging process, but significant losses which can lead to a loss of independence are not inevitable! The key is exercise. When performed correctly, exercise can be a safe and effective way to restore (and preserve) our functional muscle strength.

Join Joanne Fagerstrom PT, in this never offered before class and make the commitment to staying stronger longer! All exercises will be done both in seated and standing positions. The focus will be on posture, balance, and strength. A variety of handheld weights and resistance bands will be available.

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

CLUTTER TONIC: THE EASY, REFRESHING WAY TO ORGANIZE YOUR HOME AND OFFICE

Mondays, October 18 – November 1

2:00pm -3:30pm

\$59.00

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or mtairylearningtree.org to register.

Feel overwhelmed by your belongings? Have unpacked boxes from your last move? Drowning in papers? Break vows to organize? Enjoy some Clutter Tonic! Make happy decisions about what to let go of and how to organize the rest. Send almost nothing to landfill. Find out why you need to buy no containers. Learn where to recycle torn clothes, stained purses, cosmetics, and much more. Let go of 30 things in 1 week? A set of wine glasses is 1 thing, and you can do it. Achieve the 33 item wardrobe? Still do-able. Including accessories. Members of this hands-on course see results and have fun. As one said, "Who knew some clutter tonic could feel so good?" Join us!

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

THE ART OF MINDFULNESS

Thursday, October 21

11:00am-12:00pm FREE

Presented **in person** for a limited number of people, and live streamed **online**.**Registration Required**

Mindfulness is a practice where people are encouraged to be fully in the present moment to understand and manage their thoughts and feelings. The benefits of Mindfulness suggests that the practice can improve a person's emotional and physical wellbeing. The goal of practicing Mindfulness may be to relieve stress, depression and anxiety.

Life takes a toll on all of us especially as older adults coping with issues ranging from bereavement and loss of independence to coping with new technology and an ever-changing world.

Mindfulness for older adults has been particularly beneficial as it focuses on abilities rather than difficulties. There will be time at the end of the program to practice the Art of Mindfulness and I do hope the practice will become a part of your daily ritual moving forward.

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

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.

**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

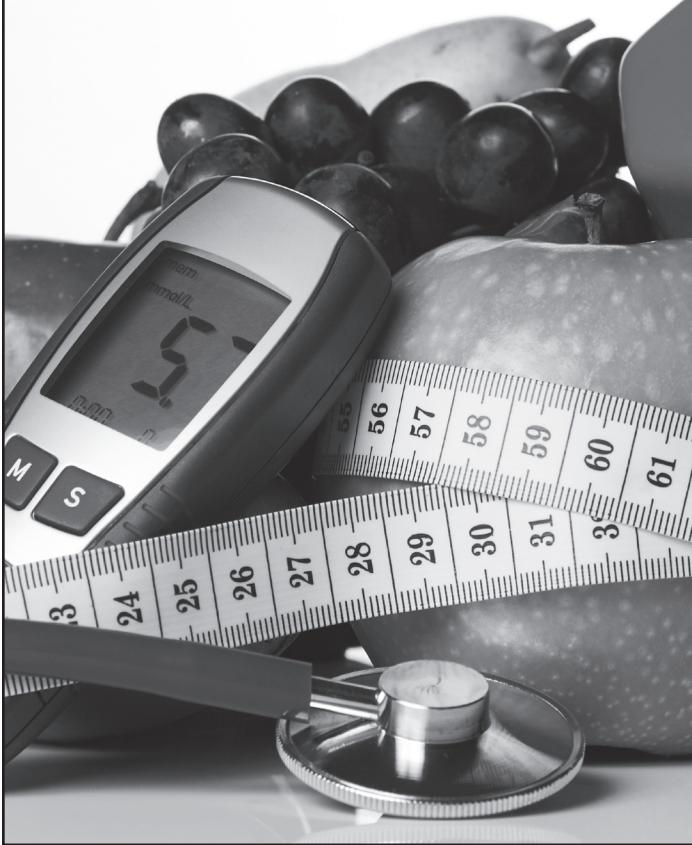
Kirsten Puskar, MS, RDN, LDN, CDCES, is a certified diabetes care and education specialist, registered dietitian nutritionist consultant licensed in PA. Kirsten's passion is helping her patients find their most nutritious diet and enjoy new recipes and menus she helps them create per their individual 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?

WEDNESDAY DIABETES AND NUTRITION WORKSHOP

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

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!



BEGINNING T'AI CHI YANG STYLE

Wednesdays, September 29- December 8
(No Class on November 24th)

10:00am – 11:00am
\$119 for ten sessions

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or visit mtairylearningtree.org to register.

T'ai Chi (or tai chi ch'u'an) 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 29– December 8
(No Class November 24)

11:30am-12:30pm
\$119 for ten sessions

Registration Required

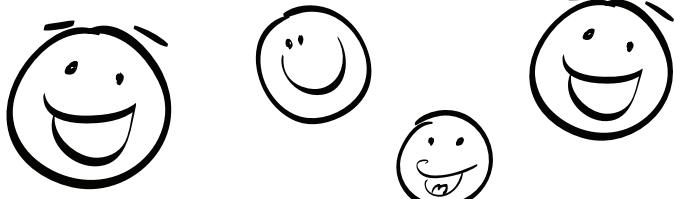
Class is held outside.

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.

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



HEALTH AND WELLNESS AT THE *center* ON THE HILL

EASY REFLEXOLOGY FOR SELF AND FRIENDS

Tuesdays, October 12 & 19

10:30am-12:00pm

\$30

Registration required (6 people minimum to run)

This class will introduce you to the power of easy-to-remember Reflexology points on the hands and feet to release stress and discomfort in the body. Gentle thumb and finger pressure onto specific reflex points improves circulation everywhere. It's like using the hands and feet like a remote control into the body. Just have short fingernails and a curiosity to learn something new! Handouts and a tool will be provided.

About the instructor Judy Dobbs: "In 1972 I had a slip and fall that left me unable to walk for a week. Carried into my first Reflexology session, May Post firmly pressed everywhere on my feet. At the end of the session, as she pressed on the tailbone reflex, we heard a loud "pop" in my low back! The pain released and I walked out! Three years later I started my education and practice in this amazing science, helping many peoples' symptoms and discomfort, no matter the age, to change or release, leaving them feeling relaxed yet energized.

LAUGHTER IS THE BEST MEDICINE

Wednesdays, September 22, 29, October 13, 20, and November 10, 17

10:00am-11:00am

\$7 per class

Registration Required

This is the Body-Mind therapy of Dr. Madan Kataria, a Physician from Mumbai, India. Laughter Yoga (we do more laughter and stretching than yoga) was launched in a Park on March 13, 1995 with merely a handful of persons. Today, it has become a worldwide phenomenon with thousands of laugh-ers in over 70 countries! Fifty minutes of hearty laughter without jokes or comedy will stimulate your feel good hormones (Endorphins/Serotonin) that last for hours! This is a very playful, active form of having fun. It consists of laughter exercises, affirmations, games, improvisation, and breathing exercises. For more information go to www.laughteryoga.org.

Presented by Barbara Sherf, a communications and public speaking coach who has been using Laugh Yoga in her workshops and public speaking and team building boot camps for years. She is excited to bring it to the active adults at The Center on the Hill.

KEYS TO POSTURE AND BALANCE

Mondays, October 4 and 11

1:00pm-2:00pm

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

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- 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.





YOGA CLASSES

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

GENTLE YOGA

Mondays, start at any time
2:15pm – 3:30pm

\$12 per class.

Registration Required

This class is designed for those who benefit from a slow, gentle flow of movements to stretch the body and relax the mind. It is tailored for those dealing with fibromyalgia, multiple sclerosis, back injuries, chronic fatigue, or other physical challenges. A deep relaxation is included to support the body's inner healing.

Yoga instructor Michelle Carlino, E.R.Y.T. 500 has been studying multiple styles of yoga since 1982 and teaching since 1990. Michelle is certified in Hatha, Kripalu, Arusara, Kundalini, and cardiac/cancer therapeutic yoga. She is also a certified reflexologist, Reiki Master, therapeutic touch practitioner, and seated chair massage therapist.

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, starting October 8th

9:30am – 11:00am

\$45 per calendar month; first class \$10, walk-ins; \$15 for a single class

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, starting October 8th

11:30am-1:00pm

\$45 per calendar month; first class \$10, walk-ins; \$15 for a single class

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.



AARP SMART DRIVER COURSE

Monday and Tuesday, October 25 and 26

12:30pm – 4:30pm (eight hours total)

\$15 for AARP members/\$20 for non-members

Phone registration and pre-payment is required.

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

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

AARP SMART Driver REFRESHER Course

Tuesday, November 16

12:30pm – 4:30pm (four hours total)

\$15 for AARP members/\$20 for non AARP members

Phone registration and pre-payment is required.

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

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



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.

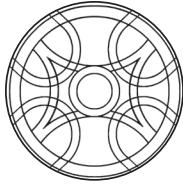
www.chestnuthillpres.org/center-on-the-hill/community-resources

**BE SAFE.
BE HEALTHY.**



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.



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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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.