

AT THE *center* OF THINGS

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

spring 2023

Spring is here at last! The Center on the Hill welcomes warmer weather, blooming trees and flowers, and longer daylight hours, by offering a great variety of **in-person activities and events**, as well as a few things you can still enjoy **online from home!**

When in person we are continuing to take precautions and maintain **class and group size limits** to allow for social distancing. Registration is required for everything you want to attend in-person at the Center, and our classes and events fill up fast, so be sure to register sooner than later for things you want to do this spring!

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

Programs you don't want to miss this Spring include:

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- **DAY TRIP TO LONGWOOD GARDENS (page 4)** – Join us for a lovely day trip to the beautiful and historic Longwood Gardens! From the intricate fountain systems to the meticulous gardens to the architectural grandeur, awe-inspiring discoveries await at every turn. Included is charter bus transportation, lunch at the Café and admission into the gardens and conservatory.

- **TAKING CHARGE OF YOUR BONE HEALTH (page 11)** – Come to this important workshop taught by Joanne Fagerstrom, a bone health specialist and physical therapist of over 40 years., and see how you can take charge of your bone health. The information presented will be based on the latest, evidence-based guidelines from the medical community.

- **SPRING COMMUNITY LUNCHEON AND PARTY (page 4)** – Join us for our special Luncheon Party event! We will have special guests, good food, delicious treats, fun surprises and a live performance by the Zydeco Revelers Jazz Band!

- **GETTING YOUR AFFAIRS IN ORDER (page 9)** – You can have your important questions about Wills, Powers of Attorney, Healthcare Directives, Trusts and more, answered by an elder law expert. This FREE event is being sponsored by Slutsky Elder Law, Senior Living Specialists and Abramson Senior Care.

I hope you had happy and healthy start to this year, and will be able to join us at the Center this spring for some of our exciting programs. I look forward to seeing you soon 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 want to attend.
Thank you!

FORUM ON THE HILL

Presented at 12:30pm on the 2nd Thursdays of the month, in person for a limited number of people in Widener Hall, recorded and posted online to watch after 5pm here: <https://www.chestnuthillpres.org/education/forum-on-the-hill/> *This event is subject to all Covid-19 guidelines at the time of the event. Brown Bag Lunches welcome, light refreshments served. A \$5 is donation requested. **Registration required to attend in person.**



April 13

**Dan Biddle and
Murray Dubin**

Tasting Freedom: Octavius Catto and the Battle for Equality in Civil War America

In Tasting Freedom Murray Dubin and Pulitzer Prize winner Daniel Biddle painstakingly chronicle the life of Octavius Valentine Catto, a charismatic black leader—a “free” black whose freedom was in name only. Catto electrified a biracial audience in 1864 when he proclaimed, “There must come a change,” calling on free men and women to act and educate the newly freed slaves. With a group of other African Americans who called themselves a “band of brothers,” they challenged one injustice after another. Tasting Freedom presents the little-known stories of Catto and the men and women who struggled to change America. Join us as the authors lead an important conversation about this important book that will change the way you understand American History.

Daniel R. Biddle, the Philadelphia Inquirer's former politics editor, has been a journalist for more than four decades. His investigative stories on the courts won a Pulitzer Prize and other national awards. He has been a Nieman Fellow at Harvard University and teaches journalism at the University of Delaware.

Murray Dubin, author of South Philadelphia: Mummies, Memories and the Melrose Diner, was a reporter and editor at the Philadelphia Inquirer for 34 years before leaving the newspaper in 2005. He lives in Philadelphia with his wife, Libby Rosof.

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

May 11

Dr. Joel Schwartz

Laughter is the Best Medicine

Taking charge of our emotional wellbeing is just as important as diet and exercise. Studies show that laughing, smiling and being positive can lengthen your life span, can change your mental state from depressed to happy, can expand your thinking and creativity, can make you more productive at work and can change “stressed” to “dessert.” Dr. Schwartz will discuss the physical and emotional benefits of humor, where to find humor and how to apply it in your life, your education, your work and your relationships. And maybe, just maybe, some of you will become immortal.



Joel Schwartz M.D is the Emeritus Chair of Psychiatry at Abington Memorial Hospital. He received his medical degree from Hahnemann University Hospital, and his psychiatric training at the Institute of Living, and Hahnemann University. He is the recipient of the Herman Belmont Award for Excellence in Teaching Child and Adolescent Psychiatry, has been on the “Top Docs” list of Philadelphia Magazine several times and has received the United States Air Force Commendation Medal during his tour of duty in the U.S. Air Force. He is a Distinguished Fellow of the American Psychiatric Association.

NEW ONLINE CONTENT

Every Monday-Thursday at 12 Noon

Fitness activities, lectures, games, and much more! Visit our PROGRAMS Page: www.chestnuthillpres.org/center-on-the-hill/programs daily to see the latest online content we post to keep you active and engaged at home.

MONDAYS

New Fitness Videos

TUESDAYS

New watch & learn videos

WEDNESDAYS

New Virtual Tour link

THURSDAYS

New Craft or Activity Link

AFTERNOON MOVIES

1:30pm
\$2

Registration Required

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

Movie dates and shows:**Thursday, April 27 showing "Downton Abbey: A New Era"**

From award-winning creator Julian Fellowes comes the much-anticipated sequel to the 2019 film "Downton Abbey". This cinematic return of the global phenomenon reunites the beloved cast as they go on a grand journey to the South of France to uncover the mystery of the Dowager Countess' newly inherited villa.

Thursday May 25 showing "The Fablemans"

Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth. Directed by Steven Spielberg this film is semi-autobiographical.

Thursday, June 22 showing "Glass Onion" a Knives Out Mystery

Five long-time friends are invited to the Greek island home of billionaire Miles Bron. All five know Bron from way back and owe their current wealth, fame and careers to him. The main event is a murder weekend game with Bron to be the victim. In reality, they all have reasons to kill him. Also invited is Benoit Blanc, the world's greatest detective.

LET'S PLAY BINGO

Tuesday, June 13
1:00pm – 2:00pm
Free

Registration Required.

Join us for your favorite game, with prizes and snacks provided by some of our partners and friends from different organizations in the area. Meet some new people, and have fun!

SING for the JOY, for the HEALTH of it!

Tuesday, April 25
11:00am- 12:00pm
\$5

Registration Required

Light refreshments provided.

Join us as we sing familiar favorites from musicals, standards, folk, and traditional repertoires. Accompanied by piano or English concertina, your smart phones may be helpful to access lyrics if you don't know them. Come lift your voice in song, or sit back and listen to the great music with us. It will be an enjoyable morning of music at the Center!

Lynn Mather has led a Sing A long class at OLLI (Lifelong Learning Institute) as well as from her Home Porch! A performing and teaching musician since the 1970's - in orchestras, early music groups, children's concerts - including Philadelphia Opera Co, Philly Pops, and Young Audiences of South Eastern PA. She has led the Germantown Ave String Stop Quintet in schools here and in Europe as well as in the Music Dept of Drexel and Temple U, and at Settlement Music School. She is the proud mom of jazz drummer/composer/teacher Ari Hoenig.

AARP SMART DRIVERTEK

Monday, April 17
10:00am- 11:30am
FREE

Registration Required

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



LONGWOOD GARDENS DAY TRIP

Friday, April 28
9:00am- 3:00pm
\$60

Included: lunch at the cafe, charter bus transportation, and admission into Longwood Gardens. **Registration and payment required** by Monday April 24th. Space is limited to 20 people.

Join us for a lovely day trip to the beautiful and historic Longwood Gardens! These majestic gardens are a living expression of all that founder, Pierre S. du Pont, found inspiring, meaningful, and beautiful. From the intricate fountain systems to the meticulous gardens to the architectural grandeur, awe-inspiring discoveries await at every turn. We will travel by chartered bus there and back from the Center, enjoy lunch at the Café, and have time to explore the gardens and conservatory before returning to Chestnut Hill. Space is limited, so don't miss out on this wonderful trip and register today!



ADVANCE DIRECTIVES AND LIVING WILLS

Tuesday, May 9
2:00pm- 4:00pm
\$34

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

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

SPECIAL COMMUNITY LUNCHEON AND SPRING PARTY

Tuesday, May 23
12:00pm- 2:00pm
\$12

Registration & Payment Required by Friday May 19. REGISTRATIONS RECEIVED AFTER THE FRIDAY BEFORE THE LUNCHEON OR THE DAY OF THE LUNCH, WILL BE CHARGED \$15.

Join us for this festive Luncheon and Party at the Center, before the summer! We will have special guests joining us, good food, delicious treats, fun surprises, raffle prizes and a live performance by the Zydeco Revelers Jazz Band starting at 12:45pm! We hope to see you there!

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

VISIT NEW ENGLAND-TRAVEL TALK

Thursday, April 27
11:00am- 12:00pm
FREE

REGISTRATION REQUIRED

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

Travel Talks with Lyn returns to explore the New England coast line. Travel by train to Boston, Massachusetts to enjoy whale watching, Freedom Trail tours, museums, and interesting eats. Surprisingly this town serves more than Beans... it's a foodie delight. Or select Portland Maine with the iconic light houses, Acadia National Park for hiking and exploring nature or enjoy a Windjammer Cruise. Finally, why not take a cruise and tour New England and Canada in 8 days for less than you might think. Attend and you will see how easy any of these vacations can be.



MAH JONGG 101

Mondays, April 17- June 12
(No Class on May 29, Memorial Day)
10:00am- 12:00pm
\$109 for 8 Week Class

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

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

MAH JONGG 201

Wednesdays, April 19- June 7
1:00pm- 3:00pm
\$109 for 8 Week Class

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

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

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

MAH JONGG – OPEN PLAY

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

Registration Required

MAH JONGG – OPEN PLAY

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

Registration Required

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



LEARN TO PLAY RUMMY TILES

Wednesday, April 26
10:30am-12:30pm
FREE

Space is limited.

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

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

RUMMY TILES OPEN PLAY

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

Registration Required.

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

BRIDGE – OPEN PLAY

Wednesdays, join at any time, ongoing
11:30am – 3:00pm

Registration Required

\$2

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

BRIDGE – OPEN PLAY

Thursdays, join at any time, ongoing
10:00am-12:00pm

Registration Required

\$2

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

CLASSIC TABLE GAMES: OPEN PLAY

Mondays, ongoing, join us anytime
12:00pm-2:00pm
\$2

Registration Required.

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

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

ISLAM IN THE 21ST CENTURY

Wednesdays, June 7- July 5 (No Class June 14)

1:00pm - 3:00pm

\$84

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

Come appreciate the true nature and teachings of the Islamic faith in all its variety. We will learn basic history and doctrines, its sectarian development, and understand how modern trends and issues have impacted Islamic communities worldwide. Part of this will be understanding pervasive historical and philosophical factors which have predisposed some Muslim groups to develop customs and interpretations which we often find controversial.

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.



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

"SOUL" LINE DANCING

Thursdays, April 20 & 27, May 18 & 25, June 22 & 29

1:30pm - 2:30pm

(The last 2 Thursdays of the Month)

\$5

Registration Required.

Where can you dance with a room full of people, yet dance by yourself? Get fit and have fun as you line dance to R&B, Jazz, Hip-Hop, the "Philly" Sound, classic oldies, the latest soul favorites, and more. Gloria will help you make this simple and easy activity, a feel-good form of exercise. NO PARTNER NEEDED!!! ALL Levels Welcome.

Instructor, Gloria Kingcade - Master "Soul" Line Dance Teacher with More than 2 Decades of Experience. In Jan. 2001, Ms. Kingcade founded "D.A.S.H.E.R.S. Entertainment Network" (Dancing And Singing Help Everyone Relieve Stress), a business she created after leaving a 9-year stressful job. She has received many recognitions, and is dedicated to preserving the "Philly Style" of line dancing.

LEARN AND PLAY CROQUET

Tuesday, May 2

(Rain Date Tuesday May 9)

10:30am-12:00pm

FREE

Registration Required. Space is limited.

Croquet is a sport that involves hitting wooden balls with a mallet through hoops (called "wickets") embedded in a grass playing court. Join us outside on the Lawn to learn how to play American Nine-Wicket aka "Backyard" Croquet. This is a fun and engaging way to get some fresh air and exercise while learning a new sport!

CROQUET OPEN PLAY

Tuesdays, May 9 and 16 (Weather Permitting)

10:30am-12:00pm

FREE Outside on the Lawn. **Registration Required.**

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





art EXHIBITS

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

APRIL - THE PRESBYTERIAN CHURCH OF CHESTNUT HILL (PCCH) PRESCHOOL

This month will feature a very special show presenting works by the youngest members of our community, who attend the Preschool here. Expect colorful expressions of creativity to adorn the walls at the center, and be sure to come and see what they have dreamt up in their imaginations to share with us. "The true sign of intelligence is not knowledge, but imagination!"-- Albert Einstein

MAY - PHILADELPHIA CORPORATION FOR AGING (PCA)

Mixed Media

Meet the Artists Reception, Wednesday May 31, 4:00pm-6:00pm

This show will be part of the annual Celebrate the Arts and Aging exhibition around the city. As the Area Agency on Aging, PCA supports and creates programs designed to foster older adults' quality of life and help them live independently in their community. They know that staying active and engaged is one of the keys to healthy aging. Their goal for Celebrate Arts and Aging is to encourage older people to experience the wealth of artistic possibilities our region has to offer and to showcase the outstanding works of senior artists. For a list of their services go to www.pcaCares.org

JUNE - KATHRYN (KASS) DYMECKI

Watercolors

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

SKETCHING AND WATERCOLORS CLASS

Mondays or Tuesdays, join at any time

9:30am - 11:30am

\$32 per month

Registration Required.

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

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

FUN WITH WATERCOLOR TECHNIQUES

Fridays, May 5 - 26

10:00 AM to 12 NOON

\$89.00 for the 4 Week session. Space is Limited.

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

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

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

ITALIAN CONVERSATION

Mondays, ongoing

11:00am - 12:00pm

\$2 per session

Registration Required.



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

WATERCOLOR AND DRAWING FOUNDATIONS

Tuesdays, April 25- May 23

1:30 PM to 4:00 PM

\$110 for 5 weeks

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

Join in the fun of learning how to handle materials and process in drawing and watercolor in a supportive, friendly environment. Receive hands-on instruction in basic watercolor washes, color mixing, line drawing and shading techniques. We will begin to understand and apply good composition. We do a few projects together with plenty of hands-on instruction. When you are ready, you are facilitated in your own projects. The class welcomes newcomers as well as those who want to brush up on their skills!

Marcia Jones Marcia Jones is a teaching artist (MFA Tyler, 1976) in Mt. Airy. Her instruction based teaching method, which she names Making Art Makes Us Smarter (c.2010) represents her passionate belief in the regenerative power of creative art making. Marcia's primary mediums are watercolor and pastel. She presented a one person show at Center On The Hill in February, 2020. Her work can also be seen at Le Bus, East Falls and in private collections.



BASICS OF AN ANDROID PHONE

Wednesdays, February 1 - March 8

Orientation Class on Wednesday

February 1

1:00pm - 2:00pm

Free

Registration Required

Explore how to navigate through your Android phone step-by-step. You will learn how to save contacts, set-up your voicemail (and learn how to access your voicemail messages), send a text message, take photos and connect your email account to your phone. No experience necessary. Bring your Android to class. We'll also cover online safety topics including computer viruses and threats, setting up your online privacy, and spam emails. Handouts will be provided.

Instructor Kwaku Boateng is the Director of Marketing and Community Relations for Senior Helpers Philadelphia and enjoys helping seniors learn how to use technology.

INTRO TO MICROSOFT EXCEL

Tuesdays, April 25- May 9

(3 sessions)

10:00 AM to 12 Noon

\$89.00

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



The spreadsheet is the tool for anyone who has to manage numbers. Learn to create, save, modify and print spreadsheets. Begin using formulas and functions, and format your own worksheets to make them more understandable and easier to read. While this is an intro class, some experience with Excel is helpful. Students may bring their own laptop with Excel installed. There will also be laptops available to use at the class.

CREATE YOUR WEBSITE WITH WORDPRESS

Tuesdays, May 16- May 30 (3 Sessions)

10:00am-12:00pm

\$89.00

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

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

WINDOWS 10 MADE SIMPLE

Tuesdays, June 6- 20 (3 sessions)

10:00 AM to 12 Noon

\$89.00

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

Windows 10 is a Microsoft operating system for personal computers and tablets. In this class you will learn to use Windows - how to access multiple programs, organize files, change computer settings, arrange your desktop, save and print documents. This class is for any device using the Windows 10 operating system. Students may bring their own laptop with Windows 10 installed. There will also be laptops available to use at the class.

David Grauel has been a Technical Support and Training Specialist in Microsoft Office products for such companies as Goldman Sachs and Morgan Stanley. As part of the Human Resources Administration, he trained supervisors and staff, worked the Help Desk, and performed network troubleshooting.

MAKING ART MAKES US SMARTER: PASTELS

Thursdays, April 27- May 25

1:30pm- 3:30pm

\$110 for the 5 Week session. Space is Limited.

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

This course welcomes newcomers as well as those who want to renew pastel skills. You will receive instruction in both chalk and oil pastels, including various color application techniques, and paper explorations. Pastel can be applied energetically in broad strokes like paint, or in fine layers like drawing. Vibrant colors and strong covering power makes this medium fun and exciting. Find the sleeping child within yourselves! We will be working in a safe, air filtering room and masks will be strongly recommended to protect our health. A materials list will be provided upon registration.

Marcia Jones Marcia Jones is a teaching artist (MFA Tyler, 1976) in Mt. Airy. Her instruction based teaching method, which she names Making Art Makes Us Smarter (c.2010) represents her passionate belief in the regenerative power of creative art making. Marcia's primary mediums are watercolor and pastel. She presented a one person show at Center On The Hill in February, 2020. Her work can also be seen at Le Bus, East Falls and in private collections.

KEYS TO POSTURE AND BALANCE

Wednesday, April 12

2:00pm-3:30pm

\$25

Registration Required

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

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

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

NAME THAT TUNE

Tuesday, May 16

11:00am- 12:00pm

FREE

Registration Required.

Do you love music? Do you wish you knew a little more about some of your favorite songs? Join us for a fun and interactive music appreciation class outside in our big tent! Back by popular demand, instructor Michael Kraus, will guide you through fun music lessons featuring songs from the past. Learn about the musical roots of songs you have known since childhood, and songs you still love to sing along with today. This class will be entertaining, engaging, educational and fun! Can you Name That Tune? Come and find out!

Instructor Michael Kraus has been a Music Educator for many years (High School & College); as well as a Musician (trombone) and has played for headliners such as Tony Bennett, Sammy Davis Jr., Liza Minelli, Bobby Darin, Diana Ross, Paul Anka, Frankie Valli, Carol Channing, Connie Francis, Jose Feliciano, among others. He founded Putumayo World Music record label in 1993 to introduce people to the music of the world's cultures.

GETTING YOUR AFFAIRS IN ORDER

Thursday, June 8

11:00am- 12:30pm

FREE

Registration Required

Join us as we welcome Elder Law Attorney Rob Slutsky, who will explore with us important documents every family should have in place: Wills, Powers of Attorney, Healthcare Directives, Trusts and other vital tools to prepare you and your loved one to age with peace of mind. You can have your important questions answered by an elder law expert. This event is being sponsored by Slutsky Elder Law, Senior Living Specialists and Abramson Senior Care. Raffle prizes and light refreshments will be served.

Robert Slutsky, Esq. has been named the "#1 TOP Elder Care Lawyer Around the Main Line and Western Suburbs" for several years by Main Line Today Magazine and named on the PA Super Lawyers list again in 2022. He advises clients on Medicaid and Asset Protection Planning, Special Needs Planning, Guardianships, Wills, Trusts, Powers of Attorney, Estate Administration, and General Estate Planning.

MINDFULNESS PRACTICE

Tuesdays, ongoing--

Join Anytime

9:30am –11:00am

\$12 per session

Registration Required.



“Like water to the parched traveler; meditation, as well as prayer, quench the inner thirst.” — Unknown

Many say “it’s too hard”. But its essence is simply awareness of breathing and our sensations and thoughts. All that’s really required is a safe place, a few minutes (or more) and a willingness to stay with it (focused relaxation). The instructor and the group’s energy also usually make it easier. You are invited to be a part of us. Simply come with a light, whole-hearted willingness to participate, and a beginner’s mind.

David Dimmack, M.Ed., has been practicing holistic healing and mindfulness meditation for over twenty five years. He is one of the few westerners to be ordained as a lay dharma teacher by the venerable zen master Thich Nhat Hanh.

WELL SPOUSE ASSOCIATION SUPPORT GROUP

The 4th Tuesday of the Month

7:00pm – 8:30pm

By Phone FREE

PLEASE REGISTER with the Facilitator

Brian Rickman to be given the call in phone number. Brian Rickman at 774-249-2494 or

brian.rickman@gmail.com

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

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

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

Second Thursday of the month,

join at any time

2:00pm–3:30pm

FREE

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

Registration Required

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

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

Meeting ID: 448 977 3675

Passcode: 076567

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

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

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

FEELING EMPOWERED WITH THE ALEXANDER TECHNIQUE (AT)

Friday, May 5

2:00–3:00pm

\$15 (\$20 after April 21st)

Pre-Registration Required by contacting Mary McCann at ma2mcca@aol.com or 215.520.0832.

If you are looking for a new way to diminish stress, you will enjoy this workshop! Alexander Technique (AT) is a simple, practical method that can transform tension into useful energy. Learn why this method is a ‘trade secret’ for performers and how you can benefit in your daily life. People frequently report improvements in balance, posture, fluidity, and ease. You will learn about recent scientific studies, FAQ, and how you can practice at home. Please join us! www.exploreaalexander.com



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

Thank you!

STRONG BONES EXERCISE CLASS*Session 1: April 11- May 16th**Session 2: May 23- July 11 (No Class on June 6 or July 4)**1:00pm-2:00pm**\$72 for 6 Week Session or \$15/per class drop In***Registration Required**

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

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

Joanne Fagerstrom, PT, CFP, has been a physical therapist since 1978. In 2009, after being diagnosed with osteoporosis, she began the research and development of her comprehensive bone health program and was able to reverse this diagnosis. Joanne offers private 1-on-1 consultations, weekly Strong Bones classes, monthly blogs, and annual Taking Charge of Your Bone Health workshops. www.ourstrongbones.com.

**TAKING CHARGE OF YOUR BONE HEALTH***Thursday, May 4**1:00pm-2:30pm**\$15***Registration Required**

There is a lot of confusing information about what to do if you've been diagnosed with osteopenia or osteoporosis. For example, you've probably heard that exercising is important, but what are the best exercises to do? Medical evidence shows that some common exercises, such as sit-ups and toe touches, can actually put you at risk for spinal fracture! Doing the right exercises, improving your body awareness, and making some lifestyle changes (such as proper diet and not smoking), can significantly help build bone and prevent injury.

Come to this important workshop taught by Joanne Fagerstrom, a bone health specialist and physical therapist of over 40 years, and see how you can take charge of your bone health. The information presented will be based on the latest, evidence-based guidelines from the medical community.

FOOT REFLEXOLOGY*Wednesday, May 10**2:00pm-3:30pm**\$25***Registration Required.**

Reflexology is a healing art that recognizes reflex points on the hands and feet that correspond to the internal organs of the body. Applying pressure to specific areas using thumb techniques result in stress reduction and increased energy. Learn how to give a foot massage/reflexology treatment and receive one in return. Bringing a partner encouraged but not required to participate in 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.

INJURY PREVENTION

Thursday, May 4
11:00am-12:00pm
FREE

Registration Required

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

Falls are the leading cause of injury or death among older adults. Emergency Room statistics demonstrate that older adults seek ER visits as a result of a fall often time transported by an ambulance or emergency vehicle. Fear of falling often times decreases the older adult from leaving home for a pleasant outing or for a medical appointment. Issues that may cause a person to fall are: poor vision, vertigo, high blood pressure, Meniere's Syndrome or stroke. The program will include how to reduce the risk of falling and tips for a safe home setting

Presented by Jeraldine Kohut from Cathedral Village.

MANAGING CHRONIC ILLNESS

Thursday, June 1
11:00am-12:00pm
FREE

Registration Required

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

People managing chronic disease must make life long choices that will enhance their daily routines. These choices do not have to be major or challenging but consistent. The goal of chronic disease self-management is to help people achieve a better quality of life through the understanding of their condition. This approach includes multiple recommendations with input provided by their Physician/nurse practitioner. The coordination of treatments, screenings, check-ups, and patient education must be presented to the patient with appropriate follow up. This plan, as followed can allow patients to enjoy their life with the support of their physicians, nurse and family.

Presented by Jeraldine Kohut from Cathedral Village.

TRAVEL TIPS FOR SENIORS

Thursday, June 22
11:00am- 12:00pm
FREE

Registration Required.

Presented by Lyn from 115 Travel.

Join our Travel Talk on why Seniors should travel. Travel keeps the mind sharp, makes life more interesting, you can make new friends, and helps keep your body and mind healthy. We will discuss securing discounts, ask questions prior to travel to provide the best outcomes and traveling with medical issues and assisted mobility devices.



GRIEF SUPPORT GROUP

Mondays, April 24, May 1, 8, 22 June 5, 12
1:00pm-2:00pm
Free

Registration required.

Group is closed to new members after May 1.

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

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.

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.

**ZUMBA GOLD**

Wednesdays, Ongoing starting April 12th
11:00am- 11:55am
Single class- \$12.00, 4 classes -
\$45.00, 8 classes - \$80.00

Registration Required.

What's Zumba Gold? Zumba Gold combines the enticing world rhythms of Zumba with the strength-training techniques of the Zumba Toning Program, creating an easy-to-follow, health-boosting dance fitness program for active, older adults, as well as beginners. You are welcome to bring your own 1-2 lbs weights to build strength and tone all target zones.

Karen Taylor-Young has more than 35 years of experience in dance, and currently teaches dance and choreographs in Philadelphia and neighboring communities. She is a founding member of Philadanco (The Philadelphia Dance Company), former musical theater choreographer at Germantown Friends School, and recently completed her third production with Old Academy Players. In February Karen will be celebrating 13 years teaching Zumba, and holds 8 licenses/certifications to teach Zumba.

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



YOGA CLASSES

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

GOLDEN YOGA

Wednesdays, ongoing, start anytime.

3:00pm- 4:00pm

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

Registration Required

Golden Yoga is a classical yoga, adapted by the SKY Foundation, to accommodate those who have difficulty getting up and down from the floor. The practices include stretching, breathing, relaxation, and meditation techniques – all done while sitting in a chair or standing.

Barbara Levitt, author of Golden Yoga: You Can Do It, has practiced and taught Classical Yoga under the direction of Dr. Vijayendra Pratap for more than forty-five years. Barbara is Secretary of the SKY Foundation and is a yoga instructor for the Jefferson-Myrna Brind Center of Integrative Medicine.

YOGA WITH ATTITUDE

Fridays, Ongoing, start anytime

9:30am – 11:00am

\$45 per calendar month; first class \$10, walk-ins;

\$15 for a single class

Registration Required

This is basic yoga with breath warm-ups, asana and meditation. Students of all ages and levels of experience are welcome. The class provides a method which allows us to adopt an “attitude” when confronted and to respond to the adventures in our lives. Participants practice alternative viewpoints, “while standing in truth and light.”

YOGA, A CHAIR AND YOU

Fridays, Ongoing, start anytime

11:30am–1:00pm

\$45 per calendar month; first class \$10, walk-ins;

\$15 for a single class

Registration Required

Everybody can enjoy the benefits of yoga. And it's not necessary to get on the floor to explore this gentle and effective exercise system that creates strength, flexibility, balance, and rotation. Over twenty five years ago, Grace Perkins created this program for people recovering from illness or who have physical limitations. The program is classically structured with breathing techniques, asana (postures for strength and stretching) and meditation based in the Integral Tradition. Everyone is welcome and standing is optional. We also encourage laughter and fun.

Grace Perkins has been teaching yoga in and around Philadelphia for twenty four years. She has developed a unique program, integrating seasons, posture, metaphors, poetry and stories to enhance the basic Integral Yoga approach.

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



BEGINNING T'AI CHI YANG STYLE

Wednesdays, April 19- June 21

10:00am – 11:00am

\$119 for ten sessions

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

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

CONTINUING T'AI CHI YANG STYLE

Wednesdays, April 19- June 21

11:15am-12:15pm

\$119 for ten sessions

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

This continuing class is for those who have taken the beginning class at least twice, and/or has the teacher's permission. Wear loose, comfortable clothing and flat, flexible shoes.

INTERMEDIATE TAI CHI

Wednesdays, April 19- June 21

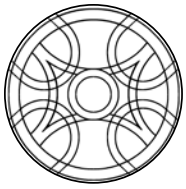
12:30pm-1:30pm

\$119 for ten sessions

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

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

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



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

The Presbyterian Church of Chestnut Hill
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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.