

AT THE *center* OF THINGS

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

Spring 2026

Welcome SPRING!! Registration for this new season of programs **begins Wednesday, April 1, 2026 at 10am!** We have group size limits for all our activities, so please be sure to register for everything you want to participate in, and if you find you can no longer attend, please be sure to contact the center so we can offer your spot to someone on the wait list for that class or event.

Don't Forget: New fitness videos, lectures, virtual tours, crafts, games, and more, are posted online Mondays - Thursdays at Noon on our programs page here: www.chestnuthillpres.org/center-on-the-hill/programs for when you can't make it out to the center.

Programs I am looking forward to this SPRING include:

- **A STROLL & LUNCH AT THE FARM AT AWBURY ARBORETUM (page 3)** – Our guide Megan Do Nascimento will lead us around the grounds to get some exercise and learn about this shared space that is home to local organizations, lush gardens, friendly goats, beehives, and hands-on learning experiences. Lunch in the Pavillion will follow the tour!

- **INTRODUCTION TO PING PONG (page 5)** – Enhance your physical, mental and social well-being while learning to play this fun, safe and popular sport! Join our “beginner” Ping Pong (Table Tennis) class for coached and play sessions each week.

- **MINDFUL EATING (page 12)** – Join us for a mindful eating experience where you will learn about and practice mindful eating techniques. The way we eat can bring us into a deeper state of calm and connection which can flow into other areas of our life

- **CREATIVE CONVERSATIONS (page 11)** – In this three-week series of expressive arts workshops, participants will explore themes of change, loss, and life transitions through personal reflection, guided art activities, and supportive group discussion.

- **DAY TRIP: READING TERMINAL MARKET TOUR (page 4)** – Join us for a fun Day trip to Reading Terminal Market- one of Philadelphia’s most iconic destinations. We will take a guided tour that offers a delicious and immersive experience that explores the Market’s rich history, diverse cuisine, and the timeless cooking traditions carried on by more than 80 unique merchants.

Longer warmer days are ahead, and I look forward to seeing you soon at the Center!

Sincerely,

Mariangela Saavedra
Director, Center in the Hill



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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 in Widener Hall, and recorded and posted online the following day to watch here: <https://www.chestnuthillpres.org/education/forum-on-the-hill/> *Brown Bag Lunches welcome, light refreshments served. A \$5 donation is requested. **Registration required to attend in person.**



April 9
Anndee Hochman
Family Matters

What does a 21st-century family look like? For nearly a decade, Anndee Hochman's weekly "Parent Trip" column in the Philadelphia Inquirer told stories of families formed through adoption, conception, family-blending, surrogacy and fostering. Her new book, *Parent Trip: Unexpected Roads to Form a Family*, gathers 42 of those exuberantly diverse stories along with her tender, wry personal essays on parenthood. Hochman will read from the book and lead a conversation about what it means to create family today.

Anndee Hochman is a journalist, essayist, storyteller and teaching artist. From 2014-2023, she wrote the weekly "Parent Trip" column for the Philadelphia Inquirer. Her work has also appeared in Poets & Writers, WebMD, O, the Oprah Magazine, Philadelphia Stories, Broad Street Review and other venues. She is a ten-time Moth Story Slam winner. Hochman lives in Mt. Airy with her partner, a housemate, two mercurial cats and a part-time toy poodle.



May 14
Dr. Rorujorona Ferrell
What's inside the Penn Museum

Come learn about the Penn Museum, their mission, how they provide access to archaeology and anthropology for everyone, and what's inside the Penn Museum. Ancient Egypt, Rome, Greece, the Middle East, Africa, Asia, Mexico & Central America, a brand new gallery dedicated to the resilience of Native peoples, and more. Dr. Ferrell will talk about some of the museum's popular public programs CultureFest and Mind & Mood Recharge, and the free community days like Juneteenth, Wawa Welcome America free museum day, and Kwanzaa.

Plus she may even bring a few touchable objects from the teaching collection to share some of the cultures the Penn Museum Represents.

Dr. Rorujorona Ferrell (Rougye), the Assistant Director of Community Engagement Programs at the Penn Museum.

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/Video

THURSDAYS

New Craft or Activity Link/Video

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Events, Classes, Lectures and Workshops you want to attend. Thank you!

AFTERNOON MOVIES

1:30pm

\$2

Registration Required

Are you looking to see a movie in a relaxing setting with easy parking and no long lines? Join us for an enjoyable afternoon at the movies. Popcorn and Water provided. Bring your own snacks welcome!

Movie dates and shows:**Thursday April 23** showing: **Song Sung Blue**

Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together. Starring Hugh Jackman and Kate Hudson

Thursday May 21 showing: **Ray**

The story of the life and career of the legendary rhythm and blues musician Ray Charles, from his humble beginnings in the South, where he went blind at age seven, to his meteoric rise to stardom during the 1950s and 1960s. Staring Jamie Foxx and Regina King.

Thursday June 25 showing: **Deliver Me From Nowhere**

This critically acclaimed Biographical film chronicles the making of Bruce Springsteen's 1982 "Nebraska" album. Recorded on a 4-track recorder in Springsteen's New Jersey bedroom, the album marked a pivotal time in his life and is considered one of his most enduring works. Staring Jeremy Allen-White and Odessa Young.

CENTER MEET UP: STROLL & LUNCH AT THE FARM AT AWBURY ARBORETUM

Friday, May 1

11:00am- 1:00pm

\$15 Lunch provided, \$5 Bring your own Lunch.

Registration Required. Space is limited.

Join us for a walk around The Farm at Awbury Arboretum this Spring. Our guide Megan Do Nascimento will lead us around the grounds to get some exercise and learn about all the activity going on at this farm in Germantown. Northwest of Washington Lane, The Farm at Awbury is a vibrant community hub where nature, education, and agriculture come to life. Once known as the Agricultural Village, this shared space is home to local organizations, lush gardens, friendly goats, beehives, and hands-on learning experiences. Lunch in the outdoor pavilion will follow the tour. \$15 rate includes a box lunch provided. \$5 if you plan to bring your own lunch!

**TRIVIA**

Mondays, April 13 and June 8

1:00pm- 2:00pm

\$2

Registration Required

Prizes and refreshments provided!

Join us for entertaining themed games of Trivia at the Center. Give your brain a workout, learn something new, meet new people, and have a lot of fun! The themes are April: **Celebrating Spring!** and June: **Those Crazy, Hazy, Lazy Days of Summer!**

STORYTELLING -FOR ADULTS

Wednesday, April 29

2:00pm- 3:00pm

FREE

Registration Required

Do you want an easy way to be more creative? Come share (by telling) stories from your own life to connect with others. And make new friends. We will be building empathy, understanding, and communication, through the joy of sharing. Long, short, fun, silly, unique and profound stories are all welcome! Hopefully our social interaction will be both fulfilling and fun!

Facilitator - Alice Farber, retired award-winning art teacher Philadelphia Public schools.

CENTER THEATER MEET UP: The Curious Incident of the Dog in the Nighttime.

at the Stagecrafters Theater-

8130 Germantown Ave, 19118

Sunday, June 14

2:00pm

\$20 special Center group rate.

Registration Required.

*Optional: Join us at El Poquito (up the street from the theater) for lunch at 12pm before the show. Lunch not included in the \$20 rate.

Join us for a lovely afternoon at the theater to see *The Curious Incident of the Dog in the Night-Time* by Simon Stephens. Christopher, a mathematically talented adolescent on the Autism spectrum, finds his neighbor's dog has been killed one night. This "incident" spurs Christopher to venture out of his comfort zone and discover surprising facts about the dog, his neighbors, and even his own family.

*If you want to meet us for lunch at El Poquito (up the street from the theater) at 12pm, you can let us know when you register and we will reserve you a spot at the table.

SPECIAL EVENTS AT THE *center* ON THE HILL

LET'S PLAY BINGO

Tuesdays, April 14 and June 23

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!



HORTICULTURAL THERAPY WORKSHOP

Tuesday, May 19

1:30pm- 2:30pm

FREE

Registration Required.

Join Well Rooted HT to create your own unique botanical décor to take home! This horticultural therapy session also includes: Herbal tea, Aromatherapy and Hand massages. This class will blend the healing properties of nature with gentle movement, elements of aromatherapy, and touch therapy to reduce stress and encourage relaxation in a fun, safe space.

Kaitlyn Whalen is a resident of Mt. Airy, Philadelphia and owner of Well Rooted HT, which has been providing horticultural therapy private and group sessions since 2023 after completing the Horticulture Therapy Certificate program at Temple University. Formerly in biotechnology, Kaitlyn leverages her scientific background to create her workshops.

**COMMUNITY LUNCHEON and
*SPRING PARTY!**

Tuesdays, May 5 and June 9*

12:00pm

\$12 in Advance, \$15 at Door.

**June 9 Spring Lunch and Party with special entertainment and other fun surprises!*

Registration & Payment Required by the Friday before the Luncheon for advance rate.



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

**DAY TRIP: TOUR & TASTING @
READING TERMINAL MARKET**

Friday, June 5

9:00am-1:00pm

\$30

Registration Required.

**Meet at Chestnut Hill East Train station (102 Bethlehem Pike, 19118) at 9:00am.*

Train to Center City Departs at 9:14am.

SEPTA is FREE for people 65+



Join us for a fun Day trip to Reading Terminal Market-one of Philadelphia's most iconic destinations. We will take a guided tour that offers a delicious and immersive experience that explores the Market's rich history, diverse cuisine, and the timeless cooking traditions carried on by more than 80 unique merchants. This 45-minute walking tour kicks off with a tasty snack from a local favorite and continues through the vibrant aisles filled with mouthwatering aromas and culinary treasures. Along the way, our expert guides will share fascinating stories about the Market's origins, evolution, and hidden gems you'll be glad you found! There will be time following the tour to shop and have lunch before we catch the train back to Chestnut Hill.

**Lunch is on your own and not included in tour price.*

1960s MUSICAL CABARET

Monday, June 1

2:30pm-3:30pm

\$5

Light Refreshments Served.

Registration Required.

Rachel DeMasi returns to perform a compilation of wonderfully timeless songs that were made famous on the radio, in various films, TV shows and Broadway Musicals in the 1960's! Ranging from the 1960-1969 Rachel has handpicked some of her favorite Songs from the decade to share with you. Before each song you will find out a fun fact or two about the song you may or may not already know and singing along is encouraged!

Although she is a St. Louis native, Rachel has been proud to call the North East her home for the last 9 years. She is a professional actor and singer in the Philadelphia area and based in South Jersey. She is a proud member of the largest all-female comedy troupe in the country The Washing Well Wenches- specializing in improvisational performance and parodies- seen at the PA Renaissance Faire. When she is not on the stage, Rachel is the owner of a small business where she sings for residents at local assisted living and retirement communities.

GETTING YOUR AFFAIRS IN ORDER

Thursday, May 14
10:30am- 12:00pm
FREE

Registration Required

Join us as we welcome Elder Law Attorney Rob Slutsky, who will explore important documents that 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. The best plans prepare for the worst scenarios. An elder law attorney helps you secure your future and the future of those you love the most. Participants can have their important questions answered by an elder law expert.

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. He advises clients on Medicaid and Asset Protection Planning, Special Needs Planning, Guardianships, Wills, Trusts, Powers of Attorney, Estate Administration, and General Estate Planning.

INTRODUCTION TO PING PONG (TABLE TENNIS)

Wednesdays, April 15, 22, 29, May 6, 13, 20
3:15pm-4:45pm
\$25 for the 6-week class.

Registration Required.



Enhance your physical, mental and social well-being while learning to play this fun, safe and popular sport! Join our “beginner” Ping Pong (Table Tennis) class for coached and play sessions each week. Experienced coach John Adams and his assistant Dana Baldwin will guide you through skill and strategy exercises to help you play and enjoy table tennis. All equipment is provided. Proper sports attire required (clothes you can move in, sneakers, etc).

INTERNATIONAL FOLK DANCING

Fridays, start at any time.
12:30pm – 2:30pm
\$70 for ten sessions, \$8 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

CRAZY QUILT: AMERICAN ROOTS MUSIC

Mondays, April 20- May 11
12:00pm- 1:00pm
\$40 for the 4-week class

Registration Required.

Ballads and Broadides, Ragtime and Old-Time, Blues and Bluegrass, Cowboys and Cajuns, Jugbands and Jazz. If you’ve ever wanted a guide through the weird, wonderful world of early American recorded music, this is for you! Between 1920 through the 1940s, songs and melodies nearly lost to history were preserved, but it was also a time when innovation was rampant. This course will use numerous recordings from this period to illustrate this aural landscape. You’ll learn about the historical context, the recording technologies, the performers and their instruments, and some of the distinctive regional and ethnic genres and styles. Whether you hate “folk” music, or like it, I’ll bet you’ll be surprised by what you hear.

David Murphey is a musician and record collector who has been going down this rabbit hole for a good many years, delighting in the intersections of culture, history, life experience, and artistry that make up this music.

NAME THAT TUNE

Tuesday, May 12
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! 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.

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FOR YOUR INTEREST AT THE *center* ON THE HILL

FRENCH CONVERSATION

Thursdays, start at any time
1:30pm - 3:00pm
\$2 per session
Registration Required



Whether you are refreshing your high school/college French, taught the language yourself, or have maintained fluency through travel, tutors and classes, you will be welcomed. The group sets its own pace and agenda.

UNO DOS TRES - VERY BASIC SPANISH

Thursdays, April 23- May 28
11:30am- 12:30pm
\$74



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

Have fun with your friends and neighbors by learning common Spanish words and phrases. We will play games, listen to music, and focus on greetings and introductions. This class is for the ultimate beginner, with no Spanish knowledge.

Megan Do Nascimento is a Mt. Airy resident who is trilingual in Spanish, English and Portuguese. Megan lived in Spain, works in International sales and has travelled extensively throughout the Spanish-speaking world. Megan is passionate about immigration issues and dedicated some of her time doing work in Matamoros, Mexico with Team Brownsville.

TRAVEL TALK: AFRICAN ADVENTURES- FROM SAFARIS TO THE CAPE

Thursday, June 4
12:30pm- 1:30pm
FREE



Registration Required.

Join us for an engaging presentation that highlights the natural beauty, wildlife, and culture of South Africa and Tanzania. Through photographs and personal accounts, we will explore the excitement of African safaris, the breathtaking scenery of Table Mountain and the Cape, and the unique experiences that make this region one of the world's most memorable travel destinations. Short wildlife video clips will bring the landscapes to life, This session offers both inspiration and education for those interested in exploring Africa's rich diversity.

Presented by Lyn Thompson-Giles from Travel Designed by Lyn.

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

LEARN TO PLAY RUMMY TILES

Wednesday, April 29
10:30am-12:30pm
FREE

Registration Required.

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

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

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. Give your brain a workout by joining us on Mondays for casual and fun Open Play of table games. Bring your own favorite game to play, or choose from ones we have here at the Center like Clue, Parchisi, Boggle, Phase 10, Scatergories, Dominos, Battleship, Mystery Date, Monopoly and MORE!

MAH JONGG – OPEN PLAY

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

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.



“SOUL” LINE DANCING

Thursdays, April 23 & 30, May 21 & 28, June 18 & 25
1:30pm- 2:30pm
(Typically, 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

Tuesdays, May 12- June 2 (Weather Permitting)
10:30am-12:00pm
FREE

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 play American Nine-Wicket aka “Backyard” Croquet. This is a fun and engaging way to get some fresh air and exercise while playing a competitive lawn game! No experience necessary, all players welcome.

FUN WITH WATERCOLOR TECHNIQUES

Fridays, May 8- 29
10:00 AM to 12 NOON
\$89.00 for the 4 Week session.

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

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

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

SKETCHING AND WATERCOLORS CLASS

Mondays or Tuesdays, join at any time
10:00am – 12:00pm
\$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.

art EXHIBITS



The "Gallery" is open for viewing Monday–Thursday 10am–4pm and Fridays 10am–2pm.

APRIL- SALLY BENTON OIL PAINTING

Meet the Artist Reception:

Thursday April 2
4:00pm- 6:00pm
FREE, Light Refreshments Served.

Sally Benton was drawn to art at a very young age, and after high school, attended Moore College of Art. For the past several years, she has been studying oil painting at the Woodmere Art Museum, in Chestnut Hill, Philadelphia with Paul DuSold, Academy of Fine Arts alumnus and teacher at the Fleisher Art Memorial. Sally has shown her paintings in numerous art exhibits in the Philadelphia area and is one of the participating artists in the Souls Shot Portrait Project.

www.soulshotportraitproject.org/ for victims of gun-violence, and their families. She resides in Flourtown, Pennsylvania with her supportive husband, Andy.

MAY - PCA CELEBRATING THE ARTS MIXED MEDIA

Meet the Artists Reception

Thursday, May 28
2:00pm-4:00pm
FREE, Light Refreshments Served.

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 - MEGAN BROWN CARTOON & MIXED MEDIA

Meet the Artist Reception:

Friday, June 5
5:30pm-7:30pm
FREE, Light Refreshments Served.

Megan Brown is a cartoonist residing near Philadelphia, her home of many years. From a young age, Megan has been constantly drawing cartoons. Her favorite poet/artists include Shel Silverstein, Edward Gorey, Stevie Smith, and Dorothy Parker. Megan earned her BFA in Illustration & Graphic Design from Moore College of Art. She currently works as a library specialist, and will soon be completing her Masters in Library Science. She enjoys being surrounded by books of all kinds. Between lovely long walks to the refrigerator, she is always drawing, scarfing pasta and playing records. You can often find her doing a combo of these at any given time.

JUNK JOURNALING

Tuesday, April 21
1:00pm-3:00pm
\$20
Some Materials Provided.
Registration Required.



Cultivating joy in your everyday life! Also known as Junk Journaling!

The workshop will provide examples of different types/styles of pages. There will be many varied materials to utilize. Each participant will leave the class with their work of Art either finished or in progress. Junk journaling is a flexible and creative hobby that lets you use everyday items like receipts

and flyers to document memories, ideas, and feelings through collage, writing, and mixed media.

1. This practice helps reduce stress because there are no rules or pressures to make something perfect.
2. Junk journaling can make everyday tasks more fun by helping you look for unexpected items to use in your journal.

Participants are encouraged to bring personal items with them to the class, but not necessary. Many junk journalers make themed journals which could be vintage, art, seasonal, holidays, hobbies, grunge, and modern. For others, junk journals can be eclectic, made up of product packaging, pamphlets, clothing labels, old stamps, etc.

WATERCOLOR AND DRAWING FOUNDATIONS*Tuesdays, April 21- May 19**1:30 PM to 3:30 PM**\$110 for 5 weeks***Registration Required** through Mt Airy Learning Tree (MALT) at 215-843-6333 or mtairylearningtree.org

Join in the fun of learning how to handle materials and processes 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 do a few projects together with plenty of hands-on instruction. The class welcomes newcomers as well as those who want to brush up on their skills!!

WATERCOLOR AND DRAWING FOUNDATIONS-LEVEL 2*Tuesdays, June 2-30**1:30 PM to 3:30 PM**\$110 for 5 weeks***Registration Required** through Mt Airy Learning Tree (MALT) at 215-843-6333 or mtairylearningtree.org

This course is for those who have taken Watercolor & Drawing Foundations with Marcia, or for those who would like to take Level 2 again. Our projects vary from season to season and will primarily focus on advanced color mixing, brushwork and the handling of edges. We will expand the basic primary palette used in Watercolor & Drawing Foundations to learn more about the specific characteristics of watercolor. Our projects will include still life, landscape, or any other subject which inspires us!

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.

THE GREAT HOLLYWOOD MUSICALS*Tuesday, April 28**1:30pm-2:30pm**\$5***Registration Required**

Join us for a lively slide show presentation where you will take a journey through time! Hear about the making of the movies, stories about the stars, and other fun movie trivia! From The Jazz Singer (the first Talkie) to The Sound of Music and all the great musicals in between! Spend the afternoon re-living some of your favorite movie musical memories!

*Presented by Paul Sofian***ALCOHOL INK WORKSHOP***Tuesday, April 21**12:30pm- 3:00pm**\$60***Registration Required.***All Materials Included.*

Discover the vibrant world of alcohol ink in this fun and approachable beginner class! Guided by Lori, you'll explore the fluid, dynamic nature of this exciting medium through live demonstrations, hands-on practice, and personalized guidance. Learn a variety of techniques to harness the unpredictable beauty of alcohol ink and unlock your creative potential. No art background is required. Prepare to be mesmerized by the creative process and endless possibilities! Supplies/materials provided.

Lori is a long time Social Worker who serendipitously discovered Alcohol Ink a few years ago and has been teaching the medium in multiple venues for the past 3 years including: Mt. Airy Learning Tree, Mainline School Night, Mainline Art Center, Greater Norristown Art League, Whitmarsh Learning Center and some local vineyards/breweries. She has artwork at Moondance Farm Studio in Chestnut Hill and at Valley Forge Flowers in Wayne, PA.

WRITE YOUR OWN (FUNNY) OBITUARY*Thursday, May 7**11:00am- 12:00pm**FREE***Registration Required.**

Why wait till you're compost to have someone else write about your life? Write it yourself before it's too late! And make it wacky. You know your own life story with all its quirks, foibles and ups and downs. In this class we'll work on writing an obituary that everyone will enjoy reading after you're gone. We'll read samples of one or two funny obituaries that have been published to get you started (and Claire will read hers). We'll write and laugh in a very relaxed atmosphere to summarize our lives as we wind down this mortal coil. Bring a notebook, a laptop, or some paper you might have hanging around to write on. I'll supply the pens and pencils. This one-hour class is free of charge.

Claire Gawinowicz is a published writer and humorist who thinks most people are way too serious. She's not out of reality though and realizes life can be tough and full of some pretty rotten challenges. She lives in Oreland with her husband of 1,000 years (approximately) and has two grown children who make her smart and who she loves, of course, but who tell her she's really not that funny.

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

EXPRESSIVE COLLAGE

Friday, April 24

10:00am- 12:00pm

\$34, Plus \$5 Materials Fee

Registration Required through Mt Airy Learning Tree (MALT).

Contact MALT at 215-843-6333

or

mtairylearningtree.org to register.



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

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

STORYBOOK-INSPIRED CREATIVE EXPRESSION

Wednesday, April 22nd

1:00pm- 3:00pm

\$35

Space is limited to 8 people.

Registration Required.

Life is full of things that rise and fall, flourish and decay, bloom, wither and die away. Local author Cynthia Rafetto Kreilick uses her book *The Rise and Fall of Sandcastle Town* to explore how we care for people and things in times of vitality and decline, and how we process the emotions that grip us. Cynthia wrote *The Rise and Fall of Sandcastle Town* as a tribute and a catharsis, watching her elderly mother and her home of 62 years decline with age. Following the reading and discussion, participants create artwork, using mixed media, that prompt conversation about their own tools for processing grief and healing the heart. Participants receive a complimentary copy of Cynthia's book.

Cynthia Rafetto Kreilick has worked as a television and digital media producer, early childhood educator, and writer and publisher. She is now retired, writing, teaching and publishing at her leisure. As founder and director of Blooming Peace Studio, Daune Marie's mission is to offer artistic and therapeutic opportunities in a safe space that are heart-focused and soul-centered, for people to transform and heal on many levels.

BUILD YOUR WEBSITE FASTER, SMARTER WITH AI

Tuesdays, April 28- May 12 (3 Weeks)

10:00am- 12:00pm

\$89

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

Ready to launch a website without spending weeks learning complicated platforms? In this hands-on class, you will learn how to create a professional website using today's latest AI-powered tools. Whether you are building a site for yourself, your business, or a community organization, you will explore how AI can help you design, write, and publish a polished website in a fraction of the time. Using Wix's AI website builder, you will create and customize a live site while learning how to choose the right template, prepare images and text, and identify your target audience.

We will also discuss whether AI is the right option for your needs and review other website-building approaches. Additional topics include hosting, newsletters and social media integration, basic search engine optimization, and ongoing maintenance and backup, so you leave with the knowledge and confidence to build, launch, and manage your own website.

WINDOWS 11 MADE SIMPLE

Tuesdays, May 26- June 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

Windows 11 is a Microsoft operating system for personal computers. 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. Students will need to bring their own laptop with Windows 11 installed.

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

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

**CREATIVE CONVERSATIONS:
SPRING FORWARD**

Tuesdays, June 16- 30

1:30pm-3:00pm

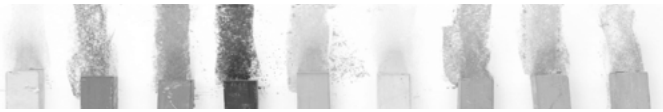
\$75

All Materials Provided

Registration Required

In this three-week series of expressive arts workshops, participants will explore themes of change, loss, and life transitions through personal reflection, guided art activities, and supportive group discussion. This class is designed to tap into the creative energy and inspiration of spring – a wonderful time to step outside, connect with others, and embrace new beginnings. Art Activities include Creating ephemeral art (mandalas) using found nature objects and creating postcards using mixed media collage techniques.

Anna Murphey is a licensed clinical social worker, psychotherapist, and ecotherapy practitioner who specializes in healing from grief and trauma. Anna has over 15 years of experience in individual counseling, group facilitation, and social services.

**MAKING ART MAKES US SMARTER: PASTELS**

Wednesdays, April 22 - May 20

1:30pm- 3:30pm

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

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

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

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

INDIVIDUAL MEDICARE COUNSELING

By Appointment Only

Call 215-844-0439

FREE

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

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

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

**MEDITATION PRACTICE:
SHELTER FOR THE HEART AND MIND**

Tuesdays, ongoing--Join Anytime

9:30am -11:00am

\$12 per session

Registration Required.

In these chaotic times it is extremely important to practice brain health through meditation. Components of class: Sitting and Walking Meditation, and a variety of mind/body exercises. Our class motto is: my whole being is healthy, healed and whole. Our goal is to breathe and relax our minds.

David Dimmack, MEd. was trained by Zen master Thich Nhat Hanh for over 35 years.

NUTRITION AS YOU AGE- COOKING CLASS

Tuesday, June 16

1:30pm-2:30pm

FREE

Registration Required

Please join Sunrise of Lafayette Hill and Fox Rehabilitation to learn about the best ways to build a healthy plate incorporating satisfying portion sizes. Focus will be on nutritional habits, and cooking practices to support healthy eating including cooking demonstration, and complimentary homemade plate and dessert option provided by Sunrise of Lafayette Hill and Continuous Home Care.

INCREASED BALANCE = INCREASED FLEXIBILITY AND CONFIDENCE

Thursday, April 23

11:00am- 12:00pm

\$10

Registration Required

Join Dr. Dawn Cute for this two session class to learn simple, practical balance exercises to improve your balance, flexibility and mobility. These exercises can be done every day to build your muscular coordination and increase your range of motion. So if you feel like you're not as sure footed and flexible as you used to be JOIN US for this class! Space limited to 10 participants due to the hands on nature of the class.

Dr. Dawn Cute is a chiropractor practicing in private practice for 28 years. Her office is located in the Roxborough/Andorra area. She is a graduate of Mount St. Joseph Academy and Chestnut Hill College. She loves being involved in her community and teaching others how they and their families can benefit from holistic healing and believes an ounce of prevention is worth a pound of cure.

MINDFUL EATING

Monday, May 18

2:00pm- 3:30pm

\$20

Registration Required

This workshop will focus on how the manner we eat can bring us into a deeper state of calm and connection which can flow into other areas of our life. A mindful eating experience will be included in the class where you will practice mindful eating techniques for yourself.

THERAPEUTICS FOR VISION

Monday, June 22

2:00pm- 3:30pm

\$25

Registration Required

Ancient traditions as well as recent works have strategies to build and strengthen the muscles of the eyes. This workshop will include a basic understanding of the physiology of vision and tools to prevent loss of and improve sight.

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.

UNDERSTANDING SKIN CANCER

Thursday, May 28

11:00am- 12:00pm

FREE

Registration Required

There are three main types of skin cancer – basal cell, squamous cell and melanoma. Join us to learn more about the types of skin cancer, prevention, risk factors, screening and tips for staying healthy! Alexandra will discuss skin cancer screening and why it's important to know the signs.

At Fox Chase Cancer Center's Office of Community Outreach & Engagement, Alexandra Traglia, MPH, CHES, works to reduce the cancer burden in Southeastern PA by providing cancer education and promoting early detection.

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.



AGING IN PLACE GROUP

First Thursday of the Month,
Ongoing (April 2, May 7, June 4)
2:15pm- 3:15pm
FREE

Registration Required.

Join us for this fun and informative social group of adults like you, healthy aging in place. Join the conversation and share ideas, tips, tricks, thoughts and concerns that come up in your daily lives. Discuss your insights and observations about the world around you in a welcoming environment. Find support, friendship, and helpful information in this group lead by Megan Do Nascimento, the wellness coordinator at Awbury Arboretum in East Mt. Airy.

GRIEF SUPPORT GROUP

Mondays, April 13- May 18
1:00pm-2:30pm
Free

Registration required.

Group is closed to new members after April 20

We acknowledge the value of sharing time and stories with others who have also experienced a loss. Please join us for 7 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 Holli Farrow, MSW. She is a bereavement counselor at Crossroads Hospice & Palliative Care. She has experience in the mental health field as well as grief and bereavement including serving as a grief facilitator/intern at a non-profit children's grief center in Hockessin, DE while getting her master's in social work.

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

HEALTH AND WELLNESS AT THE *center* ON THE HILL

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.

Try out class for FREE.

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
9:45am – 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.

BEGINNING T'AI CHI YANG STYLE

*Wednesdays, April 29- July 1
10:00am – 11:00am*

\$129 for ten-week session

**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 29- July 1
11:15am-12:15pm*

\$129 for ten-week session

**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 29- July 1
12:30pm-1:30pm*

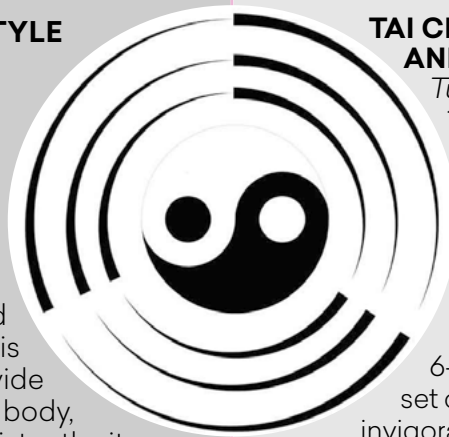
\$129 for ten-week session

**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.



TAI CHI MOVES FOR BONE HEALTH AND FALLS PREVENTION

*Tuesdays, April 14- May 19
11:30AM- 12:30PM*

\$120 for 6-week class.

Registration Required.

Class size is limited to 10 students

Elissa offers a joyous class this spring that is designed for those of us with arthritis and / or osteoporosis. Her 6-week session will include an excellent set of warm-ups that you'll love doing daily, invigorating Qigong breathing exercises, and safe, flowing, and soothing tai chi movements. Our work together can help ease or reduce stiffness and pain associated with arthritis while improving your health, balance, and sense of wellbeing. The balance training and mindful movement components will help prevent falls as you build your confidence and strength. This class accommodates both new and returning learners.

Elissa Berardi is certified as a Tai Chi instructor by the Oriental Fitness Institute of Philadelphia and has taught Tai Chi since 2010. She is also certified to teach Tai Chi for Arthritis and Falls Prevention and Tai Chi for Osteoporosis by the international Tai Chi for Health Institute. In addition, Elissa studied at the Omega Institute in New York, studied and taught at the Won Institute, and has trained with many east and west coast Masters.

QIGONG - (HEALING MOVEMENTS)

Mondays, 2:00pm – 3:00pm (ongoing)

Thursdays, 9:00am – 10:00am (ongoing)

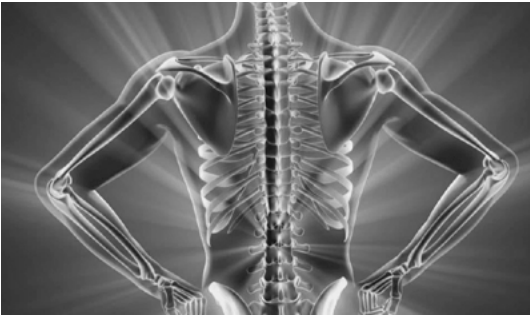
\$40 per four classes; \$12 walk-ins per class.

Registration required.

Come and experience the gentle, healing movements of the ancient Chinese art of Qigong (chee - gung). It is the practice of moving Chi, life energy, through the body for good health and well-being. These easy movements can be done in a standing or seated position. Enjoy the peaceful, calming feelings brought about by this wonderful art. Michael McCormack has taught the healing arts for over twenty years. All are welcome.

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

Thank you!



STRONG BONES EXERCISE CLASS

Session 1: Tuesdays, April 7- May 12
(No Class on 5/5)

Session 2: Tuesdays, May 19- June 23
(No Class on 6/9)

1:00pm-2:00pm **OR** 2:15pm-3:15pm
\$72 for each full session. No Drop In.

Summer Session: Tuesdays, July 7- 28
(4 weeks)

1:00pm-2:00pm **OR** 2:15pm-3:15pm
\$60 for summer session. No Drop In.

**Registration Required for all sessions
and opens April 1st at 10am.**

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

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

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



AARP SMART DRIVER COURSE

Monday and Tuesday, June 1 & 2
10:00am-2:30pm (eight hours total)

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

Phone registration and pre-payment is required.

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, May 5

10:00am – 2:30pm (four hours total)

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

Phone registration and pre-payment is required.

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.

WELL SPOUSE ASSOC. 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

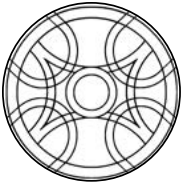
phone number. Brian Rickman at 774-249-2494 or

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.



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

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Being Good Stewards

At the Center on the Hill, we strive to be good stewards of the earth. To this end we would like to cut down on the number of newsletters we print and mail out. Please contact Mariangela at 215-247-4654 or via email at msaavedra@chestnuthillpres.org if you'd like future newsletters to be emailed to you rather than receive one in the mail. Thank you very much for your help.