

AT THE *center* OF THINGS

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

winter 2022

Happy New Year! The Center on the Hill is pleased to offer a variety of **in-person activities**, as well as some things you can still enjoy **online from home** this winter!

When in person we are following all recommended guidelines and precautions, including: proof of vaccination, mask requirements, hand sanitizing, attendance limits for classes and events, strict cleaning protocols, and maintaining filtered air in our spaces to ensure safe ventilation.

Our class sizes are limited to allow for social distancing, so we had wait lists for most of our Fall activities. Register early for things you want to attend as we will likely fill up quickly again.

In the event of inclement weather call the Center at 215-247-4654. A Message will be left on the Center Voicemail by 8:30am if we are closed that day. (If you get the regular Center message then the Center is open).

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

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

- **LEARN AND PLAY RUMMY TILES (page 5)** – (aka Rummikub) is one of the world’s best-selling and most-played games. Fast-paced, easy gameplay combines elements of the card game Rummy and the tile game Mahjong. Come learn how to play this winter with us!
- **STRAIGHTENING OUT YOUR BACK PAIN (page 8)**- Do you suffer from back pain? Would you like to prevent back pain? Did you know your posture may be playing a role in your body aches? This class is suitable for either therapeutic reasons or for back health maintenance. We will use corrective exercises to help alleviate chronic aches and pains.
- **COMMUNITY LUNCHEONS (page 3)** – Where else in the community can you go for lunch where you’ll see both familiar and new faces, where the atmosphere is relaxed and welcoming, where the food is consistently good, and where it only costs you ten dollars? Join us as our ever popular Community Luncheons return in 2022.

I hope you had a great holiday season, and are able to join us this Winter for some of the activities and events you will find on the following pages. I look forward a wonderful New Year at the Center, and I wish you all continued good health and happiness in 2022.

Sincerely,

 Mariangela Saavedra
 Director, Center in the Hill



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

FORUM ON THE HILL

Presented at 12:30pm on the 2nd Thursdays of the month, in person for a limited number of people in Widener Hall, and live streamed online here: <https://www.chestnuthillpres.org/education/speaker-series-hill/>
Due to Covid Protocols we are not serving refreshments at this time. Bottled water and grab and go snacks will be provided. A \$5 is donation requested. **Registration required to attend in person.**



February 10

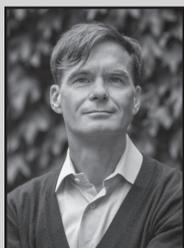
Kathleen Barron and L.J. Rasi

The Impact of the Opioid Crisis on a Community

The terms “opioid crisis” and “opioid epidemic” are used to describe the increase in opioid overdoses and deaths in the United States. Urban areas are particularly susceptible and Philadelphia is no exception. This forum will focus on the Kensington neighborhood, located in North Philadelphia and considered the epicenter of the opioid crisis in the City. Kathleen and L.J. will give an overview of the neighborhood, the quality of life issues facing the surrounding community, the resources available to those who are addicted and the ongoing challenges of expanding access to treatment. This is an important discussion that affects us all.

Kathleen Barron is a Fellow in the American College of HealthCare Executives. She received her MBA from Temple University and has worked in an administrative capacity for over 40 years at Episcopal Hospital, which is located in the heart of the Kensington Community.

L.J. Rasi is a licensed social worker who received his MSW from Temple University. He has worked at Temple University Hospital, Episcopal Campus for 20 years serving the Kensington area in a variety of positions.



March 10

Dr. Jason Karlawish

The Problem of Alzheimer’s

Dr. Jason Karlawish is a professor of medicine, medical ethics and health policy, and neurology at the University of Pennsylvania Perelman School of Medicine. He is the author of *The Problem of Alzheimer’s: How Science, Culture, and Politics Turned a Rare Disease into a Crisis and What We Can Do About It*. His research focuses on aging, neuroethics and policy. He has investigated issues in dementia drug development, informed consent, quality of life, paradoxical lucidity and theory of mind in dementia, research and treatment decision-making, and voting by persons living with dementia. He is the project leader of makiningsenseofalzheimers.org, a creative space for understanding the past, present and future of Alzheimer’s disease. He will speak with us about his book and then take questions about this important topic.

Dr. Karlawish is a Senior Fellow of the Leonard Davis Institute of Health Economics, Senior Fellow of the Penn Center for Public Health Initiatives, fellow of the University of Pennsylvania’s Institute on Aging, Director of the Penn Program on Precision Medicine for the Brain (P3MB), Co-Associate Director of the Alzheimer’s Disease Research Center, and Co-Director of the Penn Memory Center. He is also Director of the Alzheimer’s Disease Research Center’s Outreach, Recruitment and Education Core and the center’s Research Education Component.

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AFTERNOON MOVIES

1:30pm

\$2 (includes popcorn)

Space is limited.

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, January 20 showing "Knives Out"**

Harlan Thrombrey (Christopher Plummer) spent a lifetime becoming a rich and successful crime novelist. And on his 85th birthday, he invites his extended family to his mansion, hoping to move past their dysfunctional past and bring them together. Things take a turn for the worse when Harlan is found dead during the party, prompting Detective Benoit Blanc (Daniel Craig) to investigate. But will he be able to find the killer when everyone there that day had a reason to do it? From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

Thursday, February 17 showing "Just Mercy"

After graduating from Harvard, Bryan Stevenson heads to Alabama to defend those wrongly condemned or those not afforded proper representation. One of his first cases is that of Walter McMillian, who is sentenced to die in 1987 for the murder of an 18-year-old girl, despite evidence proving his innocence. In the years that follow, Stevenson encounters racism and legal and political maneuverings as he tirelessly fights for McMillian's life.

Thursday March 17 showing "12 Mighty Orphans"

Based on the true story of the Mighty Mites, the football team of a Fort Worth orphanage who, during the Great Depression, went from playing without shoes—or even a football—to playing for the Texas state championships. Over the course of their winning season these underdogs and their resilient spirit became an inspiration to their city, state, and an entire nation in need of a rebound, even catching the attention of President Franklin D. Roosevelt.

COMMUNITY LUNCHEON

Tuesdays, January 25 and March 22

12:00pm

\$10

Registration Required by Friday January 21 and March 18th. Space is limited.

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



Where else in the community can you go for lunch where you'll see both familiar and new faces, where the atmosphere is relaxed and welcoming, where the food is consistently good, and where it only costs you ten dollars? Our large room is full of round tables that are simply decorated and set with white linens and festive tableware. Join us as our ever popular Community Luncheons return in 2022. We'd love to see you there!

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

BINGO

Tuesday, February 15

1:30pm-2:30pm

\$2

Registration Required by Monday February 14th

Who doesn't love an entertaining game where you can win small prizes and enjoy some delicious treats! Back by popular demand this Winter-join us for a fun afternoon playing Bingo! Snacks and Small prizes will be provided.

INTERNATIONAL FOLK DANCING

Fridays, start at any time.

12:30pm – 2:30pm

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

Your first visit is free.

Registration Required

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

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

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

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

NEW ONLINE CONTENT

Every Monday-Thursday at 12 Noon
Fitness activities, lectures, games, and much more!

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

MONDAYS

New Fitness Videos

TUESDAYS

New watch & learn videos

WEDNESDAYS

New Virtual Tour link

THURSDAYS

New Craft or Activity Link

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.



BEGINNERS MAH JONGG OPEN PLAY

Wednesdays, join at any time, ongoing
1:30pm-3:30pm
Registration Required.
\$2

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 – OPEN PLAY

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



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

BEGINNING BRIDGE LESSONS

Wednesdays, January 26- March 16
1:30 p.m.–3:30 p.m.
\$80 for 8 classes

Registration Required. Minimum of 5 students to run.

Registration Deadline: Monday January 24th

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

BRIDGE REFRESHER LESSONS

Thursdays, January 27- March 17
1:30 p.m.–3:30 p.m.
\$80 for 8 classes

Registration Required. Minimum of 5 students to run.

Registration Deadline: Monday January 24th

If you have taken the Beginning Bridge class and want to learn more, or if you want to improve your skill, or if you played bridge "back in the day" and want to learn more modern improvements in bridge, this course is for you. Have fun while you learn. Bring pencil and paper.

BRIDGE – OPEN PLAY

Wednesdays, join at any time, ongoing
11:30am – 3:00pm
Registration Required to come play
\$2

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

BRIDGE – OPEN PLAY

Thursdays, join at any time, ongoing
10:00am-12:30pm
Registration Required to come play
\$2

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

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LEARN TO PLAY RUMMY TILES

Wednesdays, January 26 and February 2

10:30am-12:30pm FREE

You only need to take the class once.

Then you can then return for Open Play in February.

Registration Required.

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 this winter with us!

RUMMY TILES OPEN PLAY

Wednesdays, February 9- March 30

10:30am-12:30pm

Registration Required to play each week.

Space is limited.

\$2

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.

CREATIVE COLLAGE

Fridays, February 4 and 11

10:00am- 12:00pm

\$49

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or visit 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.

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

FUN WITH WATERCOLOR TECHNIQUES

Fridays, March 4- March 25

10:00 AM to 12 NOON

\$89.00 for the 4 Week session.

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333

or visit mtairylearningtree.org to register.

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

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



BASICS OF STILL LIFE

Fridays, February 18 and 25

10:00 AM to 12 NOON

\$49

Registration Required to play each week.

Space is limited.

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

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

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



art EXHIBITS

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

JANUARY- JOY FINE- *Painting*

Joy C. Fine, a native Philadelphian, received a Bachelor of Fine Arts degree (BFA) from the Philadelphia College of Art, followed by graduate courses at Moore College of Art and Design. Her career includes 10 years as a television artist and periodically teaches a children's class, "Painting with Joy", at the Abington Township Library. Additionally, she spent 30 years as a docent at the Philadelphia Museum of Art. She is represented at the Gathering Art Gallery and Boutique in Doylestown, Pa. As a retiree, Joy is very busy. Equal to her love of art, she is an advocate for animal welfare. To that end, she volunteers for a cat rescue, Forgotten Cats. She's active in the foster program, works in recovery after surgery at the clinic and attends adoption events to help the cats/kittens find their forever homes. Joy takes commissions to paint portraits of pets combining her two loves...art and animals! "The paintings in this show are personal statements that evoke emotion in me. Inspiration comes from old magazines and photos as well as places I've visited and loved. My watercolors and acrylics capture the subjects' flavor by combining naturalistic and abstract imagery".

FEBRUARY - EVAN HAINES - *Oil Paintings on Canvas*

Evan began his painting career in the 40's and 50's with his aunt Kathryn who painted photographs before the colored ones began and also did oils from whom he learned her talent. Since then he has done several hundred paintings which have included animals, scenic views and while being a member of the Manayunk Art Studio, he did monthly topics like Edgar Alan Poe, various holiday subjects, and themes as well as many floral paintings. Also while down the shore on vacation, he painted many of the homes and the nearby ocean landscapes. In one of his Art Shows at the Manayunk Art Studio he

invited the late and great Richie Ashburn and Harry Kalas. Over the past 20 years he has been having art shows at his art studio on Ridge Ave next to his residence, a 280 year old barn, several times a year. He worked at Colonial School District for 30 years as Director of Food Services and now in retirement continues his art aspirations.

MARCH 2022-THE MOSAIC SOCIETY OF PHILADELPHIA (MSOP)

MSOP enthusiastically promotes mosaic art in the Philadelphia regional area. They build a wide and diverse community of mosaic makers and lovers of all ages and abilities. MSOP members range in experiential scope from novice crafter to internationally recognized artists and designers. The art of Mosaic is ever-increasing in popularity and is the breadth of materials and processes incorporated into this ancient and lasting art form. The members of MSOP are an active and experimental group! The theme for this year's MSOP Members' Exhibit is "Breathe", a topic subject to a wide variety of interpretations. Join us this month for what promises to be a truly unique show in our gallery hall.

Opening Reception:

Sunday, March 6th from 2pm-4pm.

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.



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WATERCOLOR AND DRAWING FOUNDATIONS

Tuesdays, March 1- March 29

1:30 PM to 3:30 PM

\$104 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.

Marcia Jones is a teaching artist who works from her home studio in Mt. Airy. She paints in watercolor, acrylic and oils, and passionately believes in sharing the regenerative power of art to anyone who is interested!

**BASICS OF AN ANDROID PHONE**

Wednesdays, February 16 and 23, March 2, 9, 16 and 23

Orientation Class on Wednesday February 16

1:00pm – 2:00pm Free

Registration Required

This Class will cover the 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.

ITALIAN CONVERSATION

Mondays, ongoing

10:30am – 11:30am

\$2 per session

Registration Required.

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

INTRO TO COMPUTERS

Tuesdays, January 18 - February 1 (3 sessions)

10:00 AM to 12 Noon

\$89.00

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

Learn to use Windows - how to access multiple programs, organize files, change computer settings, arrange your desktop, save and print documents. For any device using the Windows 10 operating system. Students may bring their own laptop with Windows 10 installed. There will also be laptops available to use at the class.

**INTRO TO MICROSOFT EXCEL**

Tuesdays, February 15 - March 1

(3 sessions)

10:00 AM to 12 Noon

\$89.00

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

The spreadsheet is the tool for anyone who has to manage numbers. Learn to create, save, modify and print spreadsheets. Begin using formulas and functions, and format your own worksheets to make them more understandable and easier to read. 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, March 15-29 (3 sessions)

10:00 AM to 12 Noon

\$89.00

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

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

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

NAME THAT TUNE

Thursdays January 27, February 24 and March 31
2:30pm-3:30 p.m.
FREE

Registration Required.

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

About the Instructor Michael Kraus

Michael 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.

UNDERSTANDING BACK PAIN

Thursday, January 20
11:00am-12:00pm FREE
Presented **in person** for a limited number of people, and recorded to stream **online** the following day.

Registration Required.

Join us for an interactive presentation addressing one of the most common diagnoses and gateway to disabilities in the United States. Learn posture and body mechanics in order to prevent and treat back pain. After this presentation, you will understand back pain as well as how to avoid it with early intervention. Finally, we will discuss natural treatments.

Presented by Elizabeth Edmonds, OTR/L, CDP Fox Rehab, Debbie Golstein, Sunrise of Lafayette Hill and Kristen Bogle, Sunrise of Lafayette Hill.

STRAIGHTENING OUT YOUR BACK PAIN

Tuesdays, March 17 and 31
\$15 per class - take one or both classes

Registration required.

Do you suffer from back pain? Would you like to prevent back pain? Did you know your posture may be playing a role in your body aches? When we experience pain, that can be the body's way of telling us that we are off balance and misaligned. Posture alignment therapy is a proven method that gets to the root of your chronic pain by improving your body's alignment.

This class is suitable for either therapeutic reasons or for back health maintenance. We will use corrective exercises to help alleviate chronic aches and pains. These exercises target hip and spine mobility, improve stability and strengthen the hips and core. This is a recipe for a happy back! This class will consist of seated and standing exercises and stretches suitable for all abilities.

Nicole Rodriguez is a certified posture alignment therapist and owner of Pain Free Philly. She trained in the Egoscue Method and worked as an Egoscue Therapist before starting Pain Free Philly. She was disabled in a car accident and a chronic pain sufferer for years until she was healed through posture alignment therapy. She sees clients at her office in Montgomery Integrative Health Group in Wyndmoor. Learn more at www.painfreeinphilly.com

TRAVELING TO ICELAND AND AFRICA

Thursday, February 3
11:00am-12:00pm
FREE

Registration Required.



Join us for an interactive presentation addressing Have you ever thought about traveling to Iceland? Experience this fascinating country that is lush and green during the summer months or view the spectacular northern lights during the winter months. Either time, it will be a great place to visit. Or are locations on the continent of Africa, more to your liking? Experience the Nile on a river cruise or do a safari in Kenya or Tanzania. Let's discover what these vastly different locations have to offer!

Presented by Lyn Thompson Gibson from 115 Travel

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.

GRIEF SUPPORT GROUP

Mondays, January 24 & 31, February 7 & 28 and
March 7 & 28

1:00pm-2:00pm Free

Registration required.

Limited number of participants for in Person 10 Max.
Group is closed to new members after January 31st

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.

STRONG BONES EXERCISE CLASS

Session 1: Tuesdays, January 11- February 15

Session 2: Tuesdays, February 22 -March 29

1:00pm-2:00pm or 2:30pm-3:30pm

\$72 for 6 Week Session or \$15/per class drop In

Choose only 1 Class time when you register.

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.

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 By Zoom or PHONE For more

information, call Jean Kirkley,

215-758-7305 or e-mail jean.kirkley@gmail.com.



By Phone Call 301715 8592 and enter below ID and Code when prompted: Meeting ID: 448 977 3675
Passcode: 076567

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

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

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

DIABETES MELLITUS: AN OVERVIEW

Thursday, February 17
11:00am-12:00pm FREE

Presented in person for a limited number of people, and recorded to stream online the following day.

Registration Required

Diabetes Mellitus refers to a group of diseases that affect how your body uses Glucose (sugar). More than 36 million Americans are living with Diabetes. There will be an introduction of the cause and types of diabetes and outline for specific treatment. The risk factors for non- insulin dependent individuals will be reviewed with discussion for change. The importance of diet and lifestyle changes are key to following a good regimen and in managing Diabetes. The opportunity for discussion will follow.

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

MENTAL HEALTH OF OLDER ADULTS

Thursday, March 24
11:00am-12:00pm FREE

Presented **in person** for a limited number of people, and recorded to stream **online** the following day.

Registration Required

The world's population is aging rapidly. Between 2015 and 2050, the proportion of older adults is estimated to almost double from about 12 % to 22 % or from 900 million people to 2 billion people over the age of 60. These numbers are significant as many older adults also have one or more medical issues and may also experience reduced mobility, chronic pain, frailty or others chronic conditions. Along with the referenced medical conditions, they are more likely to experience events such as bereavement, a drop in socioeconomic status with retirement, and other individualized stressors can result in devastating psychological distress. The program will address mental health issues, their risk factors and necessary resources to meet their needs.

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

INDIVIDUAL MEDICARE COUNSELING

BY APPOINTMENT ONLY
CALL 215-844-0439
FREE

Registration Required

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.

MINDFULNESS PRACTICE

Tuesdays, ongoing--Join Anytime
9:30am -11:00am
\$12 per session

"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.

WEDNESDAY DIABETES AND NUTRITION WORKSHOP

First and Second Wednesdays of the month, Ongoing
1:00pm - 2:00pm FREE

Registration Required

You can live well with diabetes, pre-diabetes or other chronic disease including obesity with the most nutritious diet. Certified diabetes educator Kirsten Puskar, RDN, CDCES, will help you understand managing your diet and diabetes to stay healthy. All are welcome to take part in her interactive discussions, where participants learn what it takes to maintain a healthy lifestyle.

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

BEGINNING T'AI CHI YANG STYLE

Wednesdays, January 19- March 23

10:00am – 11:00am

\$119 for ten sessions

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or

visit mtairylearningtree.org to register.

T'ai Chi (or tai chi ch'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, January 19- March 23

11:30am-12:30pm

\$119 for ten sessions

Registration Required through Mt Airy Learning Tree (MALT)

Contact MALT at 215-843-6333 or

visit mtairylearningtree.org to register.

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

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

INDIVIDUAL NUTRITION COUNSELING**(By Appointment- virtual or in person)**Contact Kirsten at 215.527.4193 or email: KFPuskar@gmail.com

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

Contact our resident nutritionist, Kirsten Puskar MS, RDN, LDN, CDCES for a one-to-one private consultation to discuss how nutrition can improve your unique health issues. If you are Diabetic, Pre-Diabetic or 20+ pounds overweight, there is no out of pocket charge, your insurance will be billed. Most insurance plans cover 3 or more sessions per year.

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

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

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

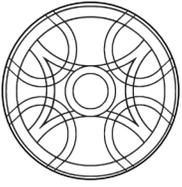
\$45 per calendar month; first class \$10, walk-ins;

\$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.



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 mсаavedra@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.

Inclement Weather: If you are not sure if the Center is open due to inclement weather please call 215-247-4654. A Message will be left on the Center Voicemail by 8:30am if we are closed. (If you get the regular Center message then the Center is open).