

AT THE *center* OF THINGS

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

Spring 2025

SPRING HAS ARRIVED AT THE CENTER! I am certainly ready to see warmer weather, longer days, blossoming flowers and blooming trees all around us! **Registration** for all our SPRING programming begins **Monday, March 31, 2025 at 10am!** Our classes often fill up so register early for things you don't want to miss!

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

Some programs I am excited to share with you this SPRING include:

- **KITCHEN ORGANIZATION** (page 11) – Learn how to stock your kitchen with plant forward ingredients, save money and time. You'll also sample some pantry staple creations as well, to get you motivated.

- **DAY TRIP: MUSICAL HISTORY TOUR** (page 4) – Join us for a fun filled day as we embark on an exciting journey through Philadelphia's musical past and present! The Musical History Tour is a unique Philadelphia bus tour that focuses on the artists, musicians and performers who got their big break in this city.

- **EAT, MOVE, LIVE** (page 10) – Learn how animals have become teachers in the ways of eating, moving and living. For anyone who has ever loved an animal and received that love unconditionally, this talk will warm the heart and soul like a steaming cup of chicken soup.

- **THEATER MEET UP: Twelfth Night** (page 3) – Join us for a fun afternoon at The Stagecrafters Theater to see William Shakespeare's romantic comedy, which is a tale of love and mistaken identity. You can also meet us for lunch at Iron Hill before the show if you want!

- **E WASTE RECYCLING & SHREDDING EVENT** (page 3) – Mission Transitions and Main Line Junk are hosting this event to help you responsibly dispose of unwanted electronics and old documents. Help make a difference and keep your old electronics out of landfills.

- **SPRING LUNCH AND LUAU** (page 4) – We will have special guests joining us, good food, delicious treats, fun surprises, festive decorations, raffle prizes and a live performance by Slowey and the Boats!

I look forward to seeing you soon, and wish you a very healthy and vibrant Spring season!

Sincerely,
Mariangela

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.**

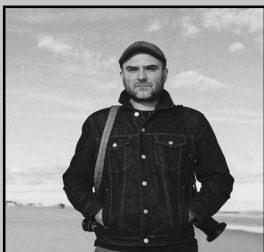


April 10

Molly Lester and Michael Bixler

Building Ghosts: Past Lives and Lost Places in a Changing City

“Building ghosts” are the idiosyncratic remnants or imprints of demolished buildings, left behind on the sides of neighboring structures. Mostly seen in older Northeastern cities with rowhomes or party-wall adjacencies, they can reveal remarkable things, such as an old staircase going up the side of a building or plaster traces left by a set of shelves in an attic gable. As history in our changing cities is erased and remade, these ghosts can be ephemeral or enduring. They can be quickly revealed and replaced in a neighborhood seeing rapid change or unveiled and never re-covered in a neighborhood that has not seen new construction in a long time. Join author Molly Lester and photographer Michael Bixler as they discuss their new book, *Building Ghosts: Past Lives and Lost Places in a Changing City* (Temple University Press, November 2024).



Molly Lester is a historian of the built environment, and currently serves as the Associate Director of the Urban Heritage Project at the University of Pennsylvania’s Weitzman School of Design. Her research interests include the ephemeral traces of “building ghosts” in the built environment and the role of women in shaping the American built environment in the 19th and early 20th centuries.

Michael Bixler is the Editorial Director and Chief Photographer of Hidden City Philadelphia. His writing and photography is focused on creating dialogue and documentation of the built environment and how it relates to history, culture, and the urban experience.



May 8

Nelson A. Diaz

Not from here, not from there

No soy de aquí ni de allá

Raised in the squalor of a New York tenement until he was 10 years old, Nelson Díaz saw his life change when his family moved to a brand-new high-rise project in West Harlem in the 1950s. That experience, along with lessons learned as the only Latino law student at Temple University, would drive him throughout his life as a lawyer and activist, fighting for the expansion of rights for all Americans.

“No soy de aquí ni de allá” is a mantra for Puerto Ricans who feel like foreigners wherever they are and who seek a place for themselves. Whether as a leader in economic development, a pioneer in court reform, or a champion of fair housing, Díaz has never stopped advocating for others. Díaz was happy to be the first Latino to “do something,” but he never wanted to be the last. Hear his story about an outsider who worked his way to the inside that offers powerful lessons on finding a place in the world by creating spaces where everyone is welcome.

Nelson A. Díaz was the first Latino lawyer to pass the Pennsylvania Bar, first Latino judge in Pennsylvania, an administrative judge, General Counsel at HUD in the Clinton administration, and a partner in a top-100 law firm in the state. He is a lifelong advocate for civil and human rights and a champion of economic development and housing reform. He lives in Philadelphia with his wife, Sara Manzano.

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 24, Showing "Conclave"

When Cardinal Lawrence is tasked with leading one of the world's most secretive and ancient events, selecting a new Pope, he finds himself at the center of a web of conspiracies and intrigue that could shake the very foundation of the Catholic Church. Winner of 8 Academy Awards. Starring Ralph Fiennes, Stanley Tucci and John Lithgow.

Thursday May 22, Showing "Beetlejuice, Beetlejuice"

After a family tragedy, three generations of the Deetz family return home to Winter River. Still haunted by Beetlejuice, Lydia's life is turned upside down when her teenage daughter, Astrid, accidentally opens the portal to the Afterlife. Starring Winona Ryder, Michael Keaton and Catherine O'Hara.

Thursday June 26, Showing "Here"

A generational story about families and the special place they inhabit, sharing in love, loss, laughter, and life. From Director Robert Zemeckis who brought us Forrest Gump, and also starring Tom Hanks and Robin Wright.

E WASTE RECYCLING & SHREDDING EVENT

Tuesday, April 22

10:00pm- 12:00pm

In the Center Parking Lot-No Appointment Needed.

Mission Transitions and Main Line Junk are hosting an E-Waste Recycling Event to help you responsibly dispose of unwanted electronics and old documents. Bring your old laptops, phones, printers, and more—we'll ensure they're recycled properly and kept out of landfills! Help us make a difference—bring your e-waste and recycle responsibly!

What We Accept: TVs, Computers, laptops, phones, tablets, printers, VCRs, small appliances, misc. wires, anything with a plug! We also take any old documents!

What We Don't Accept: large appliances, hazardous materials.

Note:

- All Documents must be free of staples, clips, etc. and will be destroyed off site at a recycling center. Documents are not shredded onsite.
- All electronic data will be wiped/destroyed.
- Additional Fees may apply: Items with Freon: \$20, TVs and Monitors: \$10, Paint Cans: \$5, *Per item. Accepted payments methods are CASH or Venmo

**CENTER MEET UP:
Twelfth Night**

at the Stagecrafters Theater-
8130 Germantown Ave, 19118

Sunday, June 15

2:00pm

\$20 special Center group rate.

Registration Required.

*Optional: Join us at Iron Hill (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 William Shakespeare's romantic comedy, Twelfth Night, which plumbs the very up-to-date idea of gender fluidity, which is central to its tale of love and mistaken identity.

*If you want to meet us for lunch at Iron Hill (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.



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 Video

Tuesdays

New Watch & Learn Video

Wednesdays

New Virtual Tour Link/ Video

Thursdays

New Craft or Activity Link/Video

Registration is required for all

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

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

COMMUNITY LUNCHEONS

Tuesday, April 29

12:00pm

\$12

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

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. We'd love to see you there!



SPRING LUNCH AND LUAU

Tuesday, June 17

12:00pm- 2:00pm

\$12 in Advance,

\$15 at the door.

***Registration and Payment is required** by Friday June 13, or you will be charged the at the door rate.



Join us for this festive Luncheon and Luau before the summer! We will have special guests joining us, good food, delicious treats, fun surprises, festive decorations, raffles and a live performance by **Slowey and the Boats!** Come kick off the summer season with an event to remember. We hope to see you there!



Wednesday, May 14

1:00pm- 2:00pm

\$2

Registration Required

Join us for entertaining games of Trivia this May at the Center. Give your brain a work out, learn something new, meet new people, and have a lot of fun! Prizes and refreshments provided!

DAY TRIP: MUSICAL HISTORY TOUR

Friday, April 25

11:00am- 3:00pm

\$40 or (\$50 Including Lunch)

Registration Required.

**Bus Tour departs from the Center at 12pm and returns at 3:00pm. Lunch will be served at 11am and is optional.*

Join us for a fun filled day as we get started at 11am for a light lunch (optional) before embarking on an exciting journey through Philadelphia's musical past and present! The Musical History Tour is a unique Philadelphia bus tour that focuses on the artists, musicians and performers who got their big break in this city. With video monitors on board playing music videos and songs to go along with the names and stories told by the tour guide, there's no other way to truly learn about the history of Philadelphia than through the lens of its music. And because you'll be riding a temperature-controlled bus with a bathroom, you can enjoy the sights no matter what the weather.

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

"SOUL" LINE DANCING

Thursdays, April 17 & 24, May 22 & 29, June 26

1:30pm- 2:30pm

(Last 2 Thursdays of the Month- No Class June 19th)

\$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.

SOUL LINE DANCING SENIOR JAMBOREE

Thursday, May 15

1:30pm- 3:30pm

\$10

Registration Required.

Join instructor Gloria Kingcade as she leads this fun Line Dancing Party at the Center this May! Dance to R&B, Jazz, Hip-Hop, the "Philly" Sound, classic oldies, the latest soul favorites, and more. No previous line dancing experience necessary! Plus there will be fun surprises, and great music! You won't want to miss it!

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.

LET'S PLAY BINGO

Tuesday, May 27
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

Thursday, April 17
11:00am-12:00pm
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.

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

MORRIS ARBORETUM: HOW A PRIVATE ESTATE BECAME A PUBLIC ARBO

Tuesday, May 6
1:00pm- 2:00pm
FREE

Registration Required.



Unexpected things can happen when a benefactor wants to preserve her country estate a certain way but others have different plans in mind. In this case, the estate was Compton and the owners were Lydia T. Morris and her brother John T. Morris. It is now the Morris Arboretum and Gardens of Philadelphia. Lydia and John had barely begun to carry out a comprehensive plan for the future of their Chestnut Hill estate when a chronic ailment proved fatal for John in 1915. Lydia picked up where John left off but the plan was disrupted by war, economic depression and shifts in national priorities. Dr. Munro identifies the people who influenced Lydia’s decision and answers the question: Were Lydia’s wishes honored?

Joyce Munro is a lecturer and former Dean of the School of Graduate Studies at Chestnut Hill College. Her articles and essays on the history of Morris Arboretum and Gardens can be found in Philadelphia Stories, Hidden City Philadelphia, Broad Street Review, Seasons, Morris Arboretum.org and elsewhere.

NAME THAT TUNE

Tuesdays, April 15 and May 13
11:00am- 12:00pm
FREE

Registration Required



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

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

FOR YOUR INTEREST AT THE *center* ON THE HILL

TRAVEL TALK: SEASONAL TRAVEL IDEAS- SPRING & FALL ADVENTURES

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

Registration Required.



Discover the magic of off-season travel with our curated spring and fall escapes. Avoid the crowds and embrace the charm of blooming landscapes, vibrant foliage, and cooler weather, all while enjoying incredible savings. From picturesque countryside getaways to cultural city tours, these destinations shine brightest when explored during the shoulder seasons. Perfect for those seeking serenity, beauty, and value, our spring and fall trips promise unforgettable experiences tailored just for you.

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

GET TO KNOW THE CHESTNUT HILL COMMUNITY ASSOCIATION

Tuesday, May 13
1:00pm- 2:00pm
FREE

Registration Required.



CHESTNUT HILL
COMMUNITY ASSOCIATION

Chestnut Hill Community Association – Your Community Organization for Over 75 Years!

Executive Director Anne McNiff will provide a brief historical overview of the Community Association and then talk about some of the advocacy work that the association is doing as well as upcoming spring and summer community events. There will be time for questions and opportunity to make suggestions about future events.

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!

LEARN TO PLAY RUMMY TILES

Wednesday, April 30
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.

BEGINNING MAH JONGG

Mondays, April 28- June 16
10:00am- 12:00pm
\$109 for 8 Week Class

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

Have fun learning this ancient Chinese tile game. Using 152 tiles, players form hands and earn points. It's an intricate game that provides an exercise for the mind, an opportunity for social groups to get together, and is played competitively in tournaments throughout the US.

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

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

MAH JONGG - OPEN PLAY

Tuesdays, join at any time
12:30pm - 3:00pm
\$2

Registration Required



MAH JONGG - OPEN PLAY

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

Registration Required

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

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.



SKETCHING AND WATERCOLORS CLASS

Mondays or Tuesdays, join at any time
9:30am - 11:30am
\$32 per month

Registration Required.

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

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

FUN WITH WATERCOLOR TECHNIQUES

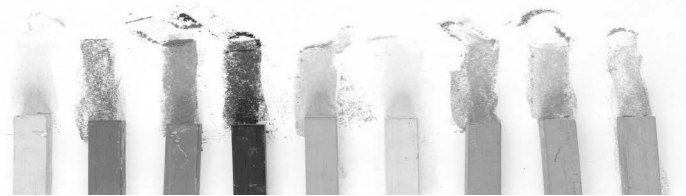
Fridays, May 23- June 13
10:00 AM to 12 NOON

\$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.



MAKING ART MAKES US SMARTER: PASTELS

Wednesdays, May 7- June 4
1:30pm- 3:30pm

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

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

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.



art EXHIBITS

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

APRIL – LISA SMITH & DENNIS E. IVEY JR. PAINTINGS & DRAWINGS

Meet the Artist Reception:

Friday, April 4 4:00pm- 7:00pm
FREE, Light Refreshments Served.

Lisa Smith's primary discipline has been painting and drawing in tradition. She is a graduate of the Pennsylvania Academy of Fine Arts 83' and Ashford University 2013 with a BA in Education. As a retired Art Teacher she is now enjoying retirement and the return to her studio where a lot of time is spent producing more paintings and drawings. Lisa enjoys using various mediums such as watercolor paint, gouache, acrylic paint, graphite and charcoal. Her work has been featured in many juried shows, solo exhibitions, museums and galleries including the annual spring exhibition by The Philadelphia Cooperation for Aging along with The Abington Art Center. Lisa has been the Curator of juried shows as A Salute To African American Artists during Black History Month at the Alma Gallery for two years, and The Lutheran Theological Seminary for two years. She hopes you enjoy her drawings and paintings.

Dennis E. Ivey Jr., was born 9-24-27 in Cleveland, Ohio, but lived most of his adult life in Philadelphia, PA. He attended Cleveland College and Western Reserve University (now Case Western). He is a graduate of the Griswold Institute, BS in Psychology, and received his Ph.D. from Pacific Western University. He (briefly) studied with the late Charles Shawn Casen of Philadelphia, PA, noted abstract artist. Working basically in acrylic and mixed medium, most of his work is amorphous, and follows the theory of free association. His work projects his thoughts and moods, and follows no specific timetable related to text or content. Dennis has exhibited his works on and off in the past years at various shows in Philadelphia including: RHD Corporation Fine Arts Festival, Benefit for Homeless Arts Exhibit, Third Annual African-American Artist Exhibit, Alma Gallery, Third Annual Salute to African-American Artists, Schick Gallery, First Annual Frankford Arts Festival, Second Annual Frankford Arts Festival, and Free Library

of Philadelphia. Has received awards in both Philadelphia and Minneapolis, including First Place and Honorable Mentions.

MAY – PCA CELEBRATING THE ARTS MIXED MEDIA

Meet the Artists Reception:

Thursday, May 29 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 – JUDY RUBIN PHOTOGRAPHY

Meet the Artist Reception:

Thursday, June 6 4:00pm- 7:00pm
FREE, Light Refreshments Served.

I am a retired Music Teacher from the Philadelphia School District and current piano teacher who always loved taking photographs, which I did over decades. Subjects include whatever catches my fancy and heart, from nature to people to animals to sights from all the various places I've travelled. I was always encouraged to submit my photos for contests, but did not go that route until a friend said I had to submit one to the Philadelphia Inquirer's Photo of the Week Contest that she loved. It is a photo of two elderly Peruvian women sitting on the ground in an intimate conversation. It won the contest and I've decided to include it here in this show. I am currently enjoying watercolor classes with Alex here at the Center, and appreciate being given the opportunity to display some of my photos. Enjoy perusing!

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

WATERCOLOR AND DRAWING FOUNDATIONS-LEVEL 2

Tuesdays, May 6- June 10
1:30 PM to 3:30 PM
\$120 for 6 week class.

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

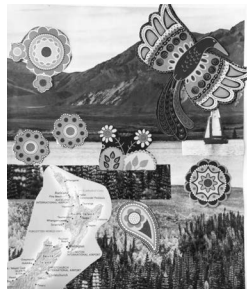
This course is for those who have taken Watercolor & Drawing Foundations with Marcia , or for those who would like to take Level 2 again. Our projects vary from season to season and will primarily focus on advanced color mixing, brushwork and the handling of edges. We will expand the basic primary palette 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.

EXPRESSIVE COLLAGE

Fridays, May 9 & 16
10:00am- 12:00pm
\$49 for two classes.

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 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.

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, May 1- June 5
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.

**BASICS OF AN ANDROID PHONE**

Wednesdays, April 30 - June 4
Wrap up Q & A Session June 11
1:00pm - 2:00pm
Free
Registration Required

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

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

WINDOWS 11 MADE SIMPLE*Tuesdays, April 22- May 6 (3 sessions)**10:00 AM to 12 Noon**\$89.00***Registration Required** through Mt Airy Learning Tree (MALT) at 215-843-6333 or mtairylearningtree.org

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

INTRO TO MICROSOFT EXCEL*Tuesdays, May 13- June 3**(3 sessions, no class May 20)**10:00 AM to 12 Noon**\$89.00***Registration Required** through Mt Airy Learning Tree (MALT) at 215-843-6333 or mtairylearningtree.org

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

CREATE YOUR WEBSITE WITH WORDPRESS*Tuesdays, June 17- July 1 (3 sessions)**10:00am-12:00pm**\$89.00***Registration Required** through Mt Airy Learning Tree (MALT) at 215-843-6333 or mtairylearningtree.org

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

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

EAT, MOVE, LIVE-**What Our Furry Friends Teach Us About Diet, Exercise And Life!***Thursday, May 15**11:00am- 12:00pm**\$10***Registration Required**

In this program, participants will learn how animals have become teachers in the ways of eating, moving and living. For anyone who has ever loved an animal and received that love unconditionally, this talk will warm the heart and soul like a steaming cup of chicken soup. Participants are urged to bring pet photos, a journal and pen, and memories of their present or past pets that have made a difference in their lives.

About the Instructor: Barbara Sherf ran a communications consulting firm for nearly 30 years. she served as an award-winning print and broadcast journalist for nearly a decade before serving as a spokesperson for the Pennsylvania Department of Environmental Protection's Southeast Regional office. Barb is in semi-retirement while her husband and she travel in their RV. She continues to assist with communications concerns with a select group of clients, works as freelance writer for a number of publications including The Chestnut Hill Local.

**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.

NAVIGATING SENIOR LIVING OPTIONS

Thursday, April 24

11:00am- 12:00pm

FREE

Registration Required

Understanding the maze of senior living options and what may be the right fit for you or a love one. We will review contract types as well as levels of care and tips on where to find unbiased information to make an informed decision, review questions to ask when touring as well as important steps to take before signing a contract.

Presented by Beth Slater-Plechner from Spring Mill Pointe.

NUTRITION AS YOU AGE- COOKING CLASS

Tuesday, May 20

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.

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.

KITCHEN ORGANIZATION

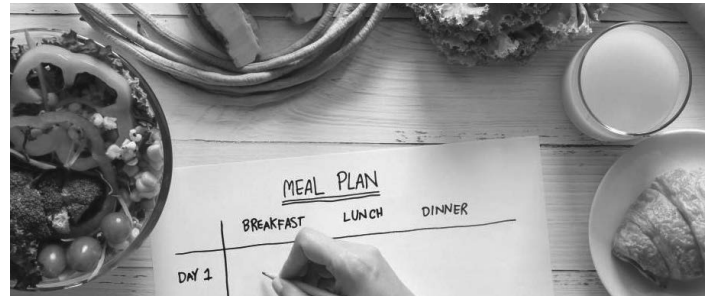
Thursday, May 29

11:00am- 12:00pm

FREE

Registration Required.

Learn how to stock your kitchen with plant forward ingredients, save money and time. This is perfect for the person leaning into a more plant forward lifestyle as well as someone just wanting to get a little healthier and cook more at home. You'll also sample some pantry staple creations as well to get you motivated.

**TIP & TRICKS FOR MEAL PLANNING + FOOD SHOPPING**

Thursday, June 5

11:00am- 12:00pm

FREE

Registration Required.

Grocery shopping doesn't have to be a headache. You'll learn a few tips and tricks to make meal planning and grocery shopping a fun part of your week, not a chore. You'll also sample a seasonal recipe using what we've learned in class.

About the Instructor: Emily Amarnick has been in love with cooking healthy energizing food for as long as she can remember. Her focus is helping you add more plants to your diet. Emily will always meet you where you're at and help you turn your kitchen into a healing, loving environment. Find out more at <http://mrspleasant.net>

IDENTIFYING AND PREVENTING ELDER FINANCIAL ABUSE

Thursday, May 22

11:00am- 12:00pm

Free

Registration Required

Older adults can often be the target of financial scams surrounding their assets and finances. Join Ryan A. Krockner Esq., from Rothkoff Law Group as he talks about how to spot a financial scam, and what you can do if you have been a victim of one. Bring your questions, get answers and learn to protect yourself!

Presented by Rothkoff Law Group

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

Thank you!

**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. zen master Thich Nhat Hanh.

**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 3, May 1, June 5)
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.

LOVE THYSELF

Tuesdays, June 10 & 17
1:00pm- 2:00pm
\$20

Registration Required

When is the last time you said "I Love You" to yourself? In this session, participants will be given a host of tools for developing self-love. Based on examples from Barb's soon to be released second book Love Letters to Myself—From Soap Opera to Sobriety, we will write love letters to ourselves, and participants will receive that letter in the mail a month after the class. We will also have a guided meditation on Happiness, be introduced to The Happiness Project, and given prompts for your Gratitude Journal. We will repeat the mantra, "I am loved... and worthy of receiving love." Participants are asked to wear loose clothing for some (chair or standing) fun-filled Laughter Yoga exercises. We will end in a guided meditation and chant. Bring a pen and stationary/ tablet for writing and share your tips for loving yourself so that you can fully love those around you. Buckle your seatbelts for a ride on Barb's Recovery Journey as she guides others to write and share from the heart about their acts of self-love.

About the Instructor: Barbara Sherf served as an award-winning print and broadcast journalist for nearly a decade. She is in semi-retirement while her husband and she travel in their RV. She continues to assist with communications concerns with a select group of clients, and works as freelance writer for a number of publications including The Chestnut Hill Local.

CHAIR CARDIO

Thursdays, ongoing
1:00pm- 2:00pm
\$10 per class, start anytime
Registration Required.



Dance, stretch, move and groove with Megan Do Nascimento for an all levels Chair Cardio Class where we will use light weights, and a fun playlist to get our heart rate and energy levels up. Be prepared to laugh and have fun!

Megan Do Nascimento is a breast cancer survivor and yoga and fitness instructor known for her outgoing personality and inclusive teaching style. She has taught in the Philadelphia prisons, the school district, Magee Rehabilitation Hospital and various fitness centers in the area. Megan is the wellness coordinator at Awbury Arboretum in East Mt. Airy and offers yoga classes and walks.

GRIEF SUPPORT GROUP

Mondays, April 28- June 9
(No Group on May 26)
1:00pm-2:30pm
Free

Registration required.

Group is closed to new members after May 5

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

9:30am – 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.

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

BEGINNING T'AI CHI YANG STYLE

Wednesdays, April 16- June 18

10:00am – 11:00am

\$129 for ten sessions

**Registration Required through
Mt Airy Learning Tree**

(MALT) at 215-843-6333 or
mtairylearningtree.org

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

CONTINUING T'AI CHI YANG STYLE

Wednesdays, April 16- June 18

11:15am-12:15pm

\$129 for ten sessions

**Registration Required through
Mt Airy Learning Tree**

(MALT) at 215-843-6333 or mtairylearningtree.org

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

INTERMEDIATE TAI CHI

Wednesdays, April 16- June 18

12:30pm-1:30pm

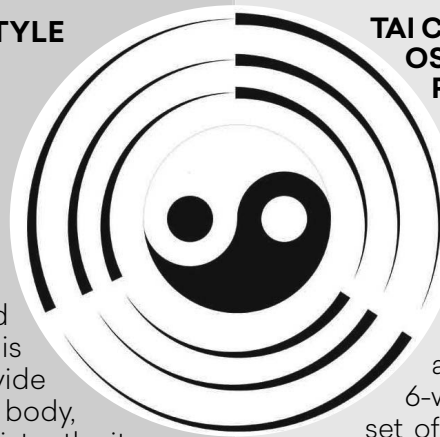
\$129 for ten sessions

**Registration Required through
Mt Airy Learning Tree**

(MALT) at 215-843-6333 or mtairylearningtree.org

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

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



TAI CHI FOR ARTHRITIS, OSTEOPOROSIS AND FALLS PREVENTION

Tuesdays, April 22- May 27

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

Tuesdays, April 15- May 20

(No Class 4/29)

1:00pm-2:00pm OR

2:15pm-3:15pm

\$72 for 5 Week Session

Registration Required

Did you know that 1 in 2 women and 1 in 4 men over the age of 50 will have an osteoporosis-related fracture in their remaining lifetime, and that osteoporosis is responsible for 1.5 million fractures a year in the United States? It doesn't have to be this way! Hundreds of clinical studies have indisputably proven that doing the right exercises, improving your balance, and making some lifestyle changes, 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, May 12 & 13

10:00am-2:00pm (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

Monday, June 9

10:00am - 2:00pm (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.

AARP SMART DRIVETEK

Tuesday, June 23

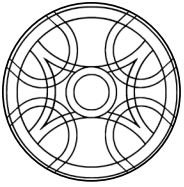
10:00am- 11:30am

FREE

Registration Required.

Cars are quickly becoming smarter and smarter. But you can stay in the know by signing up for the FREE Smart DriverTEK workshop—a 90-minute interactive session that will get you up to date with new intelligent features, like advanced warnings systems with automatic braking, which reduce crashes by 50 percent.

*Understanding advanced warning systems and the other new features will help you know what to look for when shopping for a new car or how to identify the intelligent features that are in your current car. Accelerate your car knowledge! Register today to learn about: Blind-spot detection systems. Forward-collision warning systems. Lane-departure warning systems, and much more!



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

The Presbyterian Church of Chestnut Hill
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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.