

AT THE *center* OF THINGS

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

winter 2025

HAPPY NEW YEAR! Welcome 2025! I hope everyone had a happy and healthy Holiday Season! Registration for all our winter programming begins **Monday January 6, 2025 at 10am!**

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

Some great programs we have in store for you this winter include:

- **HORTICULTURAL THERAPY WORKSHOP (page 4)** – Join Well Rooted HT to create your own unique botanical décor to take home! 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.

- **TAI CHI FOR ARTHRITIS AND FALLS PREVENTION (page 13)** – Want to ease or reduce stiffness and pain associated with arthritis while improving your health, balance, and sense of wellbeing? Tai Chi for Arthritis and Falls Prevention is based on Sun style tai chi, a style chosen because of its ability to improve mobility, confidence, and balance.

- **GETTING YOUR AFFAIRS IN ORDER (page 4)** – Join us as we welcome Elder Law Attorney Rob Slutsky, who will explore important documents that every family should have in place: Wills, Powers of Attorney, Healthcare Directives, Trusts, and other vital tools to prepare you and your loved one to age with peace of mind.

- **THEATER MEET UP: GRAND HORIZONS (page 3)** – Join us for a lovely afternoon at the Stagecrafters in Chestnut Hill to see GRAND HORIZONS, a comedy, written by Beth Wohl, about a couple in a retirement community who decide to divorce. Their adult children convene to root out, “fix” the problem and preserve their parents’ marriage.

- **NUTRITION AS YOU AGE- COOKING CLASS (page 10)** – 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 tasting.

- **TIPS TO SIMPLIFY AND THRIVE (page 12)** – This class will highlight the many advantages of taking control of your belongings and making decisions about them at your own pace, allowing for positive outcomes like improved mental clarity, reduced stress, and the ability to create a more intentional, streamlined living space.

I hope the NEW YEAR ahead brings you continued good health and happiness!

Sincerely,

Mariangela Saavedra
Director, Center in the Hill

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

FORUM ON THE HILL

Presented at 12:30pm on the 2nd Thursdays of the month, in person in Widener Hall, and recorded and posted online the following day to watch here: <https://www.chestnuthillpres.org/education/forum-on-the-hill/> *Brown Bag Lunches welcome, light refreshments served. A \$5 donation is requested. **Registration required to attend in person.**



January 16

Woodmere Art Museum-Docents on the Road

Family Ties: Thomas Hovenden and Helen Corson Hovenden

Learn the stories of Thomas Hovenden and Helen Corson, whose love for each other, their family, and the arts was reflected in their work and life. These two influential Philadelphia artists were deeply affected by the inequalities of humanity and the ever-changing world around them after the Civil War.

Woodmere's Docents on the Road, an outreach initiative for bringing Philadelphia art and artists to your community, present this engaging presentation and guided discussion based on these works in the Museum's collection.



February 13

Beth Kephart

My Life in Paper

Paper both shapes and defines us. Baby books, diaries, sewing patterns, diplomas, resumes, letters, death certificates—we find our stories in them. *My Life in Paper* is Beth Kephart's memoiristic exploration of the paper legacies we forge and leave. Kephart's obsession with paper began in the wake of her father's death, when she began to handcraft books and make and marbled paper in his memory. But it was when she read *My Life with Paper*, an autobiography by the late renowned paper hunter and historian Dard Hunter, that she felt she had found a kindred spirit, someone to whom she might address a series of one-sided letters about life and how we live it. This talk will be accompanied by a reading from *My Life in Paper: Adventures in Ephemera*.

Beth Kephart, a National Book Award finalist is the award-winning author of three-dozen books, a paper artist, and a teacher of memoir. She will be reflecting on the role that paper—doilies, sewing patterns, wills, library cards, and more—shape and hold our lives. Beth writes and posts her art each week on her Substack, The Hush and the Howl.



March 13

Margaret Montet

The Famous Bayeux Tapestry

The famous Bayeux Tapestry is not a tapestry at all, but an embroidery from the Middle Ages! Measuring 230 feet by twenty inches, it tells the story of William the Conqueror's victory at the Battle of Hastings in 1060 which resulted in him claiming the English throne. As an historical document, it also gives the modern viewer clues to medieval warfare, life, and humor. This presentation will describe the history which inspired the tapestry/embroidery, the embroidery's history, and the medieval city of Bayeux where the tapestry is displayed today. Presenter Margaret Montet visited the tapestry/embroidery in December 2023.

*Margaret Montet's narratives of place feature music, memoir, culture and occasionally genealogy. Also a college librarian, Margaret holds an MFA in Creative Nonfiction, teaches public speaking, and presents multimedia music-centered lectures at lifelong learning venues. Her creative nonfiction has been published in many journals, anthologies, and two books: *Nerd Traveler* (2021), and *Brooklyn Family Album* (2024).*

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 January 30, Showing "The Fall Guy"

A stuntman, fresh off an almost career-ending accident, has to track down a missing movie star, solve a conspiracy and try to win back the love of his life while still doing his day job. What could possibly go right? Starring Ryan Gosling and Emily Blunt.

Thursday February 27, Showing "Arthur the King"

Over the course of ten days and 435 miles, an unbreakable bond is forged between pro adventure racer Michael Light and a scrappy street dog companion dubbed Arthur. Based on an incredible true story, starring Mark Wahlberg.

Thursday March 27, Showing "Reagan"

From dusty small-town roots, to the glitter of Hollywood, and then on to commanding the world stage, REAGAN is a cinematic journey of overcoming the odds. Bringing to life a story that transcends the boundaries of a traditional biopic, offering a profound exploration of the enduring impact of the power of one man who overcame the odds, sustained by the love of a woman who supported him in his journey. Starring Dennis Quaid and Penelope Anne Miller.

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

Wednesdays

New Virtual Tour Link/
Video

Tuesdays

New Watch &
Learn Video

Thursdays

New Craft or Activity
Link/Video

SPECIAL EVENTS AT THE *center* ON THE HILL COMMUNITY LUNCHEONS

Tuesdays, January 28,

February 25 and March 25

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!

CENTER MEET UP:

Grand Horizons

at the Stagecrafters Theater
8130 Germantown Ave, 19118

Sunday, February 9

2:00pm

\$20 special Center group rate.

Registration Required.

**Optional: Join us at Chestnut Hill Grill (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! Grand Horizons written by Beth Wohl is about a couple at the Grand Horizons retirement community who decide to divorce. So their adult children convene to root out, "fix" the problem and preserve the marriage. Maybe the parents' seemingly happy marriage was a lie ... and on the other hand, how truly mature ARE the "adult" children?

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

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).

**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.

TRIVIA

Thursdays, January 23, February 20 and March 20
1:00pm- 2:00pm
\$2

Registration Required

Join us for entertaining games of Trivia this January, February and March 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!

LET'S PLAY BINGO

Tuesdays, February 11 and April 8
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, February 20
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.

TRAVEL TALK: SEASONAL TRAVEL IDEAS- SPRING & FALL ADVENTURES

Thursday, February 27
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.

GETTING YOUR AFFAIRS IN ORDER

Thursday, April 3
11:00am- 12:30pm
FREE

Registration Required

Join us as we welcome Elder Law Attorney Rob Slutsky, who will explore important documents that every family should have in place: Wills, Powers of Attorney, Healthcare Directives, Trusts, and other vital tools to prepare you and your loved one to age with peace of mind. The best plans prepare for the worst scenarios. An elder law attorney helps you secure your future and the future of those you love the most. Participants can have their important questions answered by an elder law expert.

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

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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

“SOUL” LINE DANCING

*Thursdays, January 23 & 30, February 20, March 20 & 27
1:30pm- 2:30pm*

(Last 2 Thursdays of the Month- No Class February 27)

\$5

Registration Required.

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

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

MAH JONGG – OPEN PLAY

Tuesdays, join at any time

12:30pm – 2:30pm

\$2

Registration Required



MAH JONGG – OPEN PLAY

Wednesdays, join any time

1:30-3:30pm

\$2

Registration Required

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

LEARN TO PLAY RUMMY TILES

Wednesday, January 29

10:30am-12:30pm

FREE

Registration Required.

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

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

RUMMY TILES OPEN PLAY

Wednesdays, Ongoing

10:30am-12:30pm

\$2

Registration Required.

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

BRIDGE – OPEN PLAY

Wednesdays, join at any time, ongoing

11:30am – 3:00pm

Registration Required

\$2

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

MAH JONGG 101

Mondays, February 24- April 14

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.

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!

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.

WATERCOLOR AND DRAWING FOUNDATIONS

Tuesdays, January 21- February 18
1:30 PM to 4:00 PM
\$110 for 5 weeks.

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

Join in the fun of learning how to handle materials and processes in drawing and watercolor in a supportive, friendly environment. Receive hands-on instruction in basic watercolor washes, color mixing, line drawing and shading techniques. We do a few projects together with plenty of hands-on instruction. The class welcomes newcomers as well as those who want to brush up on their skills!!

WATERCOLOR AND DRAWING FOUNDATIONS-LEVEL 2

Tuesdays, March 11- April 8
1:30 PM to 3:30 PM
\$110 for 5 weeks.

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

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

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

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FUN WITH WATERCOLOR TECHNIQUES

Fridays, February 7- 28

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.

MORE FUN WITH WATERCOLOR TECHNIQUES

Fridays, March 7- 28

10:00am- 12:00pm

\$89 for the 4 week session

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

This is a continuation of the Fun with Watercolors for Beginners Class. This is also for anyone who has taken a beginning watercolor class in the past and wants to learn and practice more of these skills. Each session will begin with a short demo of a different watercolor technique, leaving plenty of time to practice.

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.

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.

WINDOWS 11 MADE SIMPLE

Tuesdays, January 28- February 11 (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.

CREATE YOUR WEBSITE WITH WORDPRESS

Tuesdays, February 25- March 11 (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.

INTRO TO MICROSOFT EXCEL

Tuesdays, March 18- April 1 (3 sessions)

10:00 AM to 12 Noon

\$89.00

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

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

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.



art EXHIBITS

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

JANUARY - EVAN HANES PAINTINGS

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.

FEBRUARY - THE PRESBYTERIAN CHURCH OF CHESTNUT HILL (PCCH) PRESCHOOL MIXED MEDIA

Meet the Artist Reception:

Thursday, February 6, 6pm-8pm
FREE Light Refreshments Served

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

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MARCH - LUCINDA LEA PAINTINGS, OIL AND ACRYLIC

Meet the Artist Reception:

Thursday, March 6, 3:00pm- 5:00pm
FREE Light Refreshments Served

My life in the arts has primarily centered around dance, most specifically Ballet, first as a performer, and then as a teacher, choreographer, and director of a school and dance company. For twenty years I was also a faculty member of the Drexel University dance department in Philadelphia, PA. Dance allowed me to experience a sense of freedom through movement, while providing a nonverbal means of communicating and sharing beauty, wonder and magic with others. My interest in painting grew out of my visual enjoyment of choreography. When I was no longer as involved with dance, I sought a new creative outlet, preferably one with a tangible result...i.e. paintings that could be shared and enjoyed and perhaps be uplifting. My love of nature has been a constant source of solace and inspiration in my life and my art. The sea, sky, shadows, mountains, sunsets, flowers, and especially birds, with their ability to navigate the air, offer endless fascinating subjects for painting, for meditation, and awe! Enjoy!

MAKING ART MAKES US SMARTER: PASTELS

Wednesdays, March 12- April 9

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.



BASICS OF AN ANDROID PHONE

Wednesdays, February 5- March 12
Wrap up Q & A Session March 19
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.



AGING IN PLACE GROUP

First Thursday of the Month,
Ongoing (January 9, February 6, March 6)
2:15pm- 3:15pm
FREE

Registration Required.

Join us this Winter 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.



MINDFULNESS PRACTICE

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

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

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

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



HEART HEALTH

Thursday, February 6
11:00am- 12:00pm
FREE

Registration Required.

Mission Transitions highlights the many advantages This presentation will cover topics related to Heart Health such as: Defining Cardiovascular Disease, Myths vs Facts, Risk Factors, Warning Signs of Heart Attack and Stroke, Tips for a Healthy Heart, Understanding the Mind-Body Connection, Preparing for Doctor Visits, plus helpful Resources.

Presented by UPMC Community HealthChoices

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Thank you!



NUTRITION AS YOU AGE- COOKING CLASS

Tuesday, March 18

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.

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:

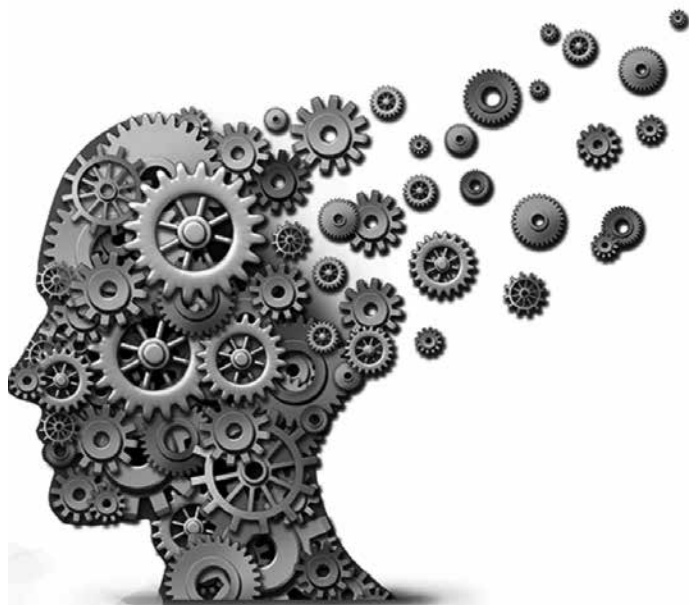
Meeting ID: 448 977 3675

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.



Session 1: January 14- February 18 (No Class 1/28)

Session 2: March 4- April 8 (No Class 3/25)

1:00pm-2:00pm **OR** 2:15pm-3:15pm

\$72 for each 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



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).

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

INCREASED BALANCE = INCREASED FLEXIBILITY AND CONFIDENCE

Thursdays, March 20 and 27

11:00am- 12:00pm

\$25

Registration Required

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

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



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.

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.



UNDERSTANDING CANCER RISK AND SCREENING OPTIONS

Thursday, January 23
11:00am- 12:00pm
FREE

Registration Required.

Come and learn about cancer risk, screening options and tips for staying healthy! Katerina will discuss cancer screening and why it's important to be screened before experiencing any symptoms.

Presented by Fox Chase Cancer Center

COLORECTAL CANCER EDUCATION

Thursday, March 6
11:00am- 12:00pm
FREE

Registration Required.

Colorectal Cancer is the third leading cause of cancer death in United States. There no way to know for sure if you are going get colorectal cancer, but certain things raise your chances getting it. Join us learn more about what can do decrease and how screened.

Presented by Fox Chase Cancer Center

TIPS TO SIMPLIFY AND THRIVE

Thursday, January 30
11:00am- 12:00pm
FREE

Registration Required.

Mission Transitions highlights the many advantages of taking control of your belongings and making decisions about them at your own pace, allowing for positive outcomes like improved mental clarity, reduced stress, and the ability to create a more intentional, streamlined living space. Presented by Mission Transitions.

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.

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BEGINNING T'AI CHI YANG STYLE*Wednesdays, January 15- March 19**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.

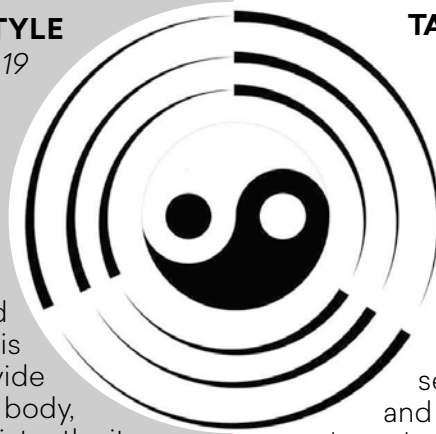
CONTINUING T'AI CHI YANG STYLE*Wednesdays, January 15- March 19**11:15am-12:15pm**\$129 for ten sessions***Registration Required through
Mt Airy Learning Tree***(MALT) at 215-843-6333 or mtairylearningtree.org*

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, January 15- March 19**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 AND
FALLS PREVENTION***Tuesdays, January 14- March 4 (8 Week
Session)**11:30AM- 12:30PM**\$160***Registration Required.**

Want to ease or reduce stiffness and pain associated with arthritis while improving your health, balance, and sense of wellbeing? Tai Chi for Arthritis and Falls Prevention (TCA) is an evidence-based program recommended by the CDC and the Arthritis Foundation. TCA is based on Sun style tai chi, a style chosen because of its healing component, its unique Qigong* elements (*an exercise which improves relaxation and vital energy), and its ability to improve mobility, confidence, and balance. We will learn an excellent set of warm-ups that you'll love doing daily, invigorating Qigong breathing exercises, and safe, flowing, and soothing tai chi movements. 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.



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Thank You!

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

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.



AARP SMART DRIVER COURSE

Session 1: Monday and Tuesday, February 3 & 4

Session 2: Monday and Tuesday, March 10 & 11

10:00am-2:00pm (eight hours total)

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

Phone registration and pre-payment is required.

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

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

AARP SMART DRIVER REFRESHER COURSE

Monday, February 24

10:00am – 2:00pm (four hours total)

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

Phone registration and pre-payment is required.

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

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

GET SMART ABOUT NEW VEHICLE TECHNOLOGY

AARP SMART DRIVERTEK

Tuesday, March 18

10:00am- 11:30am

FREE

Registration Required.

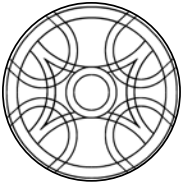
Cars are quickly becoming smarter and smarter. But you can stay in the know by signing up for the FREE Smart DriverTEK workshop—a 90-minute interactive session that will get you up to date with new intelligent features, like advanced warning systems with automatic braking, which reduce crashes by 50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



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Thank you!



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

The Presbyterian Church of Chestnut Hill
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Philadelphia, PA 19118
215.247.4654 www.chestnuthillpres.org

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Being Good Stewards

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