

AT THE *center* OF THINGS

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

Spring 2024

Welcome SPRING!! Longer days, and warmer weather is on the way, and we have an excellent variety of in-person activities and events to keep you active in the months ahead! We continue to take strict sanitation measures and maintain our group sizes, so don't forget that registration is required for everything you want to attend at the Center, as our classes will likely fill up.

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

Some of the Programs I am really excited to be offering this SPRING include:

• **DAY TRIP: AMERICAN TREASURE TOUR MUSEUM (page 3)** – Join us for this fun filled excursion to Pennsylvania's best kept secret in Oaks, PA! We will tour the Museum by tram that will take us through over 100,000 square feet of this large private collection that encompasses an eclectic variety of automatic music machines: nickelodeons, band organs, calliopes, photo players, and music boxes. As well as classic cars, circus art, dolls and doll houses, and a large assortment of popular culture miscellanea.

• **MOVIE MUSICAL CABARET (page 3)** – Rachel DeMasi returns to perform a compilation of wonderfully timeless songs that were made famous in various films ranging from the 1930-1990s. With the help from the official list from the American Film Institute's 'The 25 Greatest Movie Musicals of All Time' Rachel handpicked some of her favorites to share with you.

• **NUTRITION AS YOU AGE (page 11)** – Sunrise of Lafayette Hill, Fox Rehabilitation and Continuous Home Care return to talk to us 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.

• **CHAIR CARDIO (page 13)** – 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!

• **MOSAICS USING STAINED GLASS (page 8)** – Mosaic Artist Laura Lynn Stern from the Mosaic Society of Philadelphia returns to teach us how to design an 8" x 8" mosaic using stained glass. All materials provided and all levels of experience welcome!

I hope this season continues to bring you good health and happiness, and I look forward to seeing you soon at the Center!

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



April 11

Amy Jane Cohen

Black History in the Philadelphia Landscape

Author and Historian Thomas Amy Cohen joins us to discuss her book Black History in the Philadelphia Landscape. Black Philadelphians have shaped Philadelphia history since colonial times. Amy Cohen recounts notable aspects of the Black experience in Philadelphia from the late 1600s to the 1960s and how this history is marked in the contemporary city. Showing how increased attention to the role of African Americans in local and national history has resulted in numerous, sometimes controversial, alterations to the landscape, Cohen will discuss Black history's significance and its connections with today's spotlight on racial justice.

Amy Jane Cohen is an educator, historian, and writer. After twenty years teaching social studies, she became Director of Education for History Making Productions and is a contributing writer for Hidden City Philadelphia. Visit her online at amyjanecohen.com.



May 9

Angelo Cataldi

Turning up the Volume in the Most Passionate Sports City in America

Famed radio personality and Philadelphia sports legend, Angelo Cataldi began his career in Philly as a sports journalist for the Philadelphia Inquirer in 1983. From there, he settled into his role as a radio host at 94.1 WIP for 33 remarkable years. He joins us to talk about his experiences as a sports announcer, his remarkable career and his newly released book. LOUD is an exuberant chronicle of Cataldi's life, from his childhood as a self-described "king nerd" in Providence, Rhode Island, to the traditional newspaper career he left behind, and his eventual rise to the top of the Philadelphia sports radio scene on WIP. Through it all, Cataldi remained dedicated to his mission of talking about what the city was talking about, in the same tone. And that tone was loud, passionate, and unapologetically real. Come hear how Angelo became a voice not just in the city but in the hearts of sports enthusiasts far and wide.

Born in Providence, Rhode Island, Angelo Cataldi was destined to dive headfirst into the world of journalism. Armed with a Bachelor's degree in Journalism from the University of Rhode Island, he honed his craft and enhanced his skills at the prestigious Columbia Graduate School of Journalism. His journey to the microphone began in 1977 with a pen as a writer for the Providence Journal and later for the Philadelphia Inquirer throughout the 1980s. In 1990, Angelo took the reins as a talk show host on the iconic 94 WIP Sportsradio, a platform that would become his stage for over 30 years.

NEW ONLINE CONTENT

Every Monday-Thursday at 12 Noon

Fitness activities, lectures, games, and much more!

Visit our PROGRAMS Page:
www.chestnuthillpres.org/center-on-the-hill/programs
daily to see the latest online content we post to keep you active and engaged at home.

MONDAYS

New Fitness Videos

TUESDAYS

New watch & learn videos

WEDNESDAYS

New Virtual Tour link

THURSDAYS

New Craft or Activity Link

AFTERNOON MOVIES1:30pm
\$2**Registration Required**

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

Movie dates and shows:**Thursday May 16** Showing **"THE COLOR PURPLE"**

A story of love and resilience based on the novel and the Broadway musical, this is a decades-spanning tale of one woman's journey to independence. Starring Fantasia Barrino, Danielle Brooks and Taraji P. Henson.

Thursday June 27 Showing **"WONKA"**

With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers. Starring Timothée Chalamet.

DAY TRIP: AMERICAN TREASURE TOUR MUSEUM

Friday, May 3

10:30am – 3:00pm

\$60 (Includes Transportation, Lunch and Museum Ticket)

*Bus departs from the Center at 10:30am, and returns by 3:00pm.

**Lunch will be provided. No outside food is permitted.

Registration and Payment required in advance. Space is Limited.

Join us for this fun filled excursion to Pennsylvania's best kept secret- The American Treasure Tour Museum in Oaks, PA! We will tour the Museum by tram that will take us through over 100,000 square feet of this large private collection that encompasses an eclectic variety of smaller collections. Included is one of the world's largest private collections of automatic music machines: nickelodeons, band organs, calliopes, photoplayers, and music boxes. There are also classic cars, circus art, dolls and dollhouses, and a large assortment of popular culture miscellanea. Lunch will follow the tram tour in the Music Room, surrounded by player pianos, and is included in the cost of the trip. Space is limited. Register for this unique experience today!

COMMUNITY LUNCHEONS

Tuesdays, April 16 & May 21*

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!

*May 21st Luncheon will be a special **Spring Lunch & Party** with Live Music and other fun surprises! You won't want to miss it!

MOVIE MUSICAL CABARET

Tuesday, April 30

2:30pm- 3:30pm

\$5

Starring Rachel DeMasi

Light Refreshments Served.

Registration Required.

In this 'Movie Musical Show', there will be a compilation of wonderfully timeless songs that were made famous in various films ranging from the 1930-1990s. With the help from the official list from the American Film Institute's 'The 25 Greatest Movie Musicals of All Time' Rachel handpicked some of her favorites to share with you. Before each song you will find out which movie the songs were in, when they were produced, and even a fun fact or two about the song or film. So, sit back, relax and take a sunny drive through Tinsel Town!

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

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

Thank you!

TRIVIA

Thursday, May 16 & June 13
11:00am- 12:00pm
\$2

Registration Required

Join us for Trivia in MAY and JUNE at the Center. Give your brain a work out, learn something new, meet new people, and have a lot of fun! Prizes and snacks provided!

SING FOR JOY, FOR HEALTH, FOR MEMORY*

Thursday, May 23
11:00am- 12:30pm
\$5

Registration Required.

Light refreshments provided

Join us as we sing familiar favorites from musicals, standards, folk, and traditional repertoires. Accompanied by piano or English concertina. She will feature favorites drawn from different genres – traditional, standards, musicals, pop. (Anyone for Gilbert and Sullivan?) Plus some droll storytelling from the British Isles (chapters from *Albert Ramsbottom and Family*). When you register, feel free to tell of your favs. Come lift your voice in song, or sit back and listen to the great music with us. It will be an enjoyable morning of music at the Center! * I will offer examples of this.

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

LET'S PLAY BINGO

Tuesday, June 18th
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!

CENTER MEET UP: FATHER COMES HOME FROM THE WARS

at Quintessence Theater Group-
7130 Germantown Ave, 19119
Sunday, June 9
3:00pm

\$35 special Center group rate.

Registration Required. Space is limited.

*Optional: Join us at Toska (across the street from the theater) for lunch at 1pm before the show.

Join us for a lovely afternoon at the theater! *Father Comes Home From The Wars* by Suzan-Lori Parks. Hero, an enslaved Texan, is offered a deal - to join his master in the Confederate army with the promise of emancipation if he survives – or to remain with his true love Penny and work the plantation. Creating a new Black American history cycle, Pulitzer Prize winner Suzan-Lori Parks changes our perspective on the American Civil War and dramatizes the events leading up to Juneteenth.

\$35 is a special Center meet up ticket rate (tickets for seniors are \$45 regularly). If you want to join us for lunch at Toska (across the street) at 1pm, you can let us know when you register and we will save you a spot at the table. (lunch not included in the \$35 rate).

“SOUL” LINE DANCING

Thursdays, April 18 & 25, May 23 & 30, June 20 & 27
1:30pm- 2:30pm
(The last 2 Thursdays of the Month)
\$5

Registration Required.

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

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

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Thank you!



BENNY GOODMAN'S 1938 CARNEGIE HALL CONCERT

Thursday, May 2
11:00am- 12:30pm
\$15

Registration Required.

In 1938, clarinetist Benny Goodman put on the first-ever jazz concert at Carnegie Hall. It was also the first time that black and white musicians performed on stage together at a major venue. Join historian (and professional musician) Dr. Paul Sivitz as he examines the intersection of race and jazz just prior to World War II. Several audio selections from the 1938 concert will be included.

Paul Sivitz received his PhD in History from Montana State University. He specializes in Early America, Race and Slavery, History of Knowledge, and History of Performing Arts. Dr. Sivitz has presented his research at conferences in the US, UK, Paris, Oslo, and Dublin. He is co-director of the digital humanities project, Mapping Historic Philadelphia. One of the project's maps, Free African American Householders in Philadelphia, 1789-1791, is part of the permanent exhibit at the National Museum of African American History and Culture in Washington, DC.

TRAVEL TALK WITH LYN: TRAVELING SOLO

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

Registration Required.



In this month's Travel Talk, we're exploring the enriching world of solo travel for seniors and uncovering the numerous benefits it brings. Whether you're embarking on a new chapter in life or seeking newfound independence, solo travel offers a myriad of opportunities for self-discovery, adventure, and personal growth. We will touch on freedom and flexibility, personal growth, cultural immersion and more. While solo travel is liberating, some may prefer the companionship of a roommate for various reasons, including cost-sharing and companionship. If you're considering sharing accommodations, come listen and discover a few things to look for in a potential roommate.

Presented by Lyn from 115Travel.

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

LEARN TO PLAY RUMMY TILES

Wednesday, April 24

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.

LEARN AND PLAY CROQUET

Tuesdays, April 30, May 7 and 14 (Weather Permitting)

10:30am-12:00pm

FREE

Registration Required.

Croquet is a sport that involves hitting wooden balls with a mallet through hoops (called "wickets") embedded in a grass playing court. Join us outside on the Lawn to play American Nine-Wicket aka "Backyard" Croquet. This is a fun and engaging way to get some fresh air and exercise while playing a competitive lawn game! No experience necessary, all players welcome.

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.

BRIDGE – OPEN PLAY

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

Registration Required

\$2

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

TABLE GAMES: OPEN PLAY

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

Registration Required.

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

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.

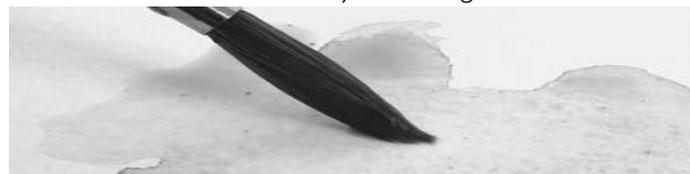
FUN WITH WATERCOLOR TECHNIQUES

Fridays, May 3- May 24
10:00 AM to 12 NOON
\$89.00 for the 4 Week session.

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

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

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



WATERCOLOR AND DRAWING FOUNDATIONS

Tuesdays, April 30- May 28
1:30 PM to 4:00 PM
\$110 for 5 weeks.

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

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

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

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

art EXHIBITS

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

SEPTEMBER - THURSDAY PAINTERS - Watercolors

"Seeing the Natural World Anew"

These vibrant and colorful watercolors are a selection from a group of artists who were Howard Watson's last class at the Woodmere Art Museum. They come from a variety of backgrounds and their paintings reflect their different interests. They challenge each other, share information about equipment and techniques, offer feedback, and most of all enjoy encouragement. We hope you will enjoy seeing the resulting landscapes, plants, flowers, and other colorful subjects.

MAY - PHILADELPHIA CORPORATION FOR AGING (PCA) - Mixed Media

Meet the Artist Reception

Thursday May 30, 4:00pm-6:00pm

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

JUNE - CENTER ON THE HILL ART INSTRUCTORS & STUDENTS - Mixed Media

This show will feature works from our Art Instructors-Alex Forbes, Rebecca Hoenig, Marcia Jones, and Gabrielle Sivits, AND their students from classes taught here at The Center on the Hill. Stop by to see these unique and exciting works of art that will be sure to delight you. Watercolors, sketching, collage and more will be featured in this unique show. You won't want to miss it!



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.

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.

ITALIAN CONVERSATION

Mondays, ongoing

11:00am - 12:00pm

\$2 per session

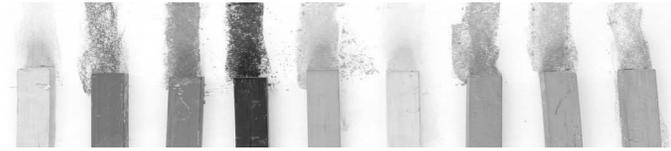
Registration Required.



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

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

Thank you!



MAKING ART MAKES US SMARTER: PASTELS

Thursdays, May 2- May 30

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.

MOVEMENT AND WRITING CLASS

Tuesdays, April 16- May 7 (4 weeks)

1:00pm- 2:15pm

\$48

Registration Required.

Explore simple, playful movement sequences to heighten awareness, creativity and increase mobility and relaxation. You will discover and express your inner artist as you move freely through pace and then place ideas and imagery on paper through journaling. Bring curiosity, imagination and a journal for writing. Wear loose comfortable clothing. Prepare to have fun!

Lucinda Lea has been teaching ballet for 50 years- in NH, CA, NJ and since 1988 in PA. Most recently she was an adjunct professor for 20 years in the Dance Department at Drexel University. She was also a Trager practitioner for 26 years, helping clients discover ways to increase mobility and relaxation through effortless meditative movement.

MOSAICS USING STAINED GLASS

Tuesdays, June 4-18

10:00am- 1:00pm

\$50

All materials included.

Registration Required.

In this class, students will learn how to design an 8" x 8" mosaic using stained glass. All levels of experience welcome! Selection of imagery is up the individual, but would be best for designs that are not overly detail oriented. Consider using a favorite photo, design or sketch as your inspiration for your mosaic. You may also Google an image to use. Please come to the first session with an idea for your panel, sized (printed out, black and white or color) to 8"x 8" (Instructor can help you select your image and get it to the correct size prior to the first class, if you reach out through email). Having a color version of your image on your phone to refer will be helpful as well.

- June 4: Session #1, 3 hours: Demo of cutting stained glass and techniques for mosaics. Transfer design onto wood panel, indicating color areas . Select glass. Get started!
- June 11: Session #2, 3 hours: Work on cutting glass and creating your mosaic.
- June 18: Session #3, 3 hours: Finish up setting the glass. Demo of grouting process and "doggie bag" with instructions on how to grout.

Presented by Mosaic Tile Design Artist- Laura Lyn Stern from the Mosaic Society of Philadelphia. www.LauraLynStern.artspan.com



BASICS OF AN ANDROID PHONE

Wednesdays, May 1- June 5

Wrap up Q & A Session June 12

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.

PAINTING SHADOW AND LIGHT*Thursdays, April 11 - May 9**10:30 am - 12:30 pm**\$112 for 5 week class***Registration Required.**

What color is a shadow? How can I keep sunlit areas from looking dull and bleached out? Why do my shadows seem lifeless? These are questions students often have. In this class we'll explore how light and shadow affects color, and experiment with different techniques for filling your paintings with life. Students will work from photographs provided by the instructor in the color medium of their choice. Open to advanced-beginner (some experience with their chosen medium) through intermediate students. Tabletop easels available on request.

Gabrielle Sivitz has been teaching art to adult students for over 15 years. She wants her students to enjoy art and embrace the learning process. To that end, her classes and workshops are geared toward learning to see and think like an artist while having fun. Gabrielle has studied painting and printmaking at the Pennsylvania Academy of the Fine Arts. She has taught at Art Center at Ambler, Greater Norristown Art League, and most recently as a teaching assistant with Mastering Composition, the international online art courses created by painter Ian Roberts.

EXPRESSIVE COLLAGE*Fridays, April 19 and 26**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.

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Thank you!

WINDOWS 10 MADE SIMPLE*Tuesdays, April 16- April 30 (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 7- May 21 (3 sessions)**10:00 AM to 12 Noon**\$89.00*

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

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

CREATE YOUR WEBSITE WITH WORDPRESS*Tuesdays, June 4- June 18 (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.

WRITING THE BROKEN HEART

Wednesdays, May 15- June 5

3:00pm-4:30pm

\$64

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

Many of us carry our grief privately, keeping the words, the memories and the feelings we long to express to ourselves. Yet our grief wants to move through us, to have some practice to engage and honor it. Writing is one of those practices. In this workshop, we'll turn to the page to express our grief through writing. Sessions will include grounding meditations and visualizations, shared poems about grief that help us access our emotions around our own losses, and invitations to write in response to guided prompts. We'll explore poems about connecting with our loved ones, listening to our bodies and caring for and navigating our grief. Students will have space to be with their grief in a culture that avoids and dismisses grief, while also finding comfort, support, insight and connection. Please bring a journal to write in to class.

Naila Francis is a writer/poet, grief coach and death midwife. Her work is often informed by her love of poetry, nature and community. She is also the co-host of Breathing Wind, a podcast about journeying through loss, and the founder of Salt Trails, a Philadelphia collective making grief public and visible through community rituals.

CHANGING YOUR DEMENTIA CARE MINDSET

Thursday, April 18

11:00am-12:00pm

FREE

Registration Required.

Repetitive questions. Personal insults and verbal aggression. Making a mess by rummaging in cabinets and drawers. Why does my loved one with dementia drive me so crazy? The fact is, your loved one is doing the best they can to communicate their needs with a failing brain. This is where you become Sherlock Holmes. Shifting the way you think about the dementia experience will actually reduce these troubling behaviors and bring you both greater peace.

Emily S. Gavin, MS, OTR/L, owner Philly Care Coaching LLC, is an occupational therapist specializing in supporting caregivers of people living with dementia. Emily brings more than a decade of professional experience, including the evidence-based program Skills2Care®, to help you meet your loved one where they are. Based in Northwest Philadelphia, she provides services in the home or online, and accepts Medicare or private pay.



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.

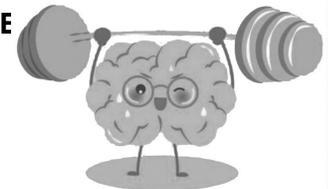
MEMORY: USE IT OR LOSE

Thursday, April 25

11:00am- 12:00pm

FREE

Registration Required.



As Humans, we all want to know and understand our brain. The human brain is an intricate organ managing memory, emotion, thoughts, touch, vision, breathing patterns, and every procedure that controls the human body. Our memories are who we are yet the process is not perfect. We are capable of remembering an astonishing amount of information, we are also susceptible to memory related mistakes and errors. The focus of the discussion will demonstrate how memory works and offer some tips to improve your memory and enhance recall. Please join us for this very interesting program and remember - Memory “Use IT or Lose IT”!

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

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

ADVANCE DIRECTIVES AND LIVING WILLS

Tuesday, May 1
2:00pm- 4:00pm
\$34

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

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

NUTRITION AS YOU AGE- COOKING CLASS

Tuesday, April 23 and June 25
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.

AGING IN PLACE GROUP

Thursdays, April 18 & 25, May 2 & 23, June 6 & 20
2:15pm- 3:15pm
FREE

Registration Required.

Join us this Spring 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.

**GRIEF SUPPORT GROUP**

Mondays, April 29- June 17
(No Group May 27- Memorial Day)
1:00pm-2:30pm
Free

Registration required.

Group is closed to new members after May 6

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 Ashton Nehemiah, D.Min. He is a bereavement coordinator at Crossroads Hospice & Palliative Care. He is a certified grief recovery specialist with a strong background in grief and bereavement and has been a hospice chaplain for over 25 years.

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.

**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:*

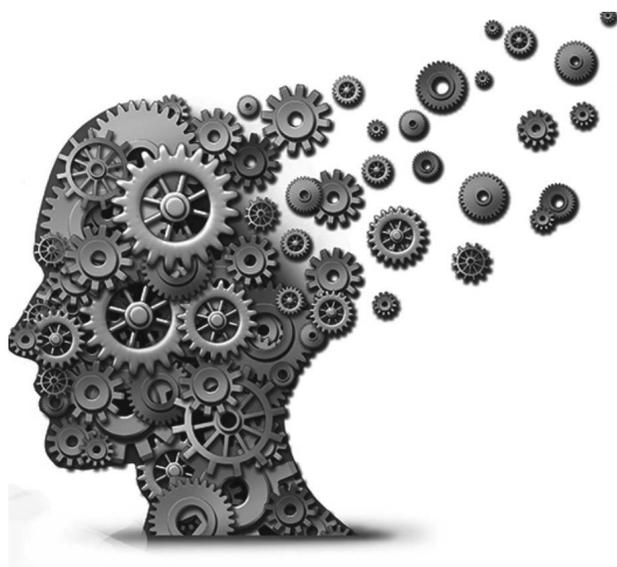
Meeting ID: 448 977 3675

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.*



INDIVIDUAL SENIOR SERVICES CONSULTING

*By Appointment from One Life Consulting
FREE Consultation*

*Contact Ellen Donovan, Senior Care Advisor at
267-402-7766 or www.onelifeconsulting.net*

One Life is a boutique consultancy specializing in
helping seniors and their families make sense of the
complex world of late-life care. We help our clients
better understand their options and make the best
decisions for their own unique situation. We help with
homecare services, independent living and nursing
home selection, patient advocacy and more.

*Ellen Donovan is a Registered Nurse with over
30 years' experience in geriatrics, long-term care
administration and homecare services. Now running
my own consultancy helping seniors and their loved
ones navigate the complex world of late life care.
Wife. Mother. Daughter. Always focused on long-
term health and well-being, and eager to share my
learning with others and she will call you back to set
up a phone appointment to discuss your needs.*

CHAIR CARDIO

*Thursdays, April 18, 25, May 2, 23,
30, June 6, 13 and 20*

1:00pm- 2:00pm

\$10 per class.

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.*

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

Thank you!

YOGA CLASSES

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

GOLDEN YOGA

Wednesdays, ongoing, start anytime.

3:00pm- 4:00pm

\$10 per class, \$35 for 4 classes,

\$85 for 10 Classes.

Registration Required

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

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

YOGA WITH ATTITUDE

Fridays, Ongoing, start anytime

9:30am – 11:00am

\$45 per calendar month; first class \$10, walk-ins; \$15 for a single class

Registration Required

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

YOGA, A CHAIR AND YOU

Fridays, Ongoing, start anytime

11:30am–1:00pm

\$45 per calendar month; first class \$10, walk-ins; \$15 for a single class

Registration Required

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

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

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.

BEGINNING T'AI CHI YANG STYLE

Wednesdays, April 17- June 26 (No Class June 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, April 17- June 26 (No Class June 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, April 17- June 26 (No Class June 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. WHAT IS IT GOOD FOR?

ABSOLUTELY EVERYTHING!

Thursday, April 18

11:30am- 12:30pm

FREE

Registration Required.

Tai Chi is probably the most effective exercise for your entire wellbeing. It's all about improving your quality of life and feeling empowered. Tai Chi improves strength, flexibility, and balance. It's been proven to improve cardiovascular fitness, lower blood pressure, prevent falls and help people who have arthritis. It has been shown to lower anxiety, stress and depression; while improving memory, focus and sleep. And the list goes on! Elissa's preview class will invite you to experience a little of Tai Chi's fun and magic and will highlight her Tai Chi for Arthritis and Falls Prevention class, too.

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.

INTRODUCTION TO TAI CHI FOR ARTHRITIS AND FALLS PREVENTION

Tuesdays, May 14- June 18 (6 Week Session)

2:15pm-3:15pm

\$120

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.

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.

STRONG BONES EXERCISE CLASS

Session 1: April 23- June 4 (No Class 5/21)

Session 2: June 25- July 30

1:00pm-2:00pm

\$72 for 6 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, (such as not smoking and improving your diet), are critical factors in building stronger bones. In addition, active lifestyles are associated with reducing the risk of hip fracture by half.

This class will include standing and floor exercises to improve postural alignment, balance, and strength. Joanne's Strong Bones program is derived from evidence-based research in the field of osteoporosis.

Bring your own mat, but all other equipment will be provided.

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

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.

**AARP SMART DRIVER COURSE**

Session 1: Monday and Tuesday, April 29 & 30

Session 2: Monday and Tuesday, June 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 DRIVERTK

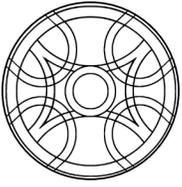
Tuesday, May 14

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!



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

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Being Good Stewards

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