FALL 2023

MT. AIRY LEARNING TREE
NEIGHBORS TEACHING NEIGHBORS

235+ COURSES
SEP•OCT•NOV•DEC
IN PERSON • ONLINE

FALL TERM BEGINS
September 18

CLASSES IN MT.AIRY, CHESTNUT HILL, GERMANTOWN
EAST FALLS, ROXBOROUGH & MANAYUNK
Dear Neighbors and Friends,

As we step into the new season, I’m excited to share our Fall course catalog, filled with our unique blend of classes that are a hallmark of MALT—all taught by our talented neighbors. This term, we welcome 12 new teachers, and we are presenting 71 new topics! Our returning teachers, who consistently provide classes our students LOVE, also deserve a special mention. With so many engaging classes to choose from, I encourage you to have fun exploring your options.

I am pleased to share that five new members have joined our Board of Governors. I know they will bring their dedication, skills and energy to our mission! Several names you will recognize as our longtime teachers–Christopher Coen, Rae Whatley, and Cheri Skipworth. Please join me in welcoming them, and neighbors Annette Gibbs and Rachel Falkove, to our Board.

I look forward to seeing you at the upcoming free community festivals. Stop by our MALT table to visit. Here’s to another season of inspiration, fun and creativity!

Janet Greenwood Gala
Executive Director

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MALT Mission Statement
The mission of the Mt. Airy Learning Tree is to strengthen and enrich the diverse community of Northwest Philadelphia by providing opportunities for individuals to come together in educational and recreational activities.

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MT. AIRY LEARNING TREE / FALL 2023

Thank You To Our Fall Term Main Sponsor
Temple Health Chestnut Hill Hospital


Graphic Design - Janet Greenwood Gala

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DIRECTOR’S NOTE

MALT Celebrates Community!
This Fall there are so many fabulous neighborhood events to enjoy! Come visit us at these free festivals, learn about all of our classes; Meet our board members, teachers and office team. If you are interested in teaching or volunteering with MALT, come by and learn about how to get involved. Be sure to check out the live music at the Mt. Airy and RoxYunk Porchfests!

Mt. Airy Arts Festival
Saturday, September 9
12:00 to 6:00 pm
(Planning date Sunday, 9/10)
Allens Lane Art Center is celebrating its 70th Anniversary! The festival is presented by Allens Lane Art Center in partnership with West Mt. Airy Neighbors (WMAN). The festival celebrates the vibrant arts and culture scene in Northwest Philadelphia, bringing together local artists, makers, craftspeople, performers, and young artists.

Allens Lane Park, 601 W Allens Lane
(Allens Lane and McCallum Street)

Mt. Airy Village Fair
Sunday, October 1
11:00 am to 4:00 pm
Live music, delicious food, and vendors, and lots of interactive activities for all ages. The Fair is a celebration of the neighborhood and our community. This year, the theme is the Magic of Cooperation – in part to celebrate Weavers Way Co-op’s 50th Anniversary! MALT’s teachers will be demonstrating their talents and offering interactive fun! Photo above courtesy Mt. Airy Village Fair.

The corner of Carpenter and Greene Sts.

Roxtoberfest
Saturday, October 7
12:00 am to 6:00 pm
(Planning date Sunday, 10/8)
Street festival featuring food trucks, craft brews, live music, German-themed entertainment, fun competitions, and activities for kids.

Ridge Ave. between Lyceum and Leverington Avenues.

Mt. Airy Porchfest
Saturday, September 9
1:00 to 7:00 pm, rain date
(Planning date Sunday, 9/10)
Musicians perform free concerts throughout the neighborhood. See map of porch locations:

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The corner of Carpenter and Greene Sts.
MT. AIRY HISTORY AND ARCHITECTURE TOUR
Su from 1:00 PM to 3:30 PM
TW01. Take a walk of almost two miles, stepping back in history to discover the historic and architectural treasures along several of the oldest streets in Mt. Airy. The tour begins in front of the United Lutheran Seminary on Germantown Avenue. We will discuss Mt. Airy’s many “pasts” - Native American, Revolutionary War, railroad history, and the development of Mt. Airy as a streetcar suburb, as well as the contributions of George Woodward and others in the 20th century. The tour ends in Fairmount Park near the ruins of the Buttercup Cottage at Cresheim Road.

David Schaaf is a retired local architect and former director of the Urban Design Division of the City Planning Commission. Mr. Schaaf was a member of the City’s Historical Commission for more than a dozen years. He has lived in Mt. Airy for nearly 40 years and has led this very popular MALT tour since 1992.

October 22 | $32
Meet at United Lutheran Seminary, 7301 Germantown Ave.
NO WALK-INS. Park close to the Richard Allen Lane station. The tour will meet directly in front of the United Lutheran Seminary, on Germantown Ave., across from Wawa. To note - Wear walking shoes and bring water. Not recommended for young children. The walk can be challenging. Surfaces are sometimes uneven, there are stairs to descend and we’ll be using park trails as well.

David’s beautiful maps of Mt. Airy are available for purchase, call MALT at 215-843-6333 for more info. Proceeds generously donated to MALT.

NEW FLYING THROUGH HISTORY: A BIRDING & HISTORY WALK AT UPPER ROXBOROUGH RESERVOIR PRESERVE
Th from 7:30 AM to 9:30 AM
TW05. Join Kris Soffa and bird specialist Troy Bynum as we spot migratory birds who use this stopover site on the migratory flyway. Explore the perimeter trail with views of the Center City skyline and learn the primary role the community played in securing this public open space for wildlife.

Kris Soffa is a trailblazing conservation advocate and serves on the Philadelphia Parks and Recreation Commission. She is a Trail Ambassador for the Friends of the Wissahickon and a PA Master Naturalist.

Troy Bynum, owner of TB Wildlife Photography LLC, is an avid birder and wildlife photographer local to the Philadelphia area. Troy spends most of his free time exploring natural areas around the tri-state in search of beautiful birds. Troy’s photography specializes in showcasing the astounding colors, patterns, and textures found throughout the natural world. We often overlook a lot of these things and Troy is on a mission to spark an interest in others to go outside and explore the world around them.

September 28 | $32
Upper Roxborough Reservoir Preserve
Bring field glasses (also known as binoculars) and birdID materials. Birding backpacks with these materials are available to check out from the Andorra Free Library and Falls of Schuylkill Library.

NEW ART & ACTIVISM TOUR OF PHILADELPHIA
Su from 1:00 PM to 3:00 PM
TW10. Get the lowdown on Philly mayors, activists, artists and more. Hear about the conflicts and conundrums that have formed the city to this day. The tour will include information about: Hannah Callowhill Penn, our forgotten founder; The MOVE Bombing; power couple Octavius Catto and Caroline LeCount; Gloria Casarez; gentrification in the Gayborhood, and more!

Rebecca Fisher is the cofounder of Philadelphia’s top rated Beyond the Bell Tours. Beyond the Bell designs inclusive historical walking tours that put the people back into people’s history. Rebecca is passionate about the intersection of social justice and tourism.

October 22 | $39
City Hall Courtyard, Broad and Market Sts.

BEYOND THE BELL PHILADELPHIA WALKING TOUR
Su from 1:00 PM to 3:00 PM
TW11. Calling all curious travelers and nosey locals looking to delve deeper into the city! Are you ready to get into the nitty gritty of our fair and storied city of Philadelphia? Hit all the main sites in historic Old City and Independence Park, but hear it all from the perspectives often left out of mainstream tourism. This tour includes the controversy of the Presidents House, the legend of the Penn Treaty Elm, Chief Tamanend, cool Colonial women, and more!

Rebecca Fisher
October 8 | $39
Center of Washington Square, at the fountain, near the corner of Walnut and South 6th Sts.

NEW MURAL ARTS TOUR HISTORIC GERMANTOWN
Sa from 9:30 AM to 11:30 AM
TW02. Thanks to the tireless work of Mural Arts Philadelphia (MAP), our city is internationally known for the public art displayed throughout our neighborhoods. Our tour features four murals that represent the culture and history of Germantown. We’ll start with The Women of Germantown, at Vernon Park, then walk down the Avenue to view Healing Through Faith and Spirituality and Seeing Our Voices, Signs of Germantown. Our tour will end with a discussion of We Still Here!, which celebrates the neighborhood’s “rich cultural legacy as a home for artists and writers... and highlights poetry from local youth and the community” (Mural Arts Philadelphia).

Gabriella Ibieta holds a PhD in Comparative Literature from the City University of New York and was Associate Professor of English at Drexel University for over thirty years. Of the many courses she created and taught, her favorites are: Caribbean Literature and Culture; Transnational Women Writers; Mural Arts Philadelphia; and Leaving Home: Migration and Displacement. Gabriella is co-editor of Inventing America: Readings in Identity and Culture, and editor of Latin American Writers: 30 Stories, both published by St. Martin’s Press. Her essays and articles have appeared in academic books and journals. She is delighted to share her passion for reading, researching, and discussing literature with the MALT community.

September 30 | $32
Meet at 5826 Germantown Ave.
**NEW FALL FORAGING FUN IN THE CRESHEIM WOODS**

Su from 1:00 PM to 3:30 PM

**FW06.** Even though there are thousands of edible species out there, we modern-day humans focus on less than 100 cultivated plant species for the majority of our diets! What flavors, delicacies, and nutrient-dense deliciousness do we miss? A lot. Come join me for a dive into the incredible wild edibles all around us and some of the history on why we eat what we eat and some enticing reasons (and recipes) on why we should. We’ll learn about species like black walnut, acorns, beechnuts, spicebush, chicken-of-the-woods and turkey tail mushrooms!

Allison Houghton is an educator and author on a variety of organic gardening topics. She has served as the education director for the MA chapter of the Northeast Organic Farming Association and as assistant grower for The Food Project farm in Lincoln, MA, and as the director of horticulture at Green City Growers building hundreds of food-producing gardens in the Greater Boston area.

October 1 | $32

*Meet at High Point Cafe at Richard Allen Lane Train Station

**A WALKING TOUR OF LAUREL HILL WEST CEMETERY**

Sa from 10:00 AM to 12 N

**FW03.** The expansion of Fairmount Park in the 1880s prevented further growth of Laurel Hill East, and in 1869 Laurel Hill West Cemetery was established just across the river in Bala Cynwyd. This walking tour provides a wonderful overview of Laurel Hill West’s long and colorful history, including its architectural artistry, stunning trees and horticulture, and the stories of residents that encompass diverse and fascinating Philadelphia history. Sacred Spaces and Storied Places is the perfect introductory tour for anyone who wants to learn all that Laurel Hill West has to offer. Experienced tour guides offer visitors a unique perspective and every Sacred Spaces tour is different!

Friends of Laurel Hill will assign an experienced tour guide for this walking tour. Registered students will be provided with the guide’s contact information prior to the tour date.

October 7 | $32

Laurel Hill West Cemetery, 225 Belmont Ave, Bala Cynwyd

**A WALKING TOUR OF LAUREL HILL EAST CEMETERY**

Sa from 1:00 PM to 3:00 PM

**FW04.** Established in 1836 as the second garden-designed cemetery in the United States, Laurel Hill is the nation’s first National Historic Landmark cemetery. John Jay Smith, the site’s founding visionary, had planned for Laurel Hill to be a school of instruction in architecture, culture, landscape gardening, horticulture and botany. Laurel Hill was not only established as a permanent, non-sectarian burial place for the dead, but also as a scenic, riverside sanctuary for the living.

Friends of Laurel Hill will assign an experienced tour guide for this walking tour. Registered students will be provided with the guide’s contact information prior to the tour date.

September 23 | $32

Laurel Hill Cemetery, 3822 Ridge Ave.

**JOURNEY TO CHANTICLEER, A PLEASURE GARDEN**

Th from 10:30 AM to 12 N

**FW07.** Chanticleer has been called the most romantic, imaginative, and exciting public garden in America. Enjoy a 90-minute walking tour featuring garden history, seasonal highlights, and tour of the first floor of the historic Chanticleer House. Chanticleer is a 35-acre pleasure garden, where gardeners lead the design and the garden is a study of texture, form, and color. It is an extraordinary garden, and MALT is delighted to offer this tour.

Erin Dougherty is the Public Programs Manager at Chanticleer.

September 28 | $39

Chanticleer, 786 Church Rd, Wayne

We recommend that you dress for the weather, wear sturdy shoes, bring your water bottle, and be sure to bring a camera. This program will happen rain or shine.

**NEW MORRIS ARBORETUM’S AUTUMN MAGIC: GREAT TREES TOUR**

W from 10:30 AM to 12 N

**FW08.** Join an experienced guide to explore the arboretum’s collection of magnificent trees. Many of them will be displaying beautiful fall colors. Learn about a selection of champion trees, trees over 100 years old, trees from far away continents, and trees native to southeastern Pennsylvania. We will be walking over some uneven ground. Please wear comfortable shoes and dress for the weather. Tours begin at the Widener Visitor Center.

Rich Clark is a naturalist and a longtime guide of the Morris Arboretum and Gardens.

October 25 | $34

Morris Arboretum, 100 E. Northwestern Ave., Visitor Center
NEW SUPREME COURT NEWS!

W from 6:30 PM to 8:00 PM
TW25. The last Supreme Court term brought decisions on indigenous rights, redistricting, affirmative action and raised issues of ethics and more. This mini-course for non-legal professionals will discuss current issues at the Court and answer your questions.

Kathleen Smith. JD is an experienced educator and attorney. She is an associate professor at Chestnut Hill College. Kathy has received numerous awards recognizing her contributions to legal education, jurisprudence, civic engagement and public service.

David Freeman is a lawyer and educator. His thirty years of legal experience includes work as a prosecutor, defense attorney, zoning board counsel and private general practice. He currently focuses on education law, representing children and their parents. He is also a full-time educator in the Criminal Justice curriculum at Community College of Philadelphia.

October 4-11 | $49
2 sessions
Mt. Airy Axis, 520 Carpenter Lane

NEW WHAT DO VOTES HAVE TO DO WITH IT? ISSUES IN HOW WE ELECT THE PRESIDENT

M from 6:30 PM to 8:00 PM
TW26. What is the Electoral College, where did it come from, and why was it created? Who are “faithless electors” and why is the Vice President’s role so important? How does the election of 1876 reflect the weakness of the Electoral College? And, of course, what exactly happened on January 6th 2021? This overview course will address these issues and answer YOUR questions about our system of electing the president of the United States.

Kathleen Smith and David Freeman
October 16 | $32
Mt. Airy Axis, 520 Carpenter Lane

DEMOCRACY IS NOT A SPECTATOR SPORT

Tu from 6:30 PM to 8:30 PM
TW27. Learn about critical democracy policy issues including voting, elections, how elections are run, how state government works, legislative rules and campaign finance. Learn more about the policies and processes that determine voting and election policies, why it is challenging (but not impossible) to make change. The course will also cover communication strategies, how talk about these issues and provide reputable resources. Instructor will provide information about types of opportunities to get more involved. Become a more informed voter, community member, volunteer or activist.

Susan Gobreski is a long-time policy advocate. She serves on the state board of the League of Women Voters of Pennsylvania as the director of government policy. She is also a consultant to democracy advocacy organizations at the state and federal levels. She served as director of policy organizations, including Education Voters of PA, which she founded.

October 17 | $32
Mt. Airy Axis, 520 Carpenter Lane

NEW ART DECO: SPEED-DRIVEN ART & DESIGN ONLINE

Su from 2:00 PM to 3:30 PM
TW21. The Art Deco movement sent skyscrapers soaring upwards and cars, trains, and even vacuum cleaners zooming across the landscape. Deco thrusted fashion, painting, sculpture, jewelry, interiors and more into the crucible of modernity with its focus on speed and elegance. From the Golden Age of Hollywood movie sets to the continuing influence today, we will explore the history and times that inspired the Deco decorations by the likes of Érè, Lempicka, Lalique, and more. Images are drawn from sites and collections near and far with exciting short videos that enrich the conversation.

Lynn Berkowitz
October 8-22 | $49
3 sessions
The Comfort of Your Own Home

NEW CHANGES IN THE ART WORLD: FROM CÉZANNE TO VALADON TO WILEY ONLINE

Tu from 2:00 PM to 3:30 PM
TW22. New ways of seeing, new subjects, new materials, and new processes of making art have and continue to change the very nature of the world of art. Who are some of the artists who have shifted perception and understanding for their own work and for the field? We will delve into the work – and the way of working – that Cézanne, key women and Black artists from historical to contemporary times have done to alter awareness while bringing about dynamic shifts in subjects and styles. This conversational-style class includes short videos to bring in fresh perspectives.

Lynn Berkowitz
November 7-21 | $49
3 sessions
The Comfort of Your Own Home

ALL ABOUT ONLINE DATING ONLINE

Th from 7:00 PM to 8:30 PM
TW30. Dating can be tough these days, especially if you’re not adept at navigating the online dating world. Success depends on many factors, including knowing which apps fit your dating goals; how to create a captivating profile; and how to write messages that guarantee replies. Are you confused about where to even begin? Sandra is here to help! This class will discuss popular sites like Tinder, Match, OKCupid, EHarmony, Bumble and Hinge along with niche sites focused on specific interests and lifestyles. Learn about the growing impact of artificial intelligence (AI) in online dating, and how to protect yourself in this new uncharted era. During the class you will develop your very best online dating persona to attract whomever you’re looking for, from casual date to lifetime partner!

Sandra Wade is a model, actress, writer, filmmaker and web developer. She was an online dating trailblazer in the early 90’s and her experience was documented by HBO in “Breakthroughs: Amazing Things to Come”. She is excited to help you get back out there!

October 26 - November 16 | $64
4 sessions
The Comfort of Your Own Home
NEW LOOK-SEE ART IN MUSEUMS - LA SALLE UNIVERSITY ART MUSEUM

W from 10:30 AM to 12 N

TW20. Learn new strategies for seeing and appreciating art in this fun two-part program that begins in a creative and comfortable classroom setting. With this fresh approach, active looking can be practiced in any gallery. The second class is a decidedly different walk-through of La Salle University Art Museum to view and discuss the university’s collection. We will look deeply at and consider the offerings from a variety of perspectives.

Lynn Berkowitz, MFA, BFA, with a career in art museums, has developed an array of award-winning gallery tours, experiences, and apps aimed at helping audiences of all ages and abilities engage with a diversity of art ‘isms’ and approaches.

October 25 - November 1 | $44
2 sessions
Museum admission is free.
The first class will take place in the classroom at Historic Germantown, 5501 Germantown Ave. The second class will take place at La Salle University Art Museum located in Olney Hall at 1900 West Olney Ave.

NEW WYCK’S 50TH ANNIVERSARY BEHIND THE SCENES TOUR

TW15. Join us for a rare behind-the-scenes look at Wyck! Climb the stairs into the collections rooms on the upper floors and explore the 10,000+ objects that reveal the personalities behind the people in the paintings. Explore 19th century cabinets of curiosities and learn about material culture. This exclusive tour allows you to get up close and personal with the fascinating history of one family’s multi-generational home inhabited from 1690 – 1972. Guests will enjoy a modern take on a historic recipe for Rose “Mackaroons” served with delicious tea at the end of the tour.

Kim Staub is the Executive Director of Wyck with over 12 years of experience in historic site management. She holds an MA in History from Virginia Tech. Cara Caputo is the Manager of Interpretation and Public Outreach at Wyck House. She has a passion for material culture and sharing research with the public in accessible and exciting ways!

A. November 10 | $35  
F from 10:00 AM to 12 N
8. November 10 | $35  
F from 2:00 PM to 4:00 PM

Wyck House, 6026 Germantown Ave.
Please note: this tour includes old, winder staircases and possibly dust on the 3rd floor. Please make sure you are comfortable with the physical aspects of this tour before booking.

NEW INSPRING BRIGHT APRIL: RACE AND CLASS IN 1940s GERMANSTOWN

Sa from 10:00 AM to 12 N

TW16. Published in 1946, Bright April was the first mainstream children’s book offering life lessons about racial prejudice, written by a white author. Newbery medal-winning writer/illustrator and local resident Marguerite de Angeli relied on a network of Germantown African American neighbors and civic leaders to develop the story, characters, and images in the book. In celebration of the 75th Anniversary of Bright April, a new exhibit “Inspiring Bright April: Race and Class in 1940s Germantown” opened at the Germantown Historical Society.

Join two lifelong Germantown residents, one educator and one children’s author, for a “then-and-now” private exhibit showing and walking tour of Germantown Avenue, featuring nearby notable sites either pictured or referenced in the story. Beginning at Historic Germantown you will see such sites as, Deshler Morris White House; Vernon Park; and the stone monument to the Joseph E. Hill School; concluding with the Germantown Avenue mural, Women of Germantown on the side of the GTown YWCA. Along the way, you will learn more about the often-overlooked history of racial segregation in mid-century Germantown and about civic and educational leaders such as Nellie Bright, longtime principal of the Hill School.

Becky Birtha, Poet and Children’s Books Author
Barbara Dowdall, English Department, A. Philip Randolph Career Tech High School (Ret.)

Saturday, October 14 | $32
Historic Germantown
5501 Germantown Ave.
NEW TOUR OF BARBARA BULLOCK: FEARLESS VISION

Sa from 2:00 PM to 4:00 PM

TW32, Barbara Bullock: Fearless Vision celebrates over fifty years of the artist’s creativity and community engagement. Born and raised in North Philadelphia and Germantown, Bullock is one of the city’s most well-known and respected artists. The exhibition will highlight her drawings, paintings, sculptures, and multi-media artworks often inspired by the mythology and culture of Africa and its diaspora. Her work shifts between figurative and abstract forms filled with vibrant colors and rich textures.

The exhibition will demonstrate how Bullock’s studio practice has been grounded in community engagement and supported by her teaching with both children and adults over the years including K-12 schools, museums, community organizations, and public spaces. Her work as an educator was often inspired by her love of painting, mixing colors, painting in layers, and cutting and shaping painted papers into forms. Included in the exhibition are many of the objects that Bullock made to inspire students such as game boards, pop-up books, fans, masks, puppets, and miniature theaters. They share a vocabulary of figurative elements, animal forms, patterns, textures, and colors that characterize Bullock’s studio practice.

Bullock stands out as a pioneering figure in Philadelphia whose work extends outside the studio and into the city, especially into the city’s Black communities, with an embrace of African art as inspiration, declaration of strength, and path to reclaiming an ancestral cultural identity. Forcefully, but gently with the beauty of her art and teaching, Bullock takes a stand for social justice, working in the cultural and educational spheres of Philadelphia.


November 11 | $32
Woodmere Art Museum, 9201 Germantown Ave
Museum admission included.

NEW INTRODUCTION TO TRAVEL WRITING

M from 7:00 PM to 8:30 PM

WM01. Learn how to turn your travel adventures, whether local or international, into published essays for newspapers, magazines, websites or your own blog. Professional travel writer Stacia Friedman will show you how it is done, from writing your first draft to submitting a polished travel essay with lively descriptions, dialogue and photos. Each session will tackle another aspect of travel writing, including: developing a unique voice, structuring your essay, knowing your audience, and balancing details creating a mood. We will also read and critique a variety of published travel essays. Stacia will share how to find publication guidelines, and write pitch letters that will help you succeed. By the end of the workshop, you will have written and submitted a travel essay for publication.

Stacia Friedman has taught travel writing at Arcadia University and magazine writing at Temple University, in addition to teaching private writing workshops. Since 1996, her travel articles have been published in the Philadelphia Inquirer, Philadelphia Style, Intermezzo, The Hunt Magazine, Chestnut Hill Local, NYCityWoman.com, etc. In addition, she is a frequent contributor to HiddenCityPhila.org, RoxboroughPA.com and has written for Chestnut Hill Local for over 2 years.

November 6 - December 11 | $69
5 sessions, no class 12/4
Wesley Enhanced Living, 6300 Greene St.
MEMOIRS AND ESSAYS: GETTING GOING (AND STAYING WITH IT)
Sa from 1:00 PM to 4:00 PM
WM04. We often feel an urge to leave an account of our lives as we sort through the events, times, and people that shaped us. No matter our age or our reason, we must present these life stories so they don’t languish, unread, on our computer or in a desk drawer. And we must stay with it, however that takes place: finishing a memoir, fine tuning an essay, writing of other times and other experiences. This workshop will help you get underway, confident and enthused, through class instruction, exercises and sharing your writing for teacher and student feedback.
Nancy Rasmussen has taught non-fiction writing courses at three universities in addition to her long-running memoir class for MALT. She has also written short pieces for several magazines along with personal essays for her writers’ group and online contests. Currently, Nancy edits for and coaches various clients, helping them share their stories with others.

October 4-18 | $74
3 sessions
United Lutheran Seminary, 7301 Germantown Ave.
$8 materials fee payable to the instructor.

NEW WRITING THE BROKEN HEART
Th from 7:00 PM to 8:30 PM
WM04. 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 caretaking 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. She helps people transform their relationship to grief and loss through one-on-one coaching, workshops, rituals and ceremonies. 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.

October 19 - November 16 | $79
5 sessions
Wesley Enhanced Living, 6300 Greene St.

NEW CRIME FICTION WORKSHOP
Tu from 6:30 PM to 8:00 PM
WM05. Have you ever thought about writing crime fiction, but have no idea where to begin? This course provides a pragmatic, workman-like approach to crafting stories, focusing on but not limited to crime fiction. Through selected readings in the genre, we will discuss and dissect styles and techniques, as well as the nuts and bolts of good storytelling, like clarity and accuracy. Students will complete quick pieces of in-class writing as well as read and critique longer pieces of each other’s work in a supportive, encouraging workshop atmosphere.
Tony Knighton is the author of a collection Happy Hour and Other Philadelphia Cruelties and two novels, Three Hours Past Midnight and A Few Days Away, all published by Brash Books. Some of his short stories are included in anthologies from Cemetery Dance, Grey Matter Press, and Close to the Bone.

October 3 - November 7 | $89
6 sessions
Cleveland Carriage House, 6401 Germantown Ave.

NEW FOR THE LOVE OF SINGING TOGETHER
Sa from 9:30 AM to 11:00 AM
WM14. Singing with others whether it’s in a duo, quartet, or a large group can be an empowering and joyous experience! The sound and feelings that arise create a bond amongst those who share the experience. Music for the class will be drawn from Folk, Rounds, Hymns, Gospel, Spirituals and Rock and Roll, including artists such as James Taylor, the Everly Brothers, Frank Sinatra, Curtis Mayfield, Sally Rogers and more. Class members will develop group singing skills including listening to each other, holding your own part, hearing harmony, and breathing for the phrase.
Connie Koppe has been finding joy in singing since she was 6 years old. She has been teaching actors, singers and CEOs to build and use their voices more effectively for over 30 years. She teaches speech at the University of the Arts and private speech and singing lessons from her home in Germantown.

October 14 - December 9 | $109
8 sessions, no class 11/25
St. Paul’s Episcopal Church
22 E. Chestnut Hill Ave.
$5 materials fee payable to the instructor.

NEW BOOK CLUB: THE GREAT MARGARET ATWOOD
Tu from 6:30 PM to 8:00 PM
WM10. A winner of the prestigious Booker Prize, Canadian author Margaret Atwood has been experimenting with realistic, historical, and speculative fiction for over fifty years. Her writing often explores the various and often constriciting roles women have been obliged to play within Anglo-American culture and society. We will be discussing four of Atwood’s most iconic novels, starting with her first, The Edible Woman (1969), an astute look at consumerism and the body. We will move on to Alias Grace (1996), based on a famous nineteenth-century murder case, and then focus on the dystopian fictions, The Handmaid’s Tale (1985) and its sequel, The Testaments (2019).
Gabriella Ibieta holds a PhD in Comparative Literature from the City University of New York and was Associate Professor of English at Drexel University for over thirty years. Of the many courses she created and taught, her favorites are: Caribbean Literature and Culture; Transnational Women Writers; Mural Arts Philadelphia; and Leaving Home: Migration and Displacement. Gabriella is co-editor of Inventing America: Readings in Identity and Culture, and editor of Latin American Writers: 30 Stories, both published by St. Martin’s Press. Her essays and articles have appeared in academic books and journals. She is delighted to share her passion for reading, researching, and discussing literature with the MALT community.

September 19, October 17, November 21, December 19 | $44
4 sessions
Hilltop Books, 84 Bethlehem Pike
Note: We will discuss The Edible Woman at our first meeting

FOR THE LOVE OF SINGING PART II
Sa from 11:15 AM to 12:45 PM
WM15. Connecting with your singing voice connects you to something very deep in yourself. The sound and feeling of it moves you both physically and emotionally and connects to others more deeply than most other forms of expression. This course is a refresher for those who have taken lessons in the past and want to continue training their voices, are actively singing but want to know more about singing technique or have taken part I of this course. We will recap breathing and posture for singing, strengthen your singing muscles, extend your range, and boost your confidence in your voice. Music used in the course includes religious, classical and contemporary literature. Students have the option to choose a solo song to study or a song for the whole class to sing. You will also receive a vocal warm-up link or CD.

Connie Koppe has been finding joy in singing since she was 6 years old. She has been teaching actors, singers and CEOs to build and use their voices more effectively for over 30 years. She teaches speech at the University of the Arts and private speech and singing lessons from her home in Germantown.

October 14 - December 9 | $109
8 sessions, no class 11/25
St. Paul’s Episcopal Church
22 E. Chestnut Hill Ave.
$5 materials fee payable to the instructor.

NEW FOR THE LOVE OF SINGING TOGETHER
Sa from 9:30 AM to 11:00 AM
WM14. Singing with others whether it’s in a duo, quartet, or a large group can be an empowering and joyous experience! The sound and feelings that arise create a bond amongst those who share the experience. Music for the class will be drawn from Folk, Rounds, Hymns, Gospel, Spirituals and Rock and Roll, including artists such as James Taylor, the Everly Brothers, Frank Sinatra, Curtis Mayfield, Sally Rogers and more. Class members will develop group singing skills including listening to each other, holding your own part, hearing harmony, and breathing for the phrase.
Connie Koppe has been finding joy in singing since she was 6 years old. She has been teaching actors, singers and CEOs to build and use their voices more effectively for over 30 years. She teaches speech at the University of the Arts and private speech and singing lessons from her home in Germantown.

October 14 - December 9 | $109
8 sessions, no class 11/25
St. Paul’s Episcopal Church
22 E. Chestnut Hill Ave.
$5 materials fee payable to the instructor.
PLAY THE UKULELE: GETTING STARTED
Tu from 6:30 PM to 7:30 PM
WM20. This is a beginner’s level workshop covering 10 basic chords, how to tune the uke, how to hold it, and some basic strumming patterns. Beginner songbook and chord chart provided. Anne will also share ukulele resources. The course may be adapted based on proficiency and interests of participants.
Anne Stevenson Smith started playing ukulele in 2010, just when the current uke craze began. As a music major, with a history of singing and playing other instruments, she found the ukulele to be a perfect fit. She is the leader of the Philadelphia Mainline ukulele meetup group. Anne focuses on basic chords and best practices, and has also done a wide range of uke workshops for the Philadelphia Folksong Society as well as for the Uke Meetup group.
October 17 - November 21 | $79
6 sessions
Chestnut Hill Friends Meeting, 20 E. Mermaid Lane
$2 materials fee payable to the instructor.

BEGINNER’S HARMONICA FOR ADULTS (AGES 16+)
ONLINE
M from 6:30 PM to 7:45 PM
WM18. Learn to play simple traditional folk songs and elementary blues on one of America’s most popular, portable instruments - the harmonica. We will work on basic techniques such as bending, trilling, tongue-blocking, vibrato and “wah-wah.” Individual attention is given to each student. No musical background is required.
Seth Holzman (BA Music, Syracuse University) has been playing harmonica since 1965 and teaching adult harmonica classes since 1975. Seth was inspired to play by (and eventually studied with) the great blues harmonica player Sonny Terry. Seth has played professionally since 1972 and has performed with Muddy Waters, Koko Taylor, Dave “Honeyboy” Edwards, Ronnie Earl, Roomful of Blues, Magic Slim & The Teardrops and many others. He currently plays with Stevie and the Bluescasters.
October 16 - December 4 | $109
8 sessions
The Comfort of Your Own Home
$10 materials fee will be added automatically to your cart. Students will also need to have a 10-hole diatonic key of C-major harmonica (such as the Hohner Special 20 or Hohner Marine Band Model 1896) on the first night of class.

NEW SING FROM YOUR INSIDE VOICE: EMPOWERMENT AND SERENITY THROUGH SINGING
Sa from 11:00 AM to 1:00 PM
WM16. Whether you are a proud shower singer, a seasoned musician, or someone who has never opened their mouth to sing, this workshop will offer you a joyful space to discover and connect with the beautiful voice that has been inside you all along. Through exercises and group songs that are as silly as they are revelatory, Sing From Your Inside Voice allows singers, “non-singers,” and everyone in between to uncover the power and beauty of their own unique voice. Tyler Hathaway is a singing instructor and musician. He is enrolled in graduate school at Goddard College for a Master’s degree in Mental Health Counseling with a focus on expressive arts therapy. His teaching practice is informed by his acting training at the Actor’s Workshop of Ithaca, his experience with different healing practices (including somatic exercises, cognitive behavioral therapy, breath work, and meditation), and over 20 years experience as a drummer and percussionist.
October 21 | $32
Wesley Enhanced Living, 6300 Greene St. (at Stapley)

BEGINNING GUITAR
Th from 7:00 PM to 8:00 PM
WM36. Did you always want to learn to play the guitar? Join us for a small group class that covers the essentials. Learn the parts of your instrument, basic skills for playing chords and build the muscles you need to play the guitar with confidence. Students will need to provide their own instrument.
Shane McMahon’s is performance style is both personal and timeless, blending together the sounds of many genres. He is an advocate for local open-mic culture and enjoys sharing his craft through teaching guitar lessons. As a musician, teacher and mentor, Shane has something special to offer everyone who appreciates music!
November 9 - December 14 | $64
5 sessions, No class 11/23
NewCourtland, Eisenhardt Building 6950 Germantown Ave.

NEW BEGINNING PIANO
W from 6:30 PM to 7:30 PM
WM19. Improve your listening, memorization and problem-solving skills, while learning to play beautiful music! This course will cover the essentials: clefs, note reading, fingering, counting/meter, dynamics, body/hand position, and basic music theory. A look into the piano will help you understand how this classical instrument works as well. You will gain a sense of accomplishment in the multitasking aspects of playing the piano. Simple at home exercises will reinforce the class work, and daily practice is strongly encouraged. Students will need to bring their own keyboards to the class.
Stephanie Ben-Salem holds a BA and MA in piano performance, as well as a MA in education, and has been teaching students from all ages, abilities and backgrounds for the past 44 years. Besides the piano, she is very proficient in violin, cello, sitar, darbouka, santoor, and tabla as well as a plethora of other instruments. She has been a performing artist for over 50 years throughout the US and Europe.
October 4 - November 8 | $120
6 sessions
Unitarian Society of Germantown, 6511 Lincoln Drive
There is a $10 materials fee payable to the teacher at the first class for a piano lesson book.

NEW SO YOU WANT TO BE A ROCK GUITARIST
Tu from 6:30 PM to 8:30 PM
WM21. This is NOT music instruction - instead the class will focus on what you need to know to effectively and efficiently pursue your dream of playing guitar in a band. Topics will include understanding and selecting your gear (guitars, amplifiers, effects pedals, etc.); the best equipment brands for beginners; the best places to buy new and used gear; getting quality lessons; the importance of regular practice; the essential skills you need to master, and meeting the biggest challenge of them all - how to connect with the right people for you to play with in your band.
Alan Silverblatt has been a caseworker, an attorney, and most recently a software developer for a large social services agency. A resident of Chestnut Hill, he’s now happily retired and devoting more time to model railroading, hosting a rock and blues show on G-town Radio, and playing in a band.
October 24 | $32
Mt. Airy Axis, 520 Carpenter Lane

MAKING MUSIC: ABLETON LIVE
Sa from 10:00 AM to 12 N
WM22. Did you ever wonder how modern electronic music is made? Curious about the tools musicians and DJs use? Have an interest in music technology? Just want to make some noise? This introductory course will cover Ableton Live, a popular and flexible Digital Audio Workstation (DAW) for Mac or PC. Ableton Live is used by musicians, DJs and sound designers all over the world, both in the studio and in live performance. We will cover a broad range of basic recording and editing topics, with a focus on getting familiar with some of Ableton’s most unique features.
Jeremy dePrisco is a Pennsylvania musician, composer, performer, and sound artist with over twenty years of recording and performing experience. He works with field recordings, guitar, electronics, synthesizers, radios, found sounds, home-made gadgets, and processed video. A fixture in the electro-music community for the past decade, Jeremy currently presents solo and collaborative sound explorations throughout the Tristate area.
November 11-25 | $64
3 sessions
MALT Office, 6601 Greene St.
Carpe Diem, Manana

Students have the option to purchase Paul’s 5 sessions, no class Nov. 12

Bring your friends and family!

6:30 pm
Live performance, Tuesday, Nov. 21, St. Martin-in-the-Fields, 8000 St. Martin’s Ln.

Paul Lyons performing at the MALT comedy show in fall 2022.

**A GENTLE, FUN GUIDE TO DOING STAND UP COMEDY**

Su from 2:00 PM to 4:00 PM

**WM13.** Have you thought of doing stand up for quite a while or had a sudden desire to try it out? Have your relatives or friends always told you you’ve got a great sense of humor? This class is also for anyone who would like to improve their act, or public speaking skills, or add some interest into business presentations. This class will culminate in a graduation live performance in a local club. You will be well coached and ready after four classes with a personal and unique standup routine. Bring a notebook, a willingness to fail, and be great!

**Paul Lyons** is a veteran comedian of over 30 years, he has taught stand-up comedy at UCLA and at The Improvisation. Paul taught Jim Gaffigan and many other working comics as well as the comedic skills of Jim Gaffigan.

**WM06.** Ever wondered what it takes to write a movie script? Let’s turn your original idea into a spark that’ll result in you writing your feature length motion picture screenplay. Each week we’ll execute the Script Chamber method to cover the creative process from story development and screenplay structure to acquiring a literary agent and submitting to film festivals. Extensive coaching and feedback provided throughout the entire course. Acquire the knowledge, tools and resources needed to start your career as a screenwriter.

**Arthur J. Evans** began writing for television in 2013 after moving to Los Angeles. He was a producer on the *Wendy Williams Show*, *Arthur J. Evans* has been studying the 1930s, featuring such familiar, frightening and fiendish faces as Boris Karloff, Bela Lugosi, Peter Lorre, and others. Each movie is accompanied by appropriate short films from the time period.

**Andrew Gilmore** has been studying the history of American entertainment since 1995, and has a BA from Arcadia University in Theater and American Recorded Popular Entertainment.

**October 5 - November 2 | $79**

5 sessions

Mt. Airy Axis, 520 Carpenter Lane

**NEW SCREENWRITING: THE FEATURE FILM ONLINE**

Su from 1:00 PM to 3:00 PM

**WM23.** Emerging from the political turmoil, economic instability and social repression of the late 20th century, the current South American cinematic landscape is auteur driven and vibrant, addressing issues such as class inequality, sexual and racial identity, and the tension between tradition and modernity. Drawing on films from the past three decades, explore the poetry and passion of some of Latin America’s most vital and original cinema. Every week we’ll watch a carefully selected film from the region, followed by a fun and thoughtful conversation on what we’ve just seen. The course is great for cinephiles, as well as those watching South American cinema for the first time!

**Justin Ahlbach** has an MA in Literature and an interest in contemporary film.

**October 5 - November 2 | $79**

5 sessions

The Comfort of Your Own Home

**NEW AMERICAN CINEMA**

Th from 6:00 PM to 9:00 PM

**WM23.** Emerging from the political turmoil, economic instability and social repression of the late 20th century, the current South American cinematic landscape is auteur driven and vibrant, addressing issues such as class inequality, sexual and racial identity, and the tension between tradition and modernity. Drawing on films from the past three decades, explore the poetry and passion of some of Latin America’s most vital and original cinema. Every week we’ll watch a carefully selected film from the region, followed by a fun and thoughtful conversation on what we’ve just seen. The course is great for cinephiles, as well as those watching South American cinema for the first time!

**Justin Ahlbach** has an MA in Literature and an interest in contemporary film.

**October 5 - November 2 | $79**

5 sessions

The Comfort of Your Own Home

**NEW 1930S HORROR FILMS**

M from 5:00 PM to 8:00 PM

**WM24.** Just in time for Halloween, enjoy some spooky but lesser-known horror films from the 1930’s, featuring such familiar, frightening and fiendish faces as Boris Karloff, Bela Lugosi, Peter Lorre, and others. Each movie is accompanied by appropriate short films from the time period.

**Andrew Gilmore** has been studying the history of American entertainment since 1995, and has a BA from Arcadia University in Theater and American Recorded Popular Entertainment.

**October 2-23 | $59**

4 sessions

Mt. Airy Axis, 520 Carpenter Lane

**NEW FORGOTTEN MOVIES OF WORLD WAR II**

M from 5:00 PM to 8:00 PM

**WM25.** During World War II, many topical movies were made to boost America’s morale and give comfort to the civilians attending movies at home. In honor of Veteran’s Day, explore a selection of WWII-themed films which, while not as well-known as some films of the era, are well worth seeing. Featured stars include Claudette Colbert, Ray Milland, Joan Blondell, and of course, Humphrey Bogart. Each film will be accompanied by vintage short films of the time period.

**Andrew Gilmore**

**November 6-20 | $44**

3 sessions

*Private home near Millman and Rex in Chestnut Hill

**ITALIAN FOR BEGINNERS**

Tu from 5:00 PM to 6:30 PM

**WM30.** Do you enjoy Italian food, wine and culture? Have you traveled or do you plan to travel to Italy and want to be able to communicate better with the Italian people? In this course, we will learn basic conversational skills as well as build up a working vocabulary and an understanding of sentence structure. It’s never too late to explore Italian culture through its delightful and expressive language. Ci vediamo!

**Rodney Chonka** has lived, studied, taught and traveled in both Italy and France. Rodney is fluent in French and Italian and has taught both languages over many years.

**September 26 - October 31 | $89**

8 sessions

United Lutheran Seminary, 7301 Germantown Ave.

Required textbook: *Ultimate Italian Beginner-Intermediate*, by Salvatore and Michael Lettieri
INTERMEDIATE ITALIAN
W from 5:00 PM to 6:30 PM
WM31. This class is for those who have already taken the Beginner Italian class and want to strengthen their knowledge and ability with further review and practice. We will do a quick review of basic grammar, vocabulary and verb tenses, and move onto a deeper dive into these building blocks while focusing on conversation and interpersonal communication to improve overall ability and confidence in the language.
Rodney Chonka
September 27 - November 1 | $89
6 sessions, no class 10/25
United Lutheran Seminary, 7301 Germantown Ave.

JAPANESE FOR BEGINNERS
M from 6:30 PM to 8:00 PM
WM26. This enjoyable introduction to the Japanese language is designed to benefit those interested in Japanese arts, culture and travel. Learn the fundamentals of conversational Japanese, how to read the Japanese phonetic alphabet (Hiragana), and how to recognize some common pictographs (Kanji). At the end of the class in celebration of our progress we shall create a short poem known as a Haiku.
Makiko Goto-Widerman is a graduate of Showa Women’s University in Japanese literature and language and has taught Japanese language at a Japanese school in Princeton, N.J. She has organized award-winning homestay tours to Japan, is a graduate of UMass Amherst’s Arts Interdisciplinary Studies program, offers workshops in floral design, including Ikebana, at Allens Lane Art Center, and champions the art of traditional Japanese cooking.
November 20 - December 11 | $64
4 sessions
United Lutheran Seminary, 7301 Germantown Ave.

NEW ARABIC FOR BEGINNERS ONLINE
Th from 7:00 PM to 8:30 PM
WM27. This course will introduce you to the fundamentals of conversational Arabic and provide insights into Egyptian culture. Starting with the Arabic alphabet and basic vocabulary for everyday situations like shopping and asking for directions, you’ll quickly begin to build a practical language foundation. The focus on the cultural aspects will give you a glimpse into the traditions, birth celebrations, delicious food, and distinctive fashion styles. Throughout the course, you’ll engage in interactive speaking exercises to gain confidence in real-life communication. The class covers essential grammar and sentence structure, enabling you to construct meaningful sentences. Join us for an enriching language and cultural journey.
Sherin Motawea is a native Egyptian and she is a graduate of the School of Tourism and Hotel Management in Egypt, where she earned a Bachelor of Egyptology. She was the Head of the Egyptian Museums Department at the Supreme Council of Antiquities under the supervision of the renowned Egyptologist, Dr. Zahi Hawass.
October 26 - December 7 | $89
6 sessions, no class 11/23
The Comfort of Your Own Home
There is a $10 materials fee payable to the instructor for a workbook at the first class.

FRENCH FOR BEGINNERS ONLINE
Tu from 6:30 PM to 8:00 PM
WM28. Dive into the French language! This is an introductory course for those who have never taken French before, or for those who need a refresher. We will cover grammatical basics and conversational essentials while we practice speaking, reading and listening, with an emphasis on comprehension and practicality. You’ll also get a taste of French culture. This is an interactive course where everyone is invited to participate and go beyond the embarrassment when we feel we don’t speak “perfectly.”
Sophie Bernard grew up in the beautiful suburbs of Paris, France before she moved stateside to study International Commerce. She speaks five languages and loves to share her love of her beautiful native language. She has lived in Mt Airy with her family since the late ‘90s.
September 26 - October 31 | $89
6 sessions
The Comfort of Your Own Home

CONVERSATIONAL FRENCH ONLINE
Tu from 6:30 PM to 8:00 PM
WM29. For intermediate and advanced students of French, perfect your communication skills by discussing your ideas, values, personal dreams and goals. We’ll explore topics, books and texts picked during our first class. Bring your questions and immerse yourself in French culture, the French countryside and perhaps even learn some French recipes. Use your knowledge of the structure and the tools you acquired to practice forming ideas and conversing with others.
Sophie Bernard
November 14 - December 5 | $64
4 sessions
The Comfort of Your Own Home

AMERICAN SIGN LANGUAGE 1: BEGINNERS
Th from 6:30 PM to 8:30 PM
WM32. Learn American Sign Language (ASL) in a relaxed learning environment with both structured and spontaneous dialogue. You will develop appropriate conversational strategies that are unique to Deaf Culture, while learning ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL. Taught by a deaf individual from Deaf-Hearing Communication Center (DHCC).
Deaf-Hearing Communication Center (DHCC) accomplishes their mission through communication access services, education and advocacy. DHCC advocates for Deaf and Hard of Hearing individuals to help them gain communication access to services, businesses, educational institutions and their own places of employment. All DHCC ASL classes are taught by experienced Deaf instructors who look to not only teach ASL, but will also cover key ideas and stories about Deaf culture and history.
September 28 - December 7 | $193
10 sessions, no class 11/23
United Lutheran Seminary, 7301 Germantown Ave.
Textbook Required: ASL at Work. Textbook can be purchased the first night of class from the instructor for $75 or directly from Dawn Sign Press.

NEW AMERICAN SIGN LANGUAGE 2: BEGINNERS CONTINUED
W from 6:30 PM to 8:30 PM
WM33. This is the second level of American Sign Language (ASL) classes. This class is intended for beginners with some prior knowledge of ASL – specifically, students who have already taken and passed ASL 1 or who have been evaluated into this level (in case of students who already have prior knowledge but didn’t take classes with us). In this class, you will continue to learn ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL. This class will be taught by a Deaf individual.
Deaf-Hearing Communication Center (DHCC)
September 27 - December 6 | $193
10 sessions, no class 11/22
United Lutheran Seminary, 7301 Germantown Ave.
Textbook Required: ASL at Work. Textbook can be purchased the first night of class from the instructor for $75 or purchase the textbook directly from Dawn Sign Press.
Computers + Technology

NEW PROTECTING YOURSELF, YOUR DEVICES AND YOUR DATA ONLINE
W from 6:30 PM to 8:30 PM

CC01. This class will focus on what you need to know to stay safe in an increasingly digital world. Topics to be covered include identifying and avoiding spam, scams, ripoffs and invasions of privacy, preventing hackers from taking over your device, protection against viruses and other malware, using backups to avoid data loss, and keeping your private information out of the wrong hands both before and after your device reaches the end of its life. While much of the discussion will involve Windows PCs, most of the concepts involved also apply to Apple computers, and Android/iOS phones, tablets and other devices.

Alan Silverblatt has decades of experience in information technology as a programmer, technical instructor and independent consultant to individuals, small businesses and nonprofits. A resident of Chestnut Hill, he’s now happily retired and devoting more time to model railroading, hosting a rock and blues show on G-town Radio, and playing and singing in a band.

November 29 | $32
The Comfort of Your Own Home

INTRODUCTION TO MICROSOFT EXCEL
Tu from 10:00 AM to 12 N

CC02. 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 will need to bring their own laptop with Excel installed.

David Grauel comes to MALT by way of NYC where he was 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.

October 17-31 | $89
3 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

Students will use laptops with Windows 11, Office 2010. Please bring your own laptop to class if possible. Please let us know if you will need to borrow a laptop for class, limited supplies available.

CREATE YOUR WEBSITE WITH WORDPRESS
Tu from 10:00 AM to 12 N

CC03. 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

November 14-28 | $89
3 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

Please bring your own laptop to class if possible. Please let us know if you will need to borrow a laptop for class, limited supplies available.

WINDOWS 11 MADE SIMPLE
Tu from 10:00 AM to 12 N

CC04. Windows 11 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 11 operating system. Students may bring their own laptop with Windows 11 installed.

David Grauel

September 19 - October 3 | $89
3 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

Please bring your own laptop to class if possible. Please let us know if you will need to borrow a laptop for class, limited supplies available.

GETTING TO KNOW YOUR IPHONE ONLINE
Sa from 10:00 AM to 12 N

CC05. Have you just purchased a new iPhone, which was recommended by your daughter or son who told you that you can’t live without it? Or are you seriously considering buying one and want to learn more beforehand? Were you advised that it would help you organize your life? Discover some of the wonders of the iPhone and learn how to become more productive in this hands-on two-part course. Students with an iPhone should bring it to class and are encouraged to discuss their favorite apps.

Nina Epstein is known as the Digital Diva and has been an information technology instructor and consultant for over 25 years, helping individuals and small business owners use technology to solve their computing problems.

October 7-14 | $49
2 sessions
The Comfort of Your Own Home
Designed for iPhone 5 or newer.

ZOOM ESSENTIALS
Tu from 6:00 PM to 8:00 PM

CC07. Has your favorite in-person meetup gone virtual? Interested in signing up for some of MALT’s online course offerings but feeling hesitant? Thinking about hosting your own Zoom meetings? This course is for anyone who is starting from scratch with Zoom and is ready to dive in! Join Alexa as they guide you through the steps to get the application up and running on your laptop, tablet, or smartphone. Learn how to join a meeting, the basics of hosting, and all of the features you will encounter as you venture into this virtual world!

Alexa Strus is Mt. Airy Learning Tree’s Program Administrator. They are passionate about accessibility for all and love to help others find their way around technology.

September 26 | $32
MALT Office, 6601 Greene St.

Students must bring their own electronic device, either a laptop, tablet, or smartphone.
The Comfort of Your Own Home
Sa, 12 N to 2:00 PM
CC06. Explore how to navigate through your Android phone step-by-step. Save contacts, connect email accounts to your phone, send a text message, download apps, adjust sounds and ringtones, and so much more. This course is for beginners. Bring your Android phone to class.
Lu Flowers helps empower others by helping them build their digital skills! Lu has worked in libraries since 2014 assisting folks with technology of all kinds.
October 21-28 | $49
2 sessions
MALT Office, 6601 Greene St.

CREATE GRAPHICS FOR SOCIAL MEDIA USING CANVA AND MORE! ONLINE
W, 7:00 PM to 8:30 PM
CC08. Do you need a banner image or an image for social media, a blog post, or an event? How about a presentation or video? Learn to use Canva, a free online graphics application that is one of the best graphic design tools for non-graphic designers. It offers a host of tools to create perfect images for promotional use, plus you don’t need to download or install any software. We will have a brief overview of Over, Snappa, Picktochart, as well as a demo of WordArt. Plus learn where you can get images that do not violate copyright laws.
Lynne Williams, EdD candidate, is the executive director of the Philadelphia Area Great Careers Group, which provides online career education and networking. She writes resumes, LinkedIn profiles and company pages, and focuses on keywords. She is writing her doctoral dissertation on LinkedIn.
October 25 - November 1 | $49
2 sessions
The Comfort of Your Own Home

QUICKBOOKS FOR BEGINNERS
Tu, 6:30 PM to 8:30 PM
CC09. This user-friendly software is invaluable for entrepreneurs and people who want to get control of their own personal finances. Learn how to set up new accounts, create invoices for accounts receivable and accounts payable. If time permits, we will cover how to enter payroll and basic accounting principles. We will be practicing online with this software, so your laptop is essential.
Stacie Sawyer, MEd, is an accounting instructor with over twenty years experience at the high school and college levels. In her role as property manager and bookkeeper for JTS Real Estate, she currently uses Microsoft Office and Quickbooks on a regular basis.
December 5-12 | $49
2 sessions
United Lutheran Seminary, 7301 Germantown Ave.
$40 materials fee payable to the instructor (online access for additional 4 months).

NEW CHATGPT: BEGINNERS GUIDE TO CONVERSATIONAL AI
F, 6:30 PM to 8:30 PM
CC11. In this course, we will explore the world of ChatGPT, the cutting-edge creation of OpenAI. The class will begin by delving into the fundamentals of ChatGPT, to understand the underlying technology and why it is a powerful conversational partner. We’ll explore how ChatGPT can answer questions, provide assistance with various tasks, and even assist in drafting social media posts with its language generation abilities. As the class progresses, you’ll learn how to integrate ChatGPT into your day-to-day activities, whether it’s brainstorming ideas, solving problems, generating creative content, or even integrating it with programs like Excel. By the end of this course, you’ll have a comprehensive understanding of ChatGPT. We will also discuss Google’s version of OpenAI called “Bard,” and contrast the pros and cons of each model.
Dovene Deh has 20 plus years experience in engineering: electrical, software and cloud computing. He got his electrical engineering degree from Drexel University. Dovene is currently working on an EV charging solution and supporting customers in their AI journey.
October 6-20 | $89
3 sessions
Wesley Enhanced Living, 6300 Greene St.
Students will use free online software in the class. Please bring a laptop, tablet or smartphone to class.

MICROSOFT WORD & POWERPOINT
Th, 6:30 PM to 8:30 PM
CC10. Learn basic skills to operate Microsoft Word and PowerPoint. You will create various business documents, insert tables, graphs and pictures from the web, and insert hyperlinks into a PowerPoint presentation.
Stacie Sawyer
December 7-21 | $89
3 sessions
United Lutheran Seminary, 7301 Germantown Ave.
$25 materials fee payable to the instructor for 6 months of online practice for skills taught in class.
Students must bring their laptops to class.

INTRODUCTION TO GOOGLE PLATFORM
W, 6:30 PM to 8:30 PM
CC12. This class has been revamped and reimagined by its original teacher! Google Platform is a powerful, free tool that can allow you to create and share documents, organize and share events, organize and analyze data, and so much more. Over three days, we will explore how to use many of the apps that you have available to you including but not limited to Docs, Sheets, Forms, Maps, Meet, Calendar, YouTube, and more. This class aims to accommodate for many paces and will contain small groups and 1:1 instructional elements. So whether you consider yourself a novice, average or even a moderately seasoned user, you will be challenged and grow! In order to get the most from this class, you should be able to navigate a computer fairly easily (ie. opening/closing applications, connecting to and navigating the internet).
John Autin is a career educator and currently teaches mathematics online for the School District of Philadelphia. He is a former Human Resources Recruiter and Staffer and has a Masters of Science in Human Resource Development from Drexel University.
November 1 - 15 | $89
3 sessions
North Light Community Center
You may bring your own laptop or used provided chromebooks.

We are offering 34 online classes in our Fall term!
Visit mtairylearningtree.org

MTAIRYLEARNINGTREE.ORG / 215.843.6333
DANCE

BALLROOM DANCING 101: THE BASICS
Th from 7:45 PM to 8:40 PM
DA01. Experience the thrill of swirling around the dance floor with your partner in time to fabulous big band and Latin American music! Ballroom dancing is always in style. People of all ages can enjoy the rhythm of togetherness on the dance floor. Included in the class will be the smooth waltz and foxtrot, and the rhythmic rumba and swing. Don’t miss out on this popular introductory course that will help you build the confidence you need to get out on the dance floor during all those special occasions!

Debra Klingler has been a MALT dance instructor since 1994. She teaches a wide array of partner dances, including ballroom, swing and Latin dancing throughout the Philadelphia area, and can be found enjoying dancing with her students and partners in many local dance clubs.

September 28 - November 16
Couples Fee | $170
8 sessions
Presbyterian Church of Chestnut Hill
8855 Germantown Ave
Must register with a partner; students will not be switching partners.

BALLROOM DANCING 102: BEYOND THE BASICS
Th from 8:45 PM to 9:40 PM
DA02. This is a continuation of the ballroom basics introductory course. It will be tailored to the interests of the participants. A poll will be taken, with choices from the dances covered in the basic classes (foxtrot, waltz, rumba and swing). The results will impact the course syllabus with the dance having the highest ranking included in the course. Add to your repertoire of steps, as we review and practice the dances to build confidence in leading and following.

Debra Klingler
September 28 - November 16
Couples Fee | $170
8 sessions
Presbyterian Church of Chestnut Hill
8855 Germantown Ave
NOTE: You must register with a partner; students will not be switching partners. Prerequisite: a basic ballroom dancing class taught by Debbie; this requirement can only be waived with permission of the instructor prior to the beginning of the course.

BALLROOM DANCING 103: MORE FUNDAMENTALS
Th from 6:45 PM to 7:40 PM
DA03. This course is a faster-paced continuation class in ballroom dancing, geared toward those who are already comfortable with the core steps of the most common ballroom dances. Course focus will be on using proper technique while adding to your repertoire of steps. Develop your ability to lead or follow your partner, while letting the character and feeling of each dance shine through. This is an advanced-beginner level course.

Debra Klingler
September 28 - November 16
Couples Fee | $170
8 sessions
Presbyterian Church of Chestnut Hill
8855 Germantown Ave
NOTE: You must register with a partner; students will not be switching partners. Prerequisite: a basic ballroom dancing class taught by Debbie; this requirement can only be waived with permission of the instructor prior to the beginning of the course.

CHICAGO STEPPING FOR BEGINNERS
W from 7:30 PM to 8:30 PM
DA04. Chicago Stepping, or Steppin’, consists of a basic step pattern with a variety of turns and special step patterns. Steppin’ is currently one of the most popular dances across the country. This beginners’ class will teach the foundation. The leaders and followers will learn aspects of the dance separately; then they will be partnered to practice the dance to different types of music for this smooth dance style. (No partner necessary.)

June and Audrey Donaldson are educators with over 35 years combined teaching experience. Together they share the joy of dance at a variety of events, such as festivals, dance conventions, school programs, and fundraisers.

October 4 - November 8 | $89
Couples Fee | $149
6 sessions
Summit Presbyterian Church, 8757 Greene St. at Westview

NIA HOLISTIC DANCE PRACTICE
M from 9:30 AM to 10:30 AM
DA05. Nia is a tool for accessing the universal human need to move in ways that feel good for your body. This mind-body dance practice combines wisdom from many dance traditions, martial-arts, yoga and other energy-aligning practices. It is highly adaptable and inclusive of people of all fitness levels, ages, genders and body types. We use both guided movements and free dance to notice our patterns and become aware of how we move, seeking joy in movement. Nia is done to soulful world music which will take you on a beautiful journey within your home for life: your body.

Lisa Zahren has been teaching as a certified Nia Instructor (and with MALT) for over a decade. She is committed to working with people at all wellness levels, including facilitating movement classes in partnership with the Cancer Support Community of Greater Philadelphia. Lisa is also a teacher in training through Open Floor International, a global conscious dance non-profit.

September 18 - October 23 | $56
6 sessions
Chestnut Hill United, 8812 Germantown Ave.

BODY POSITIVITY WITH BELLYDANCE
Sa from 10:00 AM to 11:30 AM
DA06. Improve Flexibility! American bellydance is all about body positivity and muscle movement. Dancers like Rachel Brice and Jamilla Al-Wahid frequently incorporate slinky moves like belly rolls, chest slides, and undulations. We all could use more movement in our lives. This class will help you improve your posture, use your core muscles, improve upper body flexibility and build shoulder strength. Come out and learn how to move your body to fusion and body positive artists like Lizzo and Beyonce in a positive, stress-free environment.

Anita Nicholson is an established performer in the Philadelphia Community. In the world of dance, she is a certified bellydance instructor who started in 2001 and went onto study with June Seaney, Tessa Myers, Habiba, Kaeshi Chai (BellyQueen), Oreet (bellydancer of the year) and Zoe Aiki. She specializes in body positivity, teaching veil, cymbals, floor routine and assisting beginners in mastering the basics of the dance.

September 23 - October 7 | $64
3 sessions
Chestnut Hill United, 8812 Germantown Ave.
BEGINNING SALSA
M from 6:00 PM to 7:00 PM
DA07. Mt. Airy’s Salsa literacy has gone through the roof since 2002, and here’s a night dedicated to you! Come learn the basics from Maestro Flaco, known for his patient, novice-friendly style of teaching.

Mark “Flaco” Best
September 25 - October 30
6 sessions
Individual fee | $79
Couples Fee | $135
Flaco’s Dance Factory, 411 Old York Rd, Jenkintown, PA

Flaco’s Dance Factory is located in Jenkintown, Montgomery County and the classes include MALTA students and students from the dance studio.

CLASSIC R&B LINE DANCING!
Tu from 1:00 PM to 2:00 PM
DA08. These dances go back to the days of Dick Clark, The Geater and The Guy with the Goods. We’ll groove to the music of the 60s and 70s learning the line dances from that same period, some of which are still enjoyed in clubs! This class is designed to focus on memory and sequencing, and is low to medium impact.

Mark “Flaco” Best
September 26 - October 31 | $79
6 sessions
North Light Community Center, 175 Green Lane

EVERYONE CAN LINE DANCE
W from 6:15 PM to 7:15 PM
DA12. Learn a variety of line dances. Enjoy a fun-filled experience learning the classics as well as the new, EASY, popular line dances. Enjoy step-by-step instruction for dances commonly enjoyed at parties, on cruises, at clubs! This class is designed to focus on memory and sequencing, and is low to medium impact.

Mark “Flaco” Best
September 26 - October 31 | $79
6 sessions
North Light Community Center, 175 Green Lane

TAP: YOU’VE GOTT RHYTHM!
M from 7:15 PM to 8:15 PM
DA15. Have you always loved tap dancing but haven’t had a lesson? This course is designed for the beginner or intermediate tapper, though all levels are certainly welcome! Participants will be invited to learn and break down some basics of tap dancing (flaps, shuffles, time steps, shim shams) while working on both technique and performance during each class. We’re offering a non-judgmental and non-competitive fun way to work on your technique and build performance confidence!

Laura Cilia has been learning and teaching tap (and other dance) for over three decades! She received classical training from the Anna Marie Dance Studio in Wilmington, DE and the Richmond Dance Academy in Richmond, VA. Laura teaches voice and piano to learners of all ages, and is a community theater enthusiast and performer.

October 16 - December 4 | $109
8 sessions
Unitarian Society of Germantown, 6511 Lincoln Drive

The instructor will reach out to registrants prior to the start of class with information on getting tap shoes, which are required at the first class.

NEW BACHATA FOR SINGLES AND COUPLES
DA09. For those of you who have avoided dance classes because you didn’t have a partner, here’s your chance! Or bring a partner and learn the steps to be able to feel confident on the dance floor. There’s no excuse now! Bachata is one of the newer Latin Rhythms rising in popularity, in no small part because it’s as easy as 1-2-3 (4) and as easy as Merengue, as sexy as Salsa, and as sensual as Tango. It doesn’t take long to become good at this dance. Flaco calls it, “Instant Cool.” After you learn to move, an optional outing to a real Latin night club is also a part of this experience!

Mark “Flaco” Best is a native of Mt. Airy. As a master teaching artist, he holds roster artist positions with such prestigious arts education agencies as Young Audiences of NJ & PA, AIE, Perkins Center for the Arts, Appel Farm and Arts Horizons, and has a long-standing relationship with The Painted Bride Art Center, where he appears frequently. His passion lies in teaching men to dance with the women in their lives.

A. September 27 - November 1
W from 7:00 PM to 8:00 PM
Flaco’s Dance Factory, 411 Old York Rd, Jenkintown, PA

B. September 26 - October 31
Tu from 2:00 PM to 3:00 PM
North Light Community Center, 175 Green Lane

Individual | $79
Couples | $135

BACK TO THE ‘70S DANCE GROOVE
Th from 7:00 PM to 8:00 PM
DA10. The music in this dance class is awesome, so grab your honey and learn to dance together to the music you grew up loving like Steely Dan, Santana, Boz Scaggs, Earth, Wind and Fire and MORE!!! This class will teach you the basic steps of some of the old school dances like Jitterbug, (also known as Jive, Be-Bop or Swing), Cha-Cha & Slow Drag…all the dances we used to do at the basement house parties! Get ready for some fun!

Mark “Flaco” Best
September 28 - November 2 | $79
6 sessions
Flaco’s Dance Factory, 411 Old York Rd, Jenkintown, PA

NEW FOR MEN: LEADING ON THE DANCE FLOOR
Th from 7:00 PM to 8:30 PM
DA11. In this unique dance workshop, you’ll master the art of leading with finesse in various dance styles, including Latin Styling and Ballroom. Whether you’re an experienced dancer aiming to refine your skills or a complete beginner eager to take the first step, this class is a perfect fit! You will unlock your dance prowess and gain confidence on the dance floor. After this class you will be ready to go out and enjoy a night out, or dance at that upcoming wedding or social event. This class is tailored to men however anyone who would like to lead their partner is welcome. Please note: All of our couples dance classes cover the skills of how to lead and how to follow.

Mark “Flaco” Best
September 28 - October 19 | $65
4 sessions
Flaco’s Dance Factory, 411 Old York Rd, Jenkintown, PA

BALLE PAPULS AND TEENS
Tu from 7:30 PM to 8:45 PM
DA14. Have you always wanted to try ballet, or did you take it as a child? This beginning to intermediate ballet class is an opportunity to begin, resume, or continue ballet, stay in shape, and have fun! You will learn ballet vocabulary and through the traditional sequence of exercises at the barre and in the center, you will improve balance, coordination, and flexibility. Enjoy exploring this beautiful art form with a creative and inspiring instructor experienced in teaching adults and meeting them at their level.

Cara King specializes in teaching ballet to adults and creative movement to young children. She completed the Royal Academy of Dance syllabus, participated in summer intensives at the Pennsylvania Central Youth Ballet, and earned a degree in dance from Hope College. After teaching ballet for the Settlement Music School (Germantown), she began teaching residency programs for International Ballet Exchange and at Wissahickon Dance Academy. She loves children, loves the art of dance, which is why she also loves teaching and has loads of fun doing it!

October 3 - November 21 | $139
8 sessions
Wissahickon Dance Academy, 38 E School House Ln.

This class is for ages 14 and older. Please wear comfortable dance/athleticwear and ballet shoes.
’80S AEROBICS
EX01. Remember when exercise was fun? It can be again. Experience this moderate level traditional, ’80s style aerobics class. The easy-to-follow routine is choreographed to a fabulous eclectic mix of music. This one-of-a-kind class is fun and energizing in a supportive and inclusive environment. The philosophy of this moderate level class is to encourage exercisers to work at their own pace and within their own challenges. Bring a mat, water bottle and light free weights if you wish. Beginners are welcome – no stress.
Lisa Klauder has been a fitness instructor for more than thirty years. She has taught corporate and public classes including kids and senior fitness classes. Lisa has a certification in Group Exercise from the Aerobics and Fitness Association of America (AFAA).

A. September 18 - November 13 | $99
M from 6:45 PM to 7:45 PM
no class 10/16
B. September 23 - November 18 | $99
Sa from 8:30 AM to 9:30 AM
no class 10/14
8 sessions
Chestnut Hill United, 8812 Germantown Ave.
Please bring a mat, light weights and a water bottle.

DANCE-IT-OUT! FUN FITNESS ONLINE
EX02. When Fitness is Fun, you’ll keep doing it. When Fitness is Convenient, you’ll keep doing it. When it’s diversified… you won’t get bored. Win-Win! We’ll boogie our way into multiple dance forms in one hour: a little Hip Hop, Old School, Latin, Line, Kickbox dance and our newest Yoga dance with some Xfinity (figure 8) moves for an extra core groove. From warm-up to cool-down, you’ll de-stress, burn calories, energize, tone—all from the comfort of your home. No dance experience needed. Wear loose/stretchy attire. Water and towel close. Smiles and laughter guaranteed.

Gayle Herbert Robinson is an ACE Certified Group Fitness Instructor. She is passionate about making exercise FUN! Gayle brings her positive energy and awesome playlist to every workout, giving you the excitement to keep coming back week-after-week.

September 27 - November 1 | $74
6 sessions
The Comfort of Your Own Home

STRETCH 4 LIFE FOR SENIORS
EX06. This is an inspiring, rejuvenating class which anyone can do. You decide whether you sit or stand. The benefits of stretching are countless, improving flexibility, reducing blood clots, and improving brain function to name a few.

Yvonne Ferguson-Hardin has been in the fitness industry for over 25 years. She is a degreed Fitness professional with certifications in Cancer Exercise, Gerontology, Physical education and more. Changing lives through specialized programming aimed to improve functional fitness in the 55 and over population is her goal.

October 16 - November 20 | $74
6 sessions
Fit Foundation, 47 E High St.
You will need a mat. Wear comfortable clothes and shoes.

XTREME HIP HOP STEP WITH ROBYN
EX04. Xtreme Hip Hop Step combines cardio, the step board, hip hop music and lots of sweat to provide participants with a fresh spin on an old concept. We are making “step” great again. The ultimate goal of Xtreme Hip Hop is to breathe life back into fitness and make it fun for all ages, cultures, genders, and fitness levels.

Robyn Frank has a passion for health, fitness and maintaining an active lifestyle. She is an avid runner and racer from 5ks and obstacle events to ultramarathons. Robyn is a certified personal trainer and Xtreme Hip Hop Step Instructor, group exercise instructor (ACE), and a RRCA Run Coach. Her goal is to get people excited about exercise and help them find joy in movement.

October 26 - December 21 | $99
8 sessions, no class 11/23
Summit Presbyterian Church, 6757 Greene St. at Westview
Bring individual step.

FIT POSSIBILITIES
EX09. This class for ages 50+ allows you to work at your own level as you learn how to move safely and effectively. This program cycles through specific days of balance, strength, cardio, flexibility, agility and body weight sessions. Improve your flexibility, balance, joints, core strength and overall ability to be more efficient in your daily activities!

Yvonne Ferguson-Hardin
October 11 - November 15 | $74
6 sessions
Fit Foundation, 47 E High St.
You will need a mat. Wear comfortable clothes and shoes.

NEW THE ROWZONE FITNESS WORKOUT
EX03. The Rowzone Fitness workout is a unique blend of Concept2 rowing machines and full body toning exercises that rowers are accustomed to. We add in body toning exercises. The upbeat classes are taught by rowers, rowing enthusiasts and trainers, suit all levels and ages, and will challenge your mind and body while giving you a work out that you will never forget. Class is taught by staff of RowZone.

October 2 - November 6 | $90
6 sessions
7 Lock Street, Manayunk
Classes take place outdoors and are weather dependent.

BOXING FITNESS ACTION
EX05. Do you need stress relief? Looking for fitness that gives you a happy high? Put on boxing gloves and do a fun, challenging workout guided by a National Golden Gloves champion. Learn how to throw a real punch and get in some strong kicks. Boxing is considered by researchers to be one of the most effective workouts you can do for overall toning, strength and conditioning. All levels of fitness.

Rochelle Brenner is a Black Belt and full-time martial arts instructor for children and adults. She is also a former amateur boxer and includes training that can challenge every level. She is the owner of Action Karate in Mt. Airy.

September 18 - October 23 | $109
5 sessions, no class 10/9
Action Karate, 11 W Mt Airy Ave.
$59 materials fee payable to Action Karate for boxing gloves and hand wraps.
**KALI STICK TRAINING**  
**Th from 7:30 PM to 8:10 PM**  
**EX06.** Learn basic stick strikes and blocks while developing hand-eye coordination, general coordination, discipline and general athleticism. Kali stick work develops quicker reflexes and reaction times, which is so important for self defense. Being able to react quickly also helps develop balance and response time for simple tasks throughout our daily lives. Single and double sticks will be utilized.  
**Tim Wetzel** is a 2nd degree Black Belt in Kenpo karate with a passion for stick training. He is currently the head instructor at Action Karate Mt. Airy.  
**September 21 - October 19 | $89**  
5 sessions  
Action Karate, 11 W Mt. Airy Ave.  
A $59 materials fee will be required at the first class for sticks and a case.

**FIERCE AND FIT AT EVERY AGE ONLINE**  
**Th from 7:00 PM to 8:15 PM**  
**EX07.** We will use small weights (low impact) to sculpt the arms and the back, some specific exercises to strengthen the core, and a series of muscle confusion workouts to firm up and shape the glutes.  
**Sophie Bernard** has been doing yoga for nearly 18 years. In 2007, she obtained her 200 hour yoga certification in Inner Fire Yoga from Yoga on Main. She is certified in Ericksonian hypnosis to deepen her students’ experiences while following her guided meditations. She is also a Reiki Master.  
**October 12 - November 16 | $79**  
6 sessions  
The Comfort of Your Own Home  
Wear comfortable clothes, bring a small towel, your own yoga mat and hand weights (2 or 3 lb is usually sufficient).

**NEW ADULT CPR/AED**  
**EX11.** This Adult CPR/AED blended learning course equips students to recognize and care for a variety of breathing and cardiac emergencies involving adults. It is designed for students who need a certification that satisfies OSHA workplace or other regulatory requirements. Join this course to learn how to perform high quality CPR and to properly use an AED machine. This course has two parts: the online and in-person portion. The online session will take approximately 2 hours, which you will complete at your own pace. It consists of lectures, videos and a completion quiz. After the online portion is completed participants will receive a notification that they can move to the in-person practice class. The practice class will consist of practicing the correct CPR compressions and using the AED machine. In order to pass the complete course, participants will need to know how to perform the proper CPR compressions.  
**Anna Dayle** has been an educator for the past ten years. She has taught adults and children throughout her career. One of Anna’s favorite classes to teach is CPR; it’s a very important skill to learn. These days emergencies can occur at a moment’s notice and it is important to be prepared!  
**A. November 18 | $85**  
Sa from 11:00 AM to 1:00 PM  
**B. December 9 | $85**  
Sa from 11:00 AM to 1:00 PM  
Students will need to complete the online portion before the in-person class.  
United Lutheran Seminary 7301 Germantown Ave.

**BOUNCE-IT-OUT ON THE MINI-TRAMPOLINE ONLINE**  
**Th from 7:00 PM to 8:00 PM**  
**EX10.** Ready for a fun, safe workout that lets you bounce away stress, while boosting your lymphatic and immune systems—a big bonus? Bouncing on the mini-trampoline aka rebounder promotes drainage through motions and muscle contractions that you usually wouldn’t get from other types of exercise! Rebounding increases the circulation of your lymphatic fluids, which helps drain toxins and other buildup from your body so your immune system can do its best work. Often used in rehab centers, it’s great on joints: Students will need to have their own trampoline.  
**Gayle Herbert Robinson**  
**September 28 - November 2 | $74**  
6 sessions  
The Comfort of Your Own Home  
Suggested trampolines: 38-inch rebounder (springs) available at Dick’s or a 40-inch Darchen (bungee) available at Amazon.

**YOGA/PILATES MIX**  
**Th from 6:30 PM to 7:30 PM**  
**EX13.** Stretch the muscles of the core with yoga, then strengthen the muscles with Pilates. This is a great combination for the body and mind. Suitable for those familiar with yoga and athletic beginners. Bring a mat.  
**Christopher Coan** is a certified Pilates and Kripalu Yoga teacher with nearly a decade of experience. His classes are influenced by martial arts study, Buddhism and various healing modalities such as acupuncture and Ayurveda.  
**October 5 - November 30 | $99**  
8 sessions, No Class 11/23  
Summit Presbyterian Church, 6757 Greene St. at Westview

**ALL ABOUT MEDICAL CANNABIS AND CBD**  
**W from 6:00 PM to 8:00 PM**  
**MB30.** Everywhere you look today you see CBD advertised for a myriad of symptoms. But how do you know if your products are clean and safe? Each of us have an Endocannabinoid System and CBD receptors that work together to provide alleviation of symptoms and promotion of well-being. CBD and other cannabis products can address a myriad of symptoms including pain, anxiety, seizure activity, muscle spasm and others. This course will cover the process of obtaining a legal medical cannabis card, and how to choose the appropriate medicine for what ails you.  
**Barbara Ochester,** EdD, MSN BSN, RN, began her professional career as a Registered Nurse over 48 years ago. Barbara currently works at the Pacific College of Health and Sciences, teaching in the medical cannabis track.  
**December 6 | $35**  
NewCourtland’s Germantown Campus, 6950 Germantown Ave.

**NEW EXPLORE YOUR BODY’S CORE**  
**W from 10:00 AM to 11:00 AM**  
**EX12.** Have you ever wondered what people mean when they say your core? Learn first and foremost what your core is and how to safely engage it! Starting from the basics of breath work, this series will help improve posture, balance, breathing, and most importantly help prevent injuries! Learn anatomy and how to correctly activate your core muscles in your pelvis, back, hips and stomach to stay safe during daily activities, exercise, and hobbies. Work on preventing injuries and health conditions down the line to save on health care costs! Learn from and receive in-person feedback by a licensed physical therapist with extensive experience working with all ages. This is not a strenuous exercise class. It is a thorough introduction on how to strengthen your core to work in harmony with your body.  
**Tracy Galek,** PT, DPT, graduated from Thomas Jefferson University in 2017 with her Doctorate of Physical Therapy degree. She specializes in orthopedic and neurological conditions and is LSVT BIG certified for people with Parkinson’s disease. She strives to empower her clients to have an active role in their health and wellbeing to achieve 100% of their goals.  
**October 11 - November 1 | $64**  
4 sessions  
Grace Epiphany Church, 224 East Gowen Ave,  
There is a $15 materials fee payable to the instructor for resistance bands. Please bring a yoga mat or pad to class.
**NEW PHYSIOSYNTHESIS**
Th from 10:00 AM to 11:00 AM

**EX16.** Physiosynthesis is a movement practice developed by an osteopath Amy Cochrane in the 1960s to improve posture and alignment. The work involves teaching the intrinsic musculature, our small, inner muscles, to animate and strengthen as an organized system. At the same time, this movement practice re-educates the larger muscles, the extrinsic system, to soften and relax. Our larger muscles tend to gather more strength than the deeper musculature. This process of the outermost fibers of the body hardening while the intrinsic system weakens accounts for the structural distortions commonly associated with aging. People that do this practice on a regular basis feel lighter, have access to better breathing, and most notably, enjoy a greater ease in everyday movements.

Joy Carey has been a Structural Integrator, also known as Rolfing, for 13 years. Structural Integration is a bodywork and movement practice that realigns the connective tissue in the body so that the bones of the skeleton line up again. The movement work that accompanies manual skills is called Physiosynthesis.

**September 21 - October 26 | $79**
Mt. Airy Axis, 520 Carpenter Lane

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**NEW CREATE TRADITIONAL AFRICAN BATIK & ADIRE TEXTILES**
Sa from 1:00 PM to 4:00 PM

**AC33.** Take a creative journey into the world of batik and adire (tie and dye) textile-making. Drawing inspiration from his Yoruba roots and Nigerian heritage, Muyiwa, an expert in the field, will guide you through the process of using wax and dye to create intricate patterns and motifs. Students will start by applying hot wax to 100% cotton fabrics to create patterns, then immerse them in vibrant dyes. Finally, we’ll carefully remove the wax, revealing beautiful, colorful designs. Discover the influence of African culture as you explore the vibrant world of African textiles that hold deep cultural significance. You may infuse your designs with your unique voice, or use African patterns to create beautiful cotton fabric or a cotton shirt. By the end of the class, you’ll have crafted textiles that reflect the beauty and essence of African traditions.

Muyiwa Togun is the Founder and CEO of Roy Urban Collection (RUK), an African textile, art and fashion manufacturer and brand. He is a self-made artist, textile and fashion designer, pulling inspiration from my Yoruba roots and my lived experience as a Nigerian youth navigating poverty, systematic oppression, and assimilation into a new culture as a recently immigrated resident to the United States.

**October 28 | $95**
Students of this class may attend the Tour of Barbara Bullock: Fearless Vision, TW32, for no additional cost.

Woodmere Art Museum, 9201 Germantown Ave.

There is a $30 materials fee payable directly to the instructor at the class.

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**DUST OFF YOUR SEWING MACHINE**

**AC01.** Do you have a sewing machine you inherited or bought years ago but never opened? Maybe you’re thinking of getting one? Here’s your chance to learn the basics of a sewing machine: threading, tension, needles, thread, and basic maintenance. We’ll address simple clothing repairs such as hemming and re-stitching a seam. Students will complete an easy craft project in class.

Bea Quindlen loves to share what she’s discovered and pass on the joy of crafting. In fact, she’s teaching four of our crafts classes this term.

**A. October 14 | $49**
Sa from 10:00 AM to 1:00 PM

**B. October 14 | $49**
Sa from 2:00 PM to 5:00 PM
Grace Epiphany Church, 224 E. Gowen Ave.

Bring your own WORKING sewing machine. Instructions for testing your sewing machine will be sent out two weeks prior to class. Needles, thread, scissors, and fabrics will be provided. For ages 18 years old and up.

$10 materials fee payable to the instructor.

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**DUST OFF YOUR SEWING MACHINE AND GET CRAFTY PART II**

**AC02.** This class is a follow up to “Dust Off Your Sewing Machine and Get Crafty Part I”, but can be taken independently. Expand your crafting repertoire with several easy zipper items such as a pocketbook, tote bag, pouches, etc. Projects will highlight different methods of sewing zippers and how to customize future projects. Several items will be completed in class while other items will be demonstrated as take-home projects.

**Bea Quindlen**

**November 18 | $49**
Grace Epiphany Church, 224 E. Gowen Ave.

Students must be comfortable using their sewing machine, i.e., able to deal with threading upper and lower thread/bobbin, and sewing a straight seam. For ages 18 years old and up.

$20 material fee for supplies is payable to the instructor.

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**NEW IMPROVE YOUR POSTURE: LIVE LONGER AND STRONGER**
Th from 11:00 AM to 12:30 PM

**EX15.** Posture is an integral part of your health and it plays a significant role in moving with ease and efficiency. Begin to reverse the aging process by realigning your body with gentle exercises that will help you lengthen and strengthen. Range of motion, balance, stability and accessible strengthening exercises will be included to leave you invigorated and upright. All levels welcome and modifications are happily provided.

Nicole Rodriguez is certified in Exercise Therapy Skills and Posture Alignment through the Egoscue Institute. She worked as an exercise therapist before opening Pain Free Philly. She was disabled in a car accident and a chronic pain sufferer for years until she was healed by corrective exercises. Nicole works with clients privately and semi-privately at MovementRx Studio in Wynnewood, where she teaches strengthening/cardio and dance fusion classes.

**October 19 | $32**
Grace Epiphany Church, 224 E. Gowen Ave.

Please bring a yoga mat and a blanket to class.
NEW INTRO TO EASTERN WOODLANDS BEAD EMBROIDERY
Sa from 1:00 PM to 4:00 PM
AC37. Celebrate Native American Heritage Month by designing and executing an original piece of bead embroidery using traditional Lenape techniques. Students will learn and create a traditional floral embroidery on a black background. Clan Mother Teri Hislop teaches in the traditional way, not "lecture style," but rather, "demonstrates as we go" with everyone around the table working and talking. Explore Lenape beading and discover how this art form has been used to illustrate stories and teachings of Lenape culture.

Clan Mother Teri Hislop is a tribal member of the Lenape Nation of Pennsylvania and Keeper of Traditional Craft. She tells stories through her illustrative beadwork and other traditional crafts such as pine needle basketry. She is also an instructor of the Lenape language.

November 4 | $49
Woodmere Art Museum, 9201 Germantown Ave.
$10 materials fee payable to the instructor.

NEW WEAVE A BREAD BASKET
Sa from 12 N to 4:00 PM
AC03. Weave a multi-use square basket! This is a great class for beginning basket weavers. Weave a 10" x 3" basket that can be used for bread, rolls, napkins, mail, keys and more. Students will learn to weave a filled bottom, square the base, start and stop weave and a matchstick border. Moderate hand strength is required.

Sara Robbins is a Mt. Airy native and an award winning fiber artist who has been weaving baskets for over 25 years and 5 years ago discovered loom weaving. Sara is a member of the Philadelphia Guild of Handweavers.

October 21 | $59
Chestnut Hill Friends Meeting, 20 E. Mermaid Lane
$15 materials fee payable to the instructor. Class starts promptly at 12PM.

DRAWING: DESIGNING CHARACTERS ONLINE
M from 7:00 PM to 8:00 PM
AC04. If you’re inspired by animation, comics, video games or manga and wish to develop your own characters and stories, this workshop is for you. Create your own original character from hand-drawn sketches and leave class with a series of finished drawings and further knowledge of these exciting pursuits. Characters are brought to life by emphasizing emotions through facial expression and action through full body gesture drawing. Students will explore props and accessories to create a convincing personality for their characters. Design elements such as proportion and silhouette will be introduced and will serve to refine the character’s individual identity and story. Appropriate for all artistic levels. Teens are welcome to join the class!

Katrina Kopeloff is an illustrator and art educator. She’s been teaching pre-college high school classes at Temple University as well as college level courses at Moore College, La Salle University, and elsewhere. She loves connecting with the community and getting people excited about drawing.

October 16 - November 6 | $59
4 sessions
The Comfort of Your Own Home

FUN WITH WATERCOLOR TECHNIQUES
F from 10:00 AM to 12 N
AC05. If you have always wanted to paint with watercolors, but have been afraid to try, this course is the perfect place to start. It’s geared for beginners. Learn several tricks to creating beautiful watercolors even if you have never painted 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 artist and art teacher for several decades. She is particularly inspired by nature and begins most of her work with drawing and observation from life. Rebecca loves to share her experience and enthusiasm to help students tap into their creativity.

October 6-27 | $89
4 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.
BYO materials or buy them from the list provided upon registration.

WATERCOLOR AND DRAWING FOUNDATIONS
Tu from 1:30 PM to 3:30 PM
AC07. 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 will begin to recognize good composition and achieve it. 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
October 3-31 | $110
5 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.
A supply list will be attached to receipt email.

MAKE ART MAKES US SMARTER: PASTELS
Th from 1:30 PM to 3:30 PM
AC06. 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 make this medium fun and exciting. We will be working in a safe, air-filtered room, and masks will be strongly recommended to protect our health. A materials list will be provided upon registration.

Marcia Jones MFA is a teaching artist 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. Marcia’s primary mediums are watercolor and pastel. Her work can also be seen at Le Bus in East Falls, and in private collections.

Marcia Jones
September 28 - October 26 | $110
5 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.
BYO materials or buy them from the list provided upon registration.
APPRECIATING OUR FACES: ALL KINDS OF PORTRAITS
Tu from 9:00 AM to 11:00 AM
AC29. Our faces are so special, just like we are so special! Our faces show both our uniqueness and our commonality. We will get to celebrate and explore this in these portrait workshops. We will begin by looking at a range of inspiring artwork, and learning about the basic proportions of a face. Then you will get to work on your own portrait, of yourself or someone else, using references, like models of the skull, master drawings and paintings, and photos. You can work on creating a likeness, make something wild and abstract, or do anything in between. You are invited to draw, paint, collage, or build with any materials you would like. Participants will get to enjoy working in Mindy’s studio, and will need to wear masks.

Mindy Flexer is a professional artist and certified art teacher. She takes each student seriously as an artist and works to help each one meet their own artistic goals. She loves sharing her passion for art with people of all ages and walks of life, and believes in the power of art to transform people, communities, and the world. She has taught with MALT since 2009!

September 19-26 | $49
2 sessions
Mindy Flexer Art School, §225 Greene St.
$5 Materials Fee payable to the instructor for use of studio supplies.

CALLIGRAPHY
Sa from 10:00 AM to 1:00 PM
AC08. Add some flair to your signature, some pizzazz to your greeting cards! Don’t worry—we’re not going to recreate an ancient manuscript! Learn how to use a calligraphy marker, basic strokes, shapes, and formats. Students will do some practice exercises then develop their own alphabet script. Each student will take home 3 double-point pens and exercise sheets plus have access to an on-line library of class materials.

Bea Quindlen
November 4 | $49
Wesley Enhanced Living, 6300 Greene St.
$10 materials fee payable to the instructor. Additional pens may be purchased for $2 each.

INTRODUCTION TO ZENTANGLE®
Tu from 6:30 PM to 8:30 PM
AC10. Learn 4-6 basic Zentangle-inspired designs. This art form is relaxing, creative, meditative and quite fun. Each structured pattern will be broken down into small steps, and what results are beautiful, creative and unique images. Tangles are created on small paper tiles using a special black drawing pen. You will leave class with one or two completed tiles and new skills to continue tangling on your own. No talent or experience is needed. The Zentangle® Method was created by Rick Roberts and Maria Thomas.

Mindy Shapiro
October 24 | $32
Summit Presbyterian Church, 6757 Greene St.

DRAWING AND PAINTING FOR ADULTS
Tu from 9:00 AM to 11:00 AM
AC30. Come to Mindy’s studio, where you can work indoors, masked, or outdoors, unmasked. It’s been a great place for making all kinds of art! This class is for teens and adults who want to develop their drawing and painting skills and hone their artistic vision. The focus will be on representational art work, but abstraction, invention, and three-dimensional projects will also be options. You will get to choose your own drawing and/or painting projects and materials, with as much guidance or freedom as you would like. Beginners, seasoned artists, and everyone in between are welcome. Come join this relaxed, supportive community of artists cheering each other on, learning from each other, and creating an artistic home together!

Mindy Flexer
October 24 – November 21 | $120
5 sessions
Mindy Flexer Art School, §225 Greene St.
If you would like to paint, you may bring your own materials or use the acrylic paint at the studio for a $10 fee.

PAPERCUT CARDS: CHRISTMAS, HANUKKAH AND KWANZAA
Sa from 9:00 AM to 12 N
AC09. Create holiday cards using templates provided by the instructor or design your own! Learn how to cut with an x-acto knife and create your own design. Students will craft holiday cards suitable for reproduction. You can choose a particular holiday or make cards for all three. For ages 12 to adult.

Mindy Shapiro is a papercut, Zentangle® and book artist. Mindy’s love language is her art and she strives to share that with others through her work, teaching, engagement and communication. Mindy has taught with MALT for over 25 years!

November 16 | $32
Summit Presbyterian Church, 6757 Greene St. at Westview
$10 materials fee payable to the instructor. Additional pens may be purchased for $2 each.

NEW UNLEASH YOUR CREATIVITY WITH NEUROGRAPHIC ART ONLINE
Sa from 1:00 PM to 3:30 PM
AC11. You will learn an innovative drawing process based on neuropsychology that was developed in 2014. Each class will focus on a different therapeutic theme and composition that will induce a peaceful state of mind so you can dissolve an upset, access messages from spirit, and unleash your creativity. No drawing experience is necessary.

Djuna Wojton BFA is a certified level two neuropsychica practitioner. She is also a spiritual healer with over three decades of experience teaching reiki, guiding people into their past lives, and doing private sessions for people worldwide. She is the author of Karmic Healing: Clearing Past-Life Blocks to Present-Day Love, Health, and Happiness, and Karmic Choices: How Making The Right Decisions Can Create Enduring Joy.

September 30 - October 14 | $64
3 sessions
The Comfort of Your Own Home
Supply list will be provided when you register.

EXPLORING OUTDOOR PAINTING
Sa from 9:00 AM to 12 N
AC12. Paint in the great outdoors! We meet in a different place each Saturday morning – in the woods, on the street, and always a couple of water sites to give variety and challenges. Some experience painting would be helpful and instruction will be tailored to each person. Oil, watercolor, pastel, or gouache are all good candidates for outdoor painting.

Liese Sadler has been an oil painter since 2012, learning to paint outdoors thru workshops, classes and 9 years of weekly “paint outs” as a member of the Plein Air Painters of Salisbury, NC. She is also a studio painter of still life and portraits. Her goal is to spark interest in outdoor painting and to help make the artform approachable for everyone.

October 7-28 | $125
4 sessions
Pastorius Park
Rain dates will be held on the Sunday of that week.
A list of material suggestions and locations will be emailed to painters.
EXPRESSIVE COLLAGE
F from 7:00 PM to 9:00 PM

**AC13.** Get your emotions and creative juices flowing, express your artistic vision or simply let your subconscious guide you as you combine images and colors to produce a work of art. Expressive collage is fun, playful and for everyone who wants to create 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. You are welcome to bring your own photographs, magazines and papers to class, but know that everything you need to create work will be provided. Rebecca has a vast collection of magazines, wrapping papers, newspapers and calendars. Scissors and glue will be provided as well.

Rebecca Hoenig
November 3-10 | $49
2 sessions
Summit Presbyterian Church, 6757 Greene St. at Westview

DIGITAL CAMERAS: SLRS & MIRRORLESS
M from 7:00 PM to 9:00 PM

**AC14A.** Do you have a digital SLR but keep it on auto everything? Trying to get the most out of your camera but you don’t know what all the buttons do? Bring your camera and learn how to take more control over your photography. Be sure to charge your battery before each class. Your camera must have the following letters on the top dial: P, M, A, & S or P, M, Av, & Tv.

Nicki Toizer was the Technical Director at MALT for ten years. She has loved photography for more than 25 years and enjoys teaching others how to use their cameras.

A. October 23 - November 6 | $64
M from 7:00 PM to 9:00 PM

B. October 26 - November 9 | $64
Th from 7:00 PM to 9:00 PM
3 sessions
MALT Office, 6601 Greene St.
Optional $20 materials fee for book and hand-outs payable to the instructor.

DEVELOPING YOUR PHOTOGRAPHER’S EYE
Th from 7:00 PM to 9:00 PM

**AC15.** Would you like to improve your digital photography? Practice different compositional techniques each week. We’ll review at least one image that worked and one that didn’t for each student every week. Familiarity with your camera and how to change settings is required, although we will do some review in class. All camera types welcome—please bring them to class each week.

Nicki Toizer
September 28 - October 12 | $64
3 sessions
MALT Office, 6601 Greene St.
For the first class, bring in a flash drive or media card with: 1) One of your favorite photos; 2) One or two images that didn’t work out quite so well, all taken with the camera you plan to use in class.

NEW AIR DRY CLAY: POTTERY WITH A TWIST!
Sa from 2:00 PM to 4:00 PM

**AC17.** If you love painting with a twist, then you don’t want to miss this one of a kind Air Dry Clay Workshop. Using your hands you’ll create one of a kind jardinières (miniature pots for plants, jewelry, or potpourri) using colored clays, acrylic paints, and stunning jewel tone decoupage paper to add a touch of elegance. Amaze your friends and family with these artistic holiday gifts. No experience necessary to join the party!

**Jojo Gass** is an abstract expressionist who has taken her love for ceramics, candles and plants to create Art Fusion Designs. Currently she is a pottery student of award-winning ceramic artist Jimmy Clark

December 2 | $32
Grace Epiphany Church, 224 E. Gowen Ave.
There is a $10 materials fee payable to the instructor at the class.

COLOR FROM NATURE: BOTANICAL INK WORKSHOP
Su from 2:00 PM to 4:30 PM

**AC18.** Using hands-on experience, learn candle making and get instruction on candle safety, marketing, and creativity in the craft industry. Learn the basics of the soy wax method and why it’s so popular. We will also discuss other waxes. These new skills will help you create gifts for family and friends, and enjoy the benefits of aromatherapy from beautiful candles.

Kaniesha Thomas, MSW has been an entrepreneur for the last four years. The mission of her business is to create art that embodies spirituality, healing and self care.

**November 11 | $44**
Grace Epiphany Church, 224 E. Gowen Ave.
$10 materials fee payable to the instructor.

NEW CUSTOMIZE YOUR OWN LIP GLOSS
W from 6:30 PM to 8:00 PM

**AC19.** Let’s make our own lip gloss in this engaging and informative workshop. We’ll provide step-by-step guidance, recipes, vendors, and empowerment to create your own unique lip glosses that reflect your style and personality. You will make several lip glosses that you can keep or gift to your friends. Teens and adults are welcome.

Cheri Skipworth is the owner of the HandmadeU Studio. HandmadeU inspires creativity in others through offering a monthly craft subscription box as well as craft workshops. Cheri has been an avid crafter for more than 30 years and has been teaching arts and crafts for more than 20 years.

**November 8 | $32**
Mt. Airy Axis, 520 Carpenter Lane
$20 Materials Fee Payable to the Instructor
MAKE YOUR OWN BODY BUTTER AND SUGAR SCRUB

Sa from 10:00 AM to 12:30 PM

AC21. Looking for products to exfoliate and moisturize your skin? We will spend our time together learning to formulate our own recipe and how to mix butters, oils and waxes to create a silky smooth body butter and a whipped soap sugar scrub. Ingredients will be included in the supply fee.

Cheri Skipworth

December 9 | $32
Wesley Enhanced Living, 6300 Greene St.

$25 material fee payable to instructor.

Bring a hand mixer if possible.

COLD PROCESS SOAP MAKING

Sa from 12:30 PM to 4:00 PM

AC22. Leave with 2 lbs. of your own customized soap incorporating oils such as coconut, olive, palm and cocoa butter with lye and water. The lye goes through the chemical reaction of saponification and is not present in the end product. This hands-on class will give you an overview of the process along with handouts to help your success making more in the future. After the soap has “cured,” you will have hard, cleansing, lathering, moisturizing bars of soap. Give as gifts or keep for yourself.

Dora Johns has been a registered nurse for more than thirty years and uses her science and math skills in her cold process soap making classes. Dora has been teaching soap making to Mt. Airy Learning Tree students since 2014!

November 11 | $49
Wesley Enhanced Living, 6300 Greene St.

$43 materials fee payable to the instructor.

FUSED GLASS JEWELRY MAKING

W from 7:00 PM to 9:00 PM

AC23. Make a colorful and unique piece of jewelry with the fused glass process which layers and melts cut glass together for luminous results. You will leave the class with pendants, pins, earrings and/or rings. This is a fun way to build up your jewelry collection or make gifts for friends.

Bella Mosaic Art is the only studio in Philadelphia dedicated to the ancient art of mosaic. Artist run and operated, we offer classes, facilitate community art projects, and create commissions.

December 13 | $49
Bella Mosaic, 6780 Germantown Ave.

$25 materials fee payable to the instructor.

NEW FUSED GLASS MENORAH AND ORNAMENTS

Su from 10 AM to 12:00 PM

AC24. Get creative with fusible glass and make heirlooms for your holiday rituals! In this fun class, participants will learn how to cut and layer glass with beautiful and unique results. Choose to make either a three 2.5 inch ornaments or a menorah. Artwork will be fired in a kiln and available for pick up later in the week.

Bella Mosaic Art

December 3 | $49
Bella Mosaic, 6780 Germantown Ave.

$30 materials fee payable to the instructor.

NEW FUN AND FUNKY CLAY EARRINGS

W from 6:30 PM to 8:30 PM

AC26. In this workshop, you will learn the fundamentals of creating beautiful polymer clay earrings. We will cover essential techniques, design principles, and tips to help you unleash your creativity and produce stunning wearable art. By the end of the workshop, you will have completed several pairs of polymer clay earrings and gained the knowledge to continue creating on your own.

Cheri Skipworth

November 1 | $32
Grace Epiphany Church, 224 E. Gowen Ave.

$15 materials fee payable to the instructor.

DESIGN YOUR OWN JEWELRY WORKSHOP FOR BEGINNERS

Sa from 11:30 AM to 4:00 PM

AC25. Design beautiful jewelry out of semi-precious stones, freshwater pearls and crystals. Learn how to make a pair of earrings using three essential tools. Learn to choose the proper beading wire for your necklace while attaching a clasp. Gain an introduction to basic wire wrapping techniques and terminology. Find out how best to navigate your way around a bead shop. Numi teas and delicious vanilla boutique cupcakes will be served!

Y’vonne Page-Magnus has many years of experience in this field. She has a BA in Fine Arts from the Inter-Continental University in London where she learned jewelry making, knotting and silk threading from a private instructor. She also studied geology on her own and is deeply passionate about semi-precious stones.

October 28 | $32
Grace Epiphany Church, 224 E. Gowen Ave.

$30 material fee payable to instructor for semi-precious stones and jewelry findings.

DESIGN YOUR OWN JEWELRY WORKSHOP FOR INTERMEDIATE LEVEL

Su from 1:00 PM to 4:00 PM

AC27. Learn the basics of knitting. Students will learn how to cast on, knit, purl, and bind off, as well as, knitting terminology, stitches and basic fixes. Bring about 100 yards of a worsted weight yarn and size 7 or 8 straight or circular needles to class.

Nancy Sullivan has been knitting for ten years and has worked at a knitting shop where she frequently helped countless customers with their projects. She is always eager to share her love of knitting with others.

October 29 - November 12 | $59
3 sessions
Wesley Enhanced Living, 6300 Greene St.

KNITTING 101

Tu from 7:00 PM to 8:30 PM

AC28. Ready to take your knitting to the next level after completing knitting 101? Students who know how to perform the basic knit and purl stitches can take this class. You will learn how to make your own scarf and hat using a simple pattern, just in time for winter! Required materials will be sent to students upon registering.

Nancy Sullivan

November 21 - December 12 | $69
4 sessions
Wesley Enhanced Living, 6300 Greene St.
NEW CREATE ACRYLIC POUR PAINTING - DUTCH POUR TECHNIQUE
Sa from 2:00 to 4:00 PM
AC34. Explore the concepts of pour painting, you will learn how to manipulate the paint using Julie’s favorite technique—the Dutch Pour. Using step by step instructions, we will mix our colorful paint and prepare our canvas. This technique uses thinner paint and opens up creativity as you interact and move the paint across the canvas. The results will astound you! Please bring a hairdryer with an attachment with you to class. Everyone has talent inside themselves. Be sure to wear your painting clothes. Julie Potter has been making art since she was old enough to hold a crayon. She has a BS in Interior Design, with a minor in Fabric Design. Julie has taught different styles of art to Boy Scouts, Girl Scouts, church groups, ladies retreats and more. She believes everyone has creative ability within themselves. Be sure to wear your painting clothes. Julie Potter October 12-19 | $49 2 sessions Mt. Airy Axis, 520 Carpenter Lane
There is a $45 materials fee payable to the instructor.

NEW MAKING GIFTS FROM PAINT SKINS
Th from 6:30 PM to 8:00 PM
AC35. A paint skin refers to the paint that runs off of a picture you create through pouring techniques. Instead of a canvas, we will pour paint directly onto a piece of parchment paper, manipulating the paint to make designs on the paper. In week 2, we will cut out shapes from the paper to use to make gifts such as a book cover, necklace, earrings, magnets, and phone pop sockets. Wear painting clothes. All materials will be provided at class. Wear painting clothes. This class is for all levels of adult students.

Julie Potter October 12-19 | $49 2 sessions Mt. Airy Axis, 520 Carpenter Lane
There is a $45 materials fee payable to the instructor.

INTRO TO VIOLIN AGES 4-9
Th from 6:30 PM to 7:00 PM
KD03. Introduce your child to the world of music with this fun, interactive violin class. Learn how to hold the violin, use the bow and finger the notes. Explore more musical concepts through rhythm, and other play-based activities. No instrument required. Each child can use a school violin at the lesson.

Offered by the staff of Chestnut Hill Music Academy under director Mickey Leone.

CHMA is a full service school in Chestnut Hill providing private lessons and training on all instruments and voice to all ages.

October 19 - November 9 | $44 4 sessions
Chestnut Hill Music Academy, 22 E. Chestnut Hill Ave.

CREATIVE MOVEMENT / PRE BALLET AGES 3-5
M from 3:30 PM to 4:30 PM
KD02. This class encourages students to explore their creativity and imagination during activities that develop gross motor skills, coordination, strength, flexibility, and balance. Students are introduced to the structure of dance in a fun environment. Students learn ballet steps, short choreography for an optional performance and get a strong foundation for future ballet training. Please wear a leotard, tights, and ballet shoes.

Christina Castro-Tauser is the founding director of Expansions Contemporary Dance Ensemble and Executive Director of International Ballet Exchange. She earned her MFA at Temple University and was the recipient of the Rose Vernick MFA Choreographic Achievement Award. Christina is an adjunct faculty at Temple University and Teaching Artist for Taller Puertorriqueno. In January of 2023, she became the owner of Wissahickon Dance Academy.

October 2 - November 6 | $108 6 sessions
Wissahickon Dance Academy, 38 E School House Ln

BEGINNING PIANO AGES 5-10
Th from 7:00 PM to 7:30 PM
KD04. Piano is a wonderful first instrument for children. Easier than many, you just press a key and it sounds great. Plus the layout of white and black keys makes an understanding of the basics of music visually understandable, even to kids. Learn proper posture, hand positions, the musical alphabet, the math of music, basic note reading and much more.

Offered by the staff of Chestnut Hill Music Academy under director Mickey Leone.

October 19 - November 9 | $44 4 sessions
Chestnut Hill Music Academy, 22 E. Chestnut Hill Ave.

NEW BROADWAY MUSICAL THEATER: “WILLY WONKA KIDS” AGES 8 -16
M from 4:30 PM to 6:00 PM
KD06. This is the original Broadway show, Willy Wonka, adapted just for kids ages 8-16. Children will learn choreography, songs and dialogue and put on a performance for parents and friends in our auditorium. Children will also help with costumes, sets and props. Costumes, scripts and music are included. “Willy Wonka Kids is performed through special arrangement with and all authorized materials are supplied by Music Theatre International. NYC. Final performance will be on Nov. 27.

Kim Williams has been teaching drama, dance and creative arts for over 35 years in Philadelphia Area after school programs. She is the artistic & managing director of Mt. Airy Performing Arts and is a theatre director and choreographer in many area schools.

September 18 - November 27 | $225
Mt. Airy Performing Arts, 230 E. Gowen Ave.

Support our mission-driven non-profit with a tax-deductible donation!
Visit: mtairylearningtree.org
BEGINNING GUITAR
AGES 5-10
Th from 7:30 PM to 8:00 PM
KD05. Has your child been asking about guitar? All the basic elements of guitar playing will be introduced in this fun class. Work on easy chord strumming and accompanying all types of music from Rock to Pop to Gospel and Country. Then we’ll do a quick intro of note reading and playing so kids can learn what all those little dots mean. Students need to have their own instrument.

Offered by the staff of Chestnut Hill Music Academy under director Mickey Leone.

October 19 - November 9 | $44
4 sessions
Chestnut Hill Music Academy, 22 E. Chestnut Hill Ave.

NEW BOOKMANIA! FOR CHILDREN AND TEENS
Sa from 10:30 AM to 12 N
KD07. In this workshop, participants will get to make their own simple books! Make a Japanese-style accordion book, a flipbook, a tunnel book, or a story book. These simple yet satisfying structures can be used for many different purposes. Artists can draw, paint, or collage to turn their books into what they want them to be. Everyone is invited to use the power of the book to tell their own story! Participants will get to enjoy working in Mindy’s studio, and will need to wear masks.

Mindy Flexer is a professional artist and certified art teacher. She takes each student seriously as an artist and works to help each one meet their own artistic goals. She loves sharing her passion for art with people of all ages and walks of life, and believes in the power of art to transform people, communities, and the world. She has taught with MALT since 2009 and we are happy to be offering her classes again at her studio!

September 23-30 | $49
2 sessions
Mindy Flexer Art School, 5225 Greene St.
$5 Materials Fee payable to the instructor for use of studio supplies. This workshop is intended for kids ages 7+, younger children may attend with instructor’s permission.

NEW HOLIDAY PRINTMAKING EXTRAVAGANZA!
Su from 10:30 AM to 12 N
KD08. Come experience the magic of printmaking! You will be able to make multiple cards, for the holidays or everyday occasions, quickly and easily for all of your loved ones. You can use stamping, stenciling, relief printing, and monoprinting. Good old drawing, painting, and collageing are also options. Come create and have fun! Participants will get to enjoy working in Mindy’s studio, and will need to wear masks.

Mindy Flexer
November 12-19 | $49
2 sessions
Mindy Flexer Art School, 5225 Greene St.
$5 Materials Fee payable to the instructor for use of studio supplies. This workshop is intended for kids ages 7+. Younger children may attend with instructor’s permission.

NEW PROST! OKTOBERFEST AND LAGERS BEER CLASS AT ATTIC BREWING CO.
Tu from 6:00 PM to 8:00 PM
CK15. Come visit Germantown’s Attic Brewing Co. and learn about how they brew their award-winning beer and what makes this neighborhood-focused brewery so cool. You’ll get to sample beers with the owners as they share their knowledge of beer styles, ingredients, and brewing processes. Plus you’ll learn a bit of the history of beer. Participants will also receive a logo pint glass and 20% coupon for to-go beers to take home after the class. NOTE: Participants must be 21+.

Laura Lacy is the Co-Owner of Attic Brewing Co. in Germantown. After working thirteen years for a major fashion retailer, she decided she wanted to be her own boss. Together with her husband Todd, she opened Attic Brewing Co. in January 2020. She’s the business mind behind the brewery and prioritizes the company’s community involvement and inclusive company culture.

November 25 | $25
Attic Brewing Company, 137 Berkeley Street
Please bring $20 materials fee payable to Attic Brewing Company to class.

GO BEHIND THE SCENES AT ATTIC BREWING CO.
Sa from 12:00 to 2:00 pm
CK16. Come visit Germantown’s Attic Brewing Co. and learn about how they brew their award-winning beer and what makes this neighborhood-focused brewery so cool. You’ll get to sample beers with the owners as they share their knowledge of beer styles, ingredients, and brewing processes. Plus you’ll learn a bit of the history of beer. Participants will also receive a logo pint glass and 20% coupon for to-go beers to take home after the class. NOTE: Participants must be 21+.

Laura Lacy is the Co-Owner of Attic Brewing Co. in Germantown. After working thirteen years for a major fashion retailer, she decided she wanted to be her own boss. Together with her husband Todd, she opened Attic Brewing Co. in January 2020. She’s the business mind behind the brewery and prioritizes the company’s community involvement and inclusive company culture.

November 25 | $25
Attic Brewing Company, 137 Berkeley Street
Please bring $20 materials fee payable to Attic Brewing Company to class.
**NEW WINE TASTING: CHIANTI CLASSICO**

W from 7:00 PM to 9:00 PM

**CK01.** There was a time when mentioning “Chianti” conjured up images of cheap red wine in fiascos - large, round bottles with straw casings. This class, however, will disabuse you of any such notions, and instead focus on Chianti Classico, and several iterations of the highly renowned and regarded toast of Tuscany. We will sample Classicos from a variety of producers from the region’s many subzones. Join us for a delightful evening of libation and learning about this stalwart of Italy’s wine culture.

**Rodney Chonka** has lived, studied, taught and traveled in both Italy and France. He has toured wineries throughout Europe and the US and has led wine tastings at MALT since 2009.

- **October 25 | $32**
- **November 1 | $32**

Cliveden Carriage House, 6401 Germantown Ave.

$13 materials fee payable to the Instructor

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**INTRODUCTION TO TEA**

Th from 6:30 PM to 8:30 PM

**CK02.** Discover the world wide of tea, its history and its wondrous varieties. We’ll talk about how teas are processed, from the time the leaves are plucked until they are shipped. We will touch on the primary tea processing regions around the world, guidelines for brewing different types of teas, and the health benefits of tea. We will of course be brewing and tasting various types of teas.

**Howard James** is a former co-owner of Tea Country, LLC, a provider of gourmet loose-leaf tea. He has studied the tea industry since 1999. Howard received the industry-standard Level-II certification from the Specialty Tea Institute in March 2006.

- **October 26 | $32**

Holistic Health Suite Cafe, 6802 Old York Road

$5 materials fee payable to the instructor.

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**DEHYDRATING 101: DELICIOUS, NUTRITIOUS TREATS**

Tu from 6:30 PM to 8:30 PM

**CK03.** Learn how to preserve the nutrients and take advantage of whatever fresh local produce is available. We will make “Don’t Make Me Nuts,” a grain and nut-free granola or trail mix: delicious snacking bars - sweet and/or savory, gourmet crackers, and more! All recipes are gluten and dairy free, low glycemic index, and will satisfy and soothe! Great options for even the pickiest of eaters. Expect a buffet of sampling and a packet of recipes for all the demonstrated snacks, plus extras!

**Dorothy Bauer** spent most of her adult life in Berkeley, California where she was able to take classes at Living Light Culinary Institute and study with world renowned raw chef and author, Elaina Love.

- **October 10 | $32**

Unitarian Society of Germantown, 6511 Lincoln Drive

$10 materials fee payable to the instructor. Bring containers for leftovers.

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**NEW A VERY MERRY GLUTEN & DAIRY FREE HOLIDAY FEAST**

Tu from 6:30 PM to 8:30 PM

**CK04.** Live your best life this holiday season with a sumptuous gluten and dairy free stuffing, un-turkey loaf, desserts to live for (low glycemic index of course!) and a variety of healthy remixes of the traditionalists (mashed no-tatoes, nog and more). There will be a selection of holiday cookies and a cake or pie so those pecans will have somewhere to go!

**Dorothy Bauer**

- **November 14 | $32**

Unitarian Society of Germantown, 6511 Lincoln Drive

$20 materials fee payable to the instructor.

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**FIRE TONIC FOR YOUR HEALTH**

Tu from 6:30 PM to 8:30 PM

**CK05.** Apple cider vinegar has been on the buzz for some time now; Fire Tonic is an amped up version and highly regarded as an immunity booster. The claims run the gamut from warding off colds and flu to reducing dandruff and lack of energy! We can’t vouch for the above claims, but we do suggest drinking it regularly because it is delicious and nutritious. Feel like an alchemist when you brew up a batch!

**Dorothy Bauer**

- **October 24 | $32**

Unitarian Society of Germantown, 6511 Lincoln Drive

$20 materials fee payable to the instructor.

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**THE JOY OF COOKING FOR THOSE WITH DIABETES ONLINE**

W from 6:30 PM to 8:00 PM

**CK06.** Step into the joy of cooking healthy foods led by a registered dietitian who is on a mission to empower you in conquering diabetes in the most delectable way possible. This class welcomes a community of individuals who share your journey, where you’ll learn to manage your blood sugars naturally using nutrition as a powerful strategy. Delight in your favorite foods without compromise, as gone are the days of dull and uninspired meals - this class is proof of that!

**Lisa Norris** RD, is a passionate cook, baker and Registered Dietitian.

- **November 8 | $37**

The Comfort of Your Own Home

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**THE ART OF CLASSIC MIXOLOGY**

M from 7:00 PM to 8:30 PM

**CK07.** The classic cocktail is back in fashion. As in Old Fashions, Sazeracs and Sidecars. Your friends will be stirred by your mixological prowess while you remain unshaken as you pour the perfect Martini. In this introductory class, you will learn how to create a dozen or so elixirs that have stood the test of time. In the process, you’ll learn some entertaining history of each to pass along to your guests along with the hors d’oeuvres.

**Liz Aubry** began her restaurant career as a host and busser in order to put herself through college. Her experiences in the hospitality industry led her to her infatuation with it. At 22 she became a bartender and never looked back. She loves the creativity, sounds, smells, and tastes involved in mixing a drink, and the fast paced yet family-like vibe of restaurants. She sees making cocktails akin to cooking: an emotionally rewarding way to bring people together. She is a bartender at Mt. Airy’s Commodore Barry Club and Bar Lizette.

- **October 30 | $32**

Commodore Barry Arts and Cultural Center, 6815 Emlen St.

Class is from 7:00 to 8:30 pm with optional after class socializing til 9:30 pm. There is a $15 materials fee payable to the instructor at the class.

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**THE SCIENCE OF NOUVEAU MIXOLOGY**

M from 7:00 PM to 8:30 PM

**CK08.** Graduates of “The Art of Classic Mixology” and other wet bar wizards will enhance their art of classic cocktail making with some intoxicating science. (Not for nothing did your instructor study molecular biology in college!) Discover special ingredients and techniques. Make split based cocktails. Produce syrups and shrubs. Learn how to fat-wash your favorite drink (yes, those bacon-infused Old Fashions are delish!) Incorporate herbs, fruits and spices sagely and invent your own unique signature cocktail!

**Liz Aubry**

- **November 20 | $32**

Commodore Barry Arts and Cultural Center, 6815 Emlen St.

Class is from 7:00 to 8:30 pm with optional after class socializing til 9:30 pm. There is a $15 materials fee payable to the instructor at the class.
The Comfort of Your Own Home

Jacqueline Jonas, a storyteller, seamstress and cooking coach. Through her work as The Kitchen Doula, she seeks to empower everyone to cook well and often.

Either way, you will end up with a marvelous treat and your friends and family will be impressed.

Jacqueline Jonas is a storyteller, seamstress and cooking coach. Through her work as The Kitchen Doula, she seeks to empower everyone to cook well and often.

December 3 | $39

The Comfort of Your Own Home

NEW DELICIOUS CHOCOLATE TRUFFLES WITH JUNEBUG SWEET TREATS
F from 6:30 PM to 8:30 PM

CK11. Are you intimidated by homemade pie crusts? Jackie Jonas will talk you through the process of making a delicious crust for use with sweet or savory fillings. After your crust is done, choose to follow Jackie in making either a sweet or savory filling. The sweet path leads to a delicious sweet potato pie. The savory path leads to a wonderful spinach and mushroom quiche. Either way, you will end up with a marvelous treat and your friends and family will be impressed.

Jackie Jonas is a storyteller, seamstress and cooking coach. Through her work as The Kitchen Doula, she seeks to empower everyone to cook well and often.

December 3 | $39

The Comfort of Your Own Home

How to brew the perfect cup of coffee
Su from 10:00 AM to 12 N

CK14. Ever wondered how the pros brew the perfect cup of coffee every time? Join us at Germantown Espresso Bar’s new location as we take a deep dive into all things coffee brewing!

Dave Gamble is the owner of JuneBug Sweet Treats, a small-batch bakery in King of Prussia, where LOVE is always the first ingredient.

November 5 | $32

Germantown Espresso Bar, 6369 Germantown Ave.
$10 Materials fee payable to the instructor

NEW LEARN TO MAKE BRIOCHÉ DINNER ROLLS FROM SCRATCH!
F from 6:30 PM to 8:30 PM

CK10. Learn the ins and outs of baking delicious brioche dinner rolls! June will guide you through measuring dry and wet ingredients, waiting patiently through the proofing process, and whipping up some mouthwatering garlic and herb butter. While your rolls are baking, take some time to learn braiding techniques as well! Don’t miss this opportunity to wow your family and friends at your next gathering!

June Daley is the owner of JuneBug Sweet Treats, a small-batch bakery in King of Prussia, where LOVE is always the first ingredient.

November 10 | $32

Grace Epiphany Church, 224 E. Gowen Ave.
$20 Materials Fee Payable to the Instructor

NEW TRADITIONAL JAPANESE COOKING
F from 6:30 PM to 8:30 PM

CK13. Love Japanese food? Learn to cook delicious gyu-don (a beef bowl) set. Delicious, sweet soy sauce marinated thinly sliced beef with vegetables full of fall flavor with fresh Okowa-rice (steamed sweet rice) and roasted chestnuts. Sesame flavored green vegetables will serve as a side dish. Dessert will be a seasonal o-nigiri with 2 to 3 different flavors of cream. We will use organic, hand-crafted local ingredients wherever possible, suggest complimentary side dishes, and offer insights into the culture and traditions that inform these tasty recipes!

Makiko Goto-Widerman is a graduate of Showa Women’s University in Japanese literature and language and has taught Japanese language at a Japanese school in Princeton, NJ. She has organized award-winning homestay tours to Japan, is a graduate of UMass Amherst’s Arts Interdisciplinary Studies program, offers workshops in floral design, including Ikebana, at Allens Lane Art Center, and champions the art of traditional Japanese cooking.

October 6 | $34

Unitarian Society of Germantown, 6511 Lincoln Drive
A $20 ingredients fee is payable directly to the instructor.

NEW SOUP: A DELICIOUS, VERSATILE ENTRÉE!
Sa from 10:00 AM to 1:00 PM

CK12. Soups can be a boon for debilitated states of health, a nutrient loaded comfort food, and an easy meal for busy days. In this class we will make a homemade bone broth (from chicken) and transform it into our nutritious and sumptuous lunch. You will leave with abundant ideas for dreaming up your own delicious versions of any soup you want to share with family and friends, or keep on hand for cold days.

Paul Gannon, ND, is a naturopathic doctor in practice for over twenty years, helping clients reach and maintain their health goals, tailoring the most effective cutting edge natural treatment protocols. He specializes in women’s health, cancer co-management and post-treatment thriving, gastrointestinal health, acute and chronic illness, as well as allergies and rheumatism.

November 11 | $49

Grace Epiphany Church, 224 E. Gowen Ave.
$20 Materials fee included at time of registration.
Note: the class will be gluten and dairy free, but is not vegan or vegetarian.

Fern Bell Scholarships
Thanks to our donors we have a limited number of need-based scholarships available for the Winter term.
Call our office if you need financial assistance to attend a class at 215-843-6333.
T’AI CHI CH’UAN: BEGINNING
Th from 7:00 PM to 8:00 PM
MB01. Yang style T’ai Chi, as handed down by the T’ai Chi Master Cheng Man Ch’ing, is a low-impact exercise that can also be considered a moving meditation. It has a wealth of benefits for physical and mental health. The physical benefits include improvement of balance thus decreasing risk of injury from falls, fostering a healthier heart (more than some other types of aerobic exercise) and aiding in pain relief for musculoskeletal problems. The mental benefits include lowering stress, improving focus and resilience, helping reduce age-related, cognitive decline and serving as an aid in controlling depression. This class is for those who are new to T’ai Chi, or have recently begun to learn the form. The only equipment necessary are loose, comfortable clothing and flat, flexible shoes. (Running shoes are not recommended.)

Kurt Findeisen has studied T’ai Chi Ch’uan since 1979 and has many years of teaching experience. He is a retired physician who believes his T’ai Chi instruction is as valuable as any drug he ever prescribed.

Vicki Mehl has studied T’ai Chi since 1995. She enjoys T’ai Chi because of its innumerable physical and mental health benefits, and because there is always more to learn.

Kurt Findeisen
September 21 - November 30 | $129
MB01. Continue the study of T’ai Chi Ch’uan through the Short Yang solo form. This course is designed for students who have had previous study experience with the Cheng Man-ch’ing short form. The postures reviewed will be commensurate with the knowledge of participating students.

Kurt Findeisen
September 21 - November 30 | $129
10 sessions, No class 11/23
Chestnut Hill United, 8812 Germantown Ave.

T’AI CHI FOR HEALTH
Tu from 7:00 PM to 8:00 PM
MB03. Since ancient times, T’ai Chi’s soft, flowing movements have been used to improve and maintain health. Golden Breath T’ai Chi focuses on breath control with movement and adapts easily for those who have trouble standing. This moving meditation is also great for improving general fitness, balance, coordination, and stress reduction. A valuable adjunct to pre-hab & rehab therapy. Enjoy a gentle, complete workout to relax the mind, restore the body and rejuvenate the spirit!

Kirsten Erwin has studied T’ai Chi since 1982 and is a senior student of the late Sibok Robert Kassof. She has taught regularly for MALT since 2002! Related areas of training include long and short Yang T’ai Chi forms, Qigong, Reiki, Kung Fu, and meditation. She is a Certified Instructor of T’ai Chi for Arthritis.

Kirsten Erwin
October 10 - November 21 | $79
6 sessions, No class 11/7
Grace Epiphany Church, 224 E. Gowen Ave.

Masks are required for this class.

T’AI CHI - YANG STYLE: BEGINNING
W from 10:00 AM to 11:00 AM
MB04. Tai Chi (or tai chi ch’uan) is claimed to be the oldest martial art. 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 boost the immune system. Tai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5-6 ft. square of open space. The Beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes. (Running shoes are not recommended.)

Vicki Mehl
September 20 - November 29 | $129
10 sessions, No class 11/22
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave., Widener Hall.

T’AI CHI - YANG STYLE: INTERMEDIATE
W from 12:30 PM to 1:30 PM
MB06. In the Intermediate class students will continue to learn Prof. Cheng’s 37 postures of the Yang style form. This part of the form includes various kicks and single leg turns. As always, the form is practiced in smooth, slow movements while developing strength and flexibility in the legs and whole body balance. The Intermediate class is for those who have learned the postures of the “first third” of the form, (in the Beginning level), and/or have the teacher’s permission. Wear loose, comfortable clothing and flat, flexible shoes.

Vicki Mehl
September 20 - November 29 | $129
10 sessions, No class 11/22
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave., Widener Hall.

T’AI CHI - YANG STYLE: BEGINNING
Tu from 11:30 AM to 12:30 PM
MB07. Tai Chi (or tai chi ch’uan) is claimed to be the oldest martial art. 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 boost the immune system. Tai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5-6 ft. square of open space. The Beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes. (Running shoes are not recommended.)

Vicki Mehl
September 26 - December 5 | $129
10 sessions, No class 11/7
North Light Community Center, 175 Green Lane
THE COMFORT OF YOUR OWN HOME
4 sessions
October 14 - November 4 | $54
those who are new to QiGong as well as those experienced in QiGong are welcome!

Paul Martin has been teaching regularly since 2000. He has trained under internationally recognized Masters in QiGong, Tai Chi, and Healing Arts. He has taught several times at the prestigious National QiGong Association Conference.

October 15 | $32
Summit Presbyterian Church, 6757 Greene St. at Westview

MINDFULNESS OF QIGONG RETREAT
Su from 3:00 PM to 5:00 PM
MB08. This two hour QiGong class brings health practices from antiquity to the 21st century. We will establish a foundation, build on it and put it into practice. Wellbeing is strengthened by unifying mind-heart, breath and movement. Using practices that have been passed along for thousands of years we mindfully transform energy depleting stress into energy and vitality. QiGong forms are easily adapted to most physical abilities. This course is ideal for students new to QiGong as well as those who wish to deepen their practice.

Paul Martin has been teaching regularly since 2000. He has trained under internationally recognized Masters in QiGong, Tai Chi, and Healing Arts. He has taught several times at the prestigious National QiGong Association Conference.

October 14 - November 4 | $64
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

RELAXING QIGONG: SHIBASHI SET 1 ONLINE
W from 10:00 AM to 11:00 AM
MB10. Enjoy learning and practicing the fluid and gentle movements of the Shibashi 1 form of QiGong. Shibashi is 18 movements which help to reduce stress and improve flexibility and balance. The simple and effective motions of weight shifting and synchronizing arm and leg stretches bring harmony to body and mind. Shibashi is easy to learn and a delight to practice! You can practice standing or seated. Dress comfortably and come prepared to experience a sense of well being and joy! Beginners as well as those experienced in QiGong are welcome!

Eileen Kelsall has been practicing, studying, and teaching QiGong for the past eight years. She finds immense joy in sharing this special practice and inspiring others to make QiGong a way of life!

October 4-25 | $54
4 sessions
The Comfort of Your Own Home

NEW HOLISTIC YOGA FOR BEGINNERS ONLINE
Tu from 12 N to 1:00 PM
MB11. Interested in yoga but don’t know where to start? Tried a class once or twice but thought it wasn’t for you? This course is specifically geared for those who want to explore the practice or had a previous experience that turned them off to yoga completely. This slow paced class will target the areas of your body that are tight or aching to create a more flexible, fluid movement. This class will end with a short yet powerful guided relaxation meditation that will leave you feeling rested, relaxed and ready for the rest of your day!

Sophie Bernard has been doing yoga for nearly 18 years. In 2007, she obtained her 200 hour yoga certification in Inner Fire Yoga from Yoga on Main. She is certified in Ericksonian hypnosis to deepen her students’ experiences while following her guided meditations. She is also a Reiki Master.

October 3-24 | $64
4 sessions
The Comfort of Your Own Home

YOGA FOR STRENGTH AND STRESS RELIEF
MB12. In yoga, poses (asana) and breath techniques (pranayama) are equal partners in promoting wellness and self-awareness. In this class, we will focus on poses that increase strength, especially in muscle groups related to posture and balance. We will learn breathing techniques for core engagement and others for relaxation. And throughout, the pairing of breath and movement will enhance both strength and ease.

Jen May has been practicing yoga for 20 years, and she is sure that yoga has helped her balance her physical body, create a more resilient nervous system, and be more present for all the moments of life. With a background in biology research and teaching, Jen loves learning and teaching about bodies and movement. Jen has a 200 hr. certification in vinyasa yoga from Wake Up Yoga. She has also completed a 300 hr. Yoga Wellness Educator Training from Yoga U. Online, which emphasized teaching beginners and older beginners how yoga can benefit body awareness, posture, and healthy aging.

A. September 27 - November 15 | $99
MB13. Everybody can enjoy the benefits of yoga. It’s not necessary to get on the floor to explore this gentle and effective exercise system that creates strength, flexibility and balance. Our class is classically structured with breathing techniques, asana (postures for strength and stretching) and meditation based in the Integral Tradition. Added benefits include improving balance and rotation. Everyone is welcome. Standing is optional. We also encourage laughter and fun.

Grace Perkins developed the chair yoga class at the request of the Chestnut Hill Senior Center in 1985. She has created a unique program that integrates posture, metaphors, poetry, seasonal energetic awareness and stories to enhance the basic Integral Yoga approach she teaches.

September 29 - October 27 | $74
5 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

YOGA FOR BONE HEALTH
W from 6:00 PM to 7:15 PM
MB15. Learn the twelve yoga postures that support bone health. A ten-year study done by Columbia, NYU, Rockefeller University and Brigham & Women’s Hospital proved this sequence supports bone health. Previous experience is helpful but not required.

Linda Kish
September 27 - November 1 | $95
6 sessions
A. In Person
Mt. Airy Performing Arts, 230 E. Gowen Ave.
B. Online
The Comfort of Your Own Home

GENTLE AWAKENING YOGA
Su from 10:00 AM to 11:15 AM
MB14. This gentle awakening class includes yoga basics and seasonal poses infused with Reiki. You will come away with knowledge of how we connect yogi breath with gentle yoga postures. We will be using belts and blocks to assist with correct alignment of the poses. For all levels.

Linda Kish obtained her MS from Temple School of Pharmacy and is a Reiki Level II practitioner. For over fifteen years Linda has led and taught various yoga classes including vinyasa, Hatha, restorative and chair yoga. She is a registered Yoga Alliance instructor (200 plus hours) and for over twelve years has also been a helpline volunteer for Living Beyond Breast Cancer.

September 24 - October 29 | $95
6 sessions
A. In Person
Mt. Airy Performing Arts, 230 E. Gowen Ave.
B. Online
The Comfort of Your Own Home
NEW JIKIDEN REIKI - SHODEN, LEVEL 1
Th from 6:00 PM to 9:00 PM
MB21. Reiki is the art of energy healing. It is gentle, effective and suitable for anyone of any age or condition. There is no pressure or manipulation, so no specific strength or abilities are required; only a desire to help others. Jikiden is a Japanese term meaning “as originally taught.” Teachers of the Jikiden Reiki Institute in Kyoto, Japan impart the same information as classes taught by Dr. Chujiro Hayashi, a prominent scholar, practices passed down in Japan with no outside influence, interpretation, or embellishment. In this class, you will learn the origins of Reiki, the benefits of Reiki and how to treat yourself, friends and family.

Students will leave feeling empowered by the simplicity of the practice and supported by a global network of Jikiden Reiki practitioners.

Rae Whatley is a certified Jikiden Reiki teacher since 2019. She has been a Reiki practitioner for over 25 years, most recently studying with Mr. Tadao Yamaguchi, Head of the Jikiden Reiki Institute in Kyoto, Japan. A long-time environmentalist and holistic wellness advocate, Rae has been actively involved in teaching people to take control of their health and their environment for almost 30 years. She is the founder of Sinclair’s Soothing Minute Massage and Firefly Healing.

October 5-26 | $300

NEW YOGA TO MOVE, FEEL, AND SLEEP BETTER
Tu from 7:00 PM to 8:15 PM
MB16. Reconnect your body to your mind, and help overcome the joint pain and postural imbalances that affect all of us in our modern lives. We’ll practice a combination of yoga, functional movement, brain mapping, and breathing for a fun, low-impact, anatomy-based workout. This class is based on the LYT Method, a yoga system designed by physical therapists to improve core strength, flexibility, and balance for humans of every age. All levels, from experienced yogis to beginners, are welcome. Every movement we practice will include modifications.

Karen Rile is a writer, editor, and yoga teacher. She is a certified Flexibility Coach and Yoga Breathing through Yoga Teachers College, where she earned her first 200-hour yoga teacher certification. She is a practitioner and 200-hour certified teacher of the LYT yoga, the only yoga system created and taught by physical therapists.

October 3 - December 5 | $99

CRISTAL ALCHEMY BOWL SOUND MEDITATION
Tu from 7:00 PM to 8:15 PM
MB18. Join Anne for a relaxing sound meditation with Crystal Tones singing bowls and vocal sound. The crystal bowls activate the crystalline nature in the higher brain centers and restore balance between your mind and body. We begin by creating an intention together and orienting ourselves to the space of the beautiful Labyrinth Sanctuary. You will be introduced to the unique alchemy signatures of the bowls and begin to feel how your body responds to them. We will then be held in the expansive vibrations of an hour-long sound bath meditation.

Anne Johnson, a certified teacher of the Alexander Technique. She graduated from The Sacred Science of Sound Crystal Alchemy Training with Jeralyn Glass. She brings her wisdom and experience from 25 years teaching the Alexander Technique into her explorations with sound healing with her Crystal Alchemy Bowls and her own voice.

December 5 | $32

St. Paul’s Episcopal Church, 22 E. Chestnut Hill Ave.

FOOT REFLEXOLOGY
Sa from 12 N to 2:00 PM
MB19. Practitioners of this 4,000 year old Egyptian art of healing believe that there is a map of the body on the hands and feet. By pressing the points on this map, improved circulation and relaxation allow the body to heal itself. Find out how this intriguing practice was rediscovered in the early 1900s. Learn easy relaxation techniques and points on the hands and feet that have helped others relieve stressful symptoms in their daily lives.

Judy Dobbs has experience in reflexology since 1975. She also teaches Aromatherapy and Better Peepers.

November 4-11 | $49

SELF-HYPNOSIS FOR EVERYDAY LIVING
Sa from 10:00 AM to 11:30 AM
MB22. Ever been curious about hypnosis and how it can help you? This is the perfect class to get you introduced to the benefits of self-hypnosis and learn how you can integrate it into your everyday routine. You’ll be guided through a step-by-step easy-to-follow hypnosis routine that you can use daily to help you with issues that you’re experiencing, whether it be stress, self-esteem, fear of public speaking etc. Self-hypnosis is fun, easy, and unassuming. It’s a great way to start the day!

Lindsay Pinter earned a master’s in clinical mental health counseling, is a board certified coach (BCC), and became a certified hypnotist (CH) after having her own amazing experience with hypnosis. Her work has focused largely on people experiencing anxiety, feeling “stuck,” and general life dissatisfaction. Hypnosis has helped Lindsay in ways that other remedies did not and she hopes to teach others all the ways hypnosis can help them too.

September 30 - October 7 | $49

NEW MEDITATION TECHNIQUES
M from 6:30 PM to 8:00 PM
MB20. People have different levels of interest in meditation and different dispositions for practicing it. You need to find a method and level of intensity that is right for you. In this course we’ll explore different basic methods of internal and external focus common to all mystical traditions, and then figure out the times, places and circumstances in which you can most effectively do it. Because actual meditation instructions are very simple, in addition to doing it in class, there will be an emphasis on psychological, philosophical, and spiritual understandings of what actually motivates some people to practice regularly.

David Low, MS, PhD was an entertainer and drug counselor before getting a doctorate in Religious Studies, and teaching as an adjunct instructor at Rutgers, Rowan and other colleges in the area. He has a private counseling practice in Mt. Airy. See more about him at davidlownmphd.com

November 27 - December 18 | $74

WAVE EMPOWERMENT, SELF-DEFENSE, AND BOUNDARY SETTING
Sa from 12 N to 2:30 PM
MB23. WAVE is a practical and empowering self-defense program that teaches safety strategies that participants can use in situations ranging from verbal harassment to physical assault. This introductory class will feature discussion and activities around the five components of self-defense (Think, Yell, Run, Fight, and Tell) with a specific focus on verbal boundary-setting skills. Participants will also be taught some easy-to-learn physical techniques. This program is trauma-informed, and designed to empower individuals and build their confidence. You don’t need to be an athlete to learn self-defense! WAVE is for people of all genders, skills, abilities, sizes and body types.

Maggie Szeder is passionate about ending sexual violence and believes strongly in the importance of empowering individuals so often targeted by that violence. She has been working in violence prevention since 2012 and is a certified level 2 self-defense instructor through Empowerment Self-Defense Global. She currently works as the Manager of Prevention, Education & Outreach at Women in Transition.

November 11 | $32

Church of St. Martin-in-the-Fields, 8000 St. Martin’s Lane
NEW IT’S NEVER TOO LATE TO FALL IN LOVE WITH YOURSELF  
Sa from 2:00 PM to 4:00 PM  
MB25. We all understand the importance of showing those around us love and acceptance, but it can be hard to give ourselves the same grace. At this workshop, you will have an opportunity to delve into your inner world and discover new facets of yourself to love. You will be invited to share with others the truly great qualities you have. You will be asked to talk about the ways you have received criticism in the past and how self-criticism manifests in your current life. Then, you will learn ways to counter that negative voice. You will have a chance to practice being kind and compassionate to yourself. We will draw our self-portraits and identify secret good and “bad” qualities. Other participants will share the beauty they see in you. You will walk away feeling inspired about yourself with a new understanding of what self-love is all about!  
Claudia Apfelbaum, LCSW, offers her intelligence, intuition and knowledge for your own re-emergence. She received her master’s degree in social work from Bryn Mawr College and has many years of experience and training, including Gestalt, Sand Tray, and Family Systems work. She loves walking in the Wissahickon and doing creative arts projects.  
November 4 | $32  
Wesley Enhanced Living, 6300 Greene St.

ALEXANDER TECHNIQUE: RETURNING TO YOUR EXPANSIVE NATURE  
Tu from 7:00 PM to 8:15 PM  
MB35. This three-week class will help you create a practice of self-care that will enliven and unify mind, body and breath. By exploring the relationship between thoughts and the physical body, Anne will guide you to release anxiety, tension and pain and return to a sense of wholeness and well-being.  
Anne Johnson, a certified teacher of the Alexander Technique and Art of Running instructor, has joyfully been teaching in-person and online classes worldwide, at the Boyer College of Music and Dance at Temple University, MALT (since 1995) and for her private local students in Mt Airy. She continues her outreach to people of all ages, professions, skill levels and diverse backgrounds.  
November 14-28 $54  
3 sessions  
St. Paul’s Episcopal Church, 22 E. Chestnut Hill Ave.

BUDDHIST PHILOSOPHY AND ETHICS  
Tu from 1:00 PM to 3:00 PM  
TW28. Buddhism has gained much visibility as an outstandingly peaceful and insightful religion, and its meditation practices are widely known. Learn about the history, doctrines of this faith, and see why its ethical practices are so admired by psychologists (and any number of celebrities). Similarities and contrasts with our country’s Judeo-Christian heritage will be noted. We’ll do a bit of Buddhist self-inquiry and meditation practice as well.  
David Low, MS, PhD was an entertainer and drug counselor before getting a doctorate in Religious Studies, and teaching as an adjunct instructor at Rutgers University, Rowan University, and other colleges in the area. He has a private counseling practice in Mt. Airy.  
November 28 - December 12 | $64  
3 sessions  
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

NEW YOUR PERSONAL THEOLOGY  
M from 6:30 PM to 8:30 PM  
MB26. This course is for people who have questions, longings, or problems with their notion of or relationship with God/Self (whether of Western, Eastern, indigenous or artsy/scientific persuasion). Whether you’re atheistic or believing, if you wish to understand and experience the Supreme Being more fully, then consider that a four-session, interactive course for either saint or sinner can help get you there. We will explore previous musings, then focus on discussion, contemplation, and processing of profound philosophical (and usually also personal) issues that shape our apprehension of Ultimate Reality.  
David Low, MS, PhD was an entertainer and drug counselor before getting a doctorate in Religious Studies, and teaching as an adjunct instructor at Rutgers, Rowan and other colleges in the area. He has a private counseling practice in Mt. Airy.  
October 30 - November 20 | $84  
4 sessions  
St. Paul’s Episcopal Church, 22 E. Chestnut Hill Ave.

CREATING NEW AND FULL MOON RITUALS  
W from 6:30 PM to 8:30 PM  
MB28. The new and full moons are times of initiation, new beginnings, and a discarding of what no longer serves you! It is the time to assess how you want to navigate and grow in your life. Creating a wishful intention is magical. The new and full moons offer us unique energies of illumination and intention, to rid ourselves of the negative habits in our life. During this two-hour session we’ll explore various ways to custom create a new and full moon experience so that each month you draw closer to living the life of your dreams! To accommodate diverse thoughts, beliefs and associations a non-denominational and non-judgmental environment is provided.  
Ava Adames  
October 18 | $32

EXPLORE CRYSTAL MINERALS AND THEIR ENERGY  
W from 6:30 PM to 8:30 PM  
MB27. Crystals are powerful conduits of energy and light that can enhance us physically and mentally while nurturing our spirits. Beautiful and mysterious, crystal minerals have been used for thousands of years for adornment, protection and healing. Learn about the history and formation of crystal mineral structures and then dive into how they can be utilized for energy enhancing and balance. We will also discuss color theory and how the colors of the rainbow can electrify our inner beings and stimulate the world around us. All students will take home a bag containing several crystals.  
Ava Adames is a Certified Health Coach, Certified Crystal Energy Worker, and ACE Group Fitness instructor. Her professional credentials include Intrinsic Coaching Solutions, The Love and Light School, American Heart Association and the American Council on Exercise (ACE).  
November 8 | $32  
Meet at Violets in Bloom, 7906 High School Rd, Elkins Park

LEARNING TO READ TAROT  
Th from 7:00 PM to 9:00 PM  
MB29. Just as the decks we use are diverse, so are the ways in which we look at the cards. Examine the cards and ways to interpret them, be it through color, symbolism or sheer instinct. Learn the differences between the major and minor arcana as well as how to interpret simple tarot spreads.  
Karen Bruhin is a practicing esoteric and has been reading tarot for over thirty years.  
October 19 - November 9 | $64  
4 sessions  
Summit Presbyterian Church, 6757 Greene St. at Westview  
Please bring a tarot deck to class (preferably Coleman/Waite a.k.a Rider-Waite) or a deck that you have been using for a while.
**INTRO TO JUGGLING**
**Tu from 7:00 PM to 8:00 PM**
**SR04.** Learn the fundamentals of juggling and explore the possibilities that juggling patterns create. This is a path for absolute beginners to this playful art. Besides being pure fun, practice will enhance your dexterity, powers of concentration, and physical confidence. Exercises will evolve from one to two to three ball components. You’ll be provided plenty of juggling movements to practice at home throughout this five-week adventure designed to provide a lifetime recreational skill.

**Luther Bangert** has been juggling for seventeen years. Performing and teaching has taken him around the world. His interest in the expressive potential of the technique of juggling led him to explore various movement frameworks and body methods within yoga, qigong, and contemporary dance. Luther brings this diverse skill set and his unique way of working with juggling to his classes for beginners and advanced practitioners.

November 14 - December 12 | $74
5 sessions

Summit Presbyterian Church, 6757 Greene St. at Westview St.

**PING PONG: FROM BASEMENT HOBBY TO CLUB PLAYER**
**SR01.** Whether you are new to the sport or champion of your basement ping pong game, this class will help you improve. A fun sport that can be enjoyed at any age, table tennis is a great form of exercise that builds hand/eye coordination, reflexes and mental stamina. Improve with the best! Ages: youth to adult. Paddles are available for your use during this class. Please wear sneakers with non-marking soles.

Note: Weather and special events may impact the schedule. Instructor will determine make-up dates and times as needed.

**Branconn Johnson** has been rowing for two decades and coaching for the last 15 years. She is a former City National Jr. Champion and was a four-year Division I Collegiate athlete at the University of Texas.

**A. September 5 - 26 | $159**
Tu from 10:00 AM to 11:00 AM

**B. September 5 - 26 | $159**
Tu from 11:00 AM to 12 N

**C. September 5 - 26 | $159**
Tu from 5:30 PM to 6:30 PM, class may run a bit after 6:30 pm on some evenings.

4 sessions

Public Dock on Kelly Dr, near Strawberry Mansion Bridge

**ROW THE SCHUYLKILL: ALL LEVELS**
**SR03.** How many of us have wondered what it must be like to glide effortlessly along the Schuylkill River in a rowing shell? Join MALT on the river to learn how to row, or advance your skills. Open to adults 18 and up, with varying levels of rowing experience, learn the fundamentals of proper sculling technique, safety and boat handling skills. Rowing is a strenuous sport that requires flexibility and stamina, so expect a total body workout. Wear sneakers, close fitting (such as Lycra) shorts or tights and no baggy t-shirts. YOU MUST BE ABLE TO SWIM TO SIGN UP FOR THE COURSE. Rowers will be grouped by ability.

October 1 - 29 | $64
4 sessions

Brannon Johnson has been rowing for two decades and coaching for the last 15 years. She is a former City National Jr. Champion and was a four-year Division I Collegiate athlete at the University of Texas.

**A. September 5 - 26 | $159**
Tu from 10:00 AM to 11:00 AM

**B. September 5 - 26 | $159**
Tu from 11:00 AM to 12 N

**C. September 5 - 26 | $159**
Tu from 5:30 PM to 6:30 PM, class may run a bit after 6:30 pm on some evenings.

4 sessions

**NEW INTERMEDIATE IMPROV**
**M from 6:30 PM to 8:00 PM**

**WM12.** Have you already taken an intro to improv class and are ready for the next step: putting on a show? This class will deepen a student’s technical improv knowledge including how to support existing scenes and other improvisers through walk-ons, how to improve listening skills by finding the pattern in a scene through things such as ‘The Game’ and ‘Tag Outs’ and how to increase team interactions with group games, hive mind, multi-person scenes, and peas in a pod. Ultimately, the class will learn an established improv format and put on a show!

**Anita Nicholson** is an established performer in the Philadelphia community. Within the world of improv, she trained at Philly Improv Theater and the Magnet and has performed in the PA & NJ Ren Faires, Bright Invention Ensemble, Philly Improv Theatre Conservatory, and more! She currently serves as diversity advisor for ImprovUtopia and will offer Improved Star Trek at ImprovFest Ireland. Check out Anita’s photo with her MALT improv class on our cover, bottom left.

**September 22 - October 13 | $74**
4 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

**INTRODUCTION TO IMPROV COMEDY**
**F from 6:30 PM to 8:00 PM**

**WM11.** Have you ever watched Saturday Night Live or Key and Peele and wondered how they created those scenes? This class will help you develop improvised t-1 scenes based on one word suggestions, how to “Yes And” your partner, and how to let loose and just have fun. Improv is great for enhancing listening skills, collaboration and public speaking. Whether you take this class for fun or as a start of your improv career, you will learn core improv skills in a supportive environment.

**Anita Nicholson** is an established performer in the Philadelphia community. Within the world of improv, she trained at Philly Improv Theater and the Magnet and has performed in the PA & NJ Ren Faires, Bright Invention Ensemble, Philly Improv Theatre Conservatory, and more! She currently serves as diversity advisor for ImprovUtopia and will offer Improved Star Trek at ImprovFest Ireland. Check out Anita’s photo with her MALT improv class on our cover, bottom left.

**September 22 - October 13 | $74**
4 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

**MAH JONGG 101**
**M from 10:00 AM to 12 N**

**SR02.** 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 to improve one’s memory, and to develop strategic thinking. Players will learn the basic rules of the National Mah Jongg League and strategies of this challenging game. All students should purchase in advance the 2023 National Mah Jongg League card, preferably large print for $15, available at nationalmahjongglleague.org. Attendance at first class is mandatory.

**M from 6:30 PM to 8:00 PM**

**WM12.** Have you already taken an intro to improv class and are ready for the next step: putting on a show? This class will deepen a student’s technical improv knowledge including how to support existing scenes and other improvisers through walk-ons, how to improve listening skills by finding the pattern in a scene through things such as ‘The Game’ and ‘Tag Outs’ and how to increase team interactions with group games, hive mind, multi-person scenes, and peas in a pod. Ultimately, the class will learn an established improv format and put on a show!

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**September 22 - October 13 | $74**
4 sessions

Grace Epiphany Church, 224 E. Gowen Ave.
NEW PLANT A MINI FOOD FOREST AT HOME
Th from 6:00 PM to 7:30 PM
FH01. Visit the Awbury Arboretum Food Forest to learn about the seven layers of plant life in a food forest system! A great place to start thinking about edible and medicinal plants with characteristics that would work in your home food forest system.

Jeannie Gerth is a fermenter, gardener, forager, permaculturist, and land steward, making and sharing jun and SCOBYS, a symbiotic culture of bacteria and yeast, continuously since 2018!

September 21 | $32
The Farm at Awbury Arboretum

NEW EXTENDING THE HARVEST: GROWING INTO THE WINTER
Th from 6:30 PM to 8:30 PM
FH02. Learn creative ways to keep the gardening season going with fresh produce for as much of the year as possible! Being nimble as a gardener and being able to deal with unexpected weather - hot or cold! - is a great practice in resilience! Come learn some DIY options to extend your growing season and how to use strategies like cold frames, hoop houses, and row covers to both extend the life of existing crops as well as grow into the winter. I’ll also share some of my favorite crops for winter growing.

Allison Houghton is an educator and author on a variety of organic gardening topics. She has served as the education director for the MA chapter of the Northeast Organic Farming Association (NOFA/Mass) and as assistant grower for The Food Project farm in Lincoln, MA, and as the director of horticulture at Green City Growers building hundreds of food-producing gardens in the Greater Boston area.

October 12 | $32
Wyck House, 6026 Germantown Ave.

NEW GARDENING WITH NATIVE FOOD PLANTS
Sa from 10:00 AM to 12 N
FH03. Join Jeannie as you visit several sites in Northwest Philadelphia where native food plants are growing! Discuss how to incorporate more straight native edible and medicinal plants into our home gardens and resources for purchasing straight native plants and seeds. As you walk, learn how to incorporate these plants into your diet and home apothecary. The class will meet at the Stenton train station and from there visit several sites, within an eight block area.

Jeannie Gerth
September 30 | $32
Meet at Stenton Train Station, 6797 Blakemore Street

SIT, STAY, AND CONNECT: BASIC MANNERS FOR DOGS
M from 7:00 PM to 8:00 PM
FH04. Discover how dogs learn and communicate both with us and with each other. Using positive reinforcement training techniques, establish a foundation for teaching basic manners and obedience behaviors (responding to hearing their name, cues such as Sit, Down, Stay, Leave It, Drop It, Come). We’ll also talk about how to be effective leaders in the human-dog relationship.

Christopher Switky is a certified dog trainer, founder of Positive Canine Concepts, and a graduate of the Masters’ Program in Dog Training at CATCH Canine Trainers Academy.

November 13 - December 18 | $175
6 sessions
Grace Epiphany Church, 224 E. Gowen Ave.
First class is for people only, dogs stay home. Please bring proof of rabies vaccination to the first class.
Non-aggressive dogs only. Dogs should be 22 weeks or older at the beginning of the course. Additional family members (with no additional dogs) can register with the primary registrant using the “couples fee” option.

JOIN MALT’S GARDEN CLUB
MALT is starting our very own Garden Club. We need volunteers to help the Learning Tree maintain and be creative in our vibrant garden. Meet other gardeners and have fun. If you’d like to join, please email our office at info@mtairylearningtree.org or call 215-843-6333.

CANINE LEARNING & BEHAVIOR
Sa from 12 N to 2:30 PM
FH05. This course will provide a foundational overview of core concepts of canine learning theory including familiar theories used in dog training and how to apply them. It will also provide information and insight on dog behavior and body language, including how to read it and ways to respond to certain situations. The concepts taught in this course will provide a foundation for better understanding and communicating with the dogs in your life!

Liliana Carpano has over seven years of formal and hands-on experience working with dogs. Four years ago she began specializing in behavior modification and rehabilitation for fostered rescue dogs and dogs living in homes. Now a Territory Manager for Suburban K9 Dog Training, she works with canine-service professionals as well as dog-owning clients to teach them how to better communicate with their dogs. Liliana is donating 100% of her instructor fee to Saved Me Animal Rescue.

October 28 | $39
Summit Presbyterian Church, 6757 Greene St. at Westview

LISTING YOUR HOME FOR SALE
Sa from 10:00 AM to 12 N
FH09. Learn what kind of preparation you can do in order to list your home and get the best price you can. Topics include the best time to list your home, when to set your asking price, how to choose a sales agent, how to improve your home’s appeal to the buyer, what repairs you should do if you have a tight budget, and more!

Dora Johns is a realtor with Keller Williams Realty and an avid analyst of the real estate marketplace. Her classes help the consumer make informed decisions about their real estate needs.

September 30 | $35
MALT Office, 6601 Greene St.
$5 materials fee payable to the instructor.
HABIT TRACKING WITH BULLET JOURNALING
Su from 12:00 PM to 2:00 PM
FHI11. Understanding how we form good habits and eliminate bad ones is a key to success in every aspect of life. In this class, we will first explore some of the science behind habit formation. Then, you will learn how to track and manage your habits using the techniques of bullet journaling. Maintaining a bullet journal is a fun, creative, colorful, and rewarding way to stay motivated and make good habits stick. Bullet journaling can help you maintain healthy habits, promote mindfulness, increase motivation, and add enjoyment to your daily routine.

Kellen Sines has an extensive background in adult and community education, instructional design and technology, and training design and delivery. The instructor uses bullet journaling to implement and maintain their goal-setting for self-improvement activities. They also have an interest in topics of wellness and well-being, which inspires their commitment to bullet journaling.

November 5 | $32
MALT Office, 6601 Greene St.

Students will be informed before the start of the class of the materials required for the course activities. Or they may opt to purchase a $20 bullet journal kit directly from the instructor.

NEW EXPLORE FENG SHUI TO CLEAR YOUR CLUTTER, CLEAR YOUR LIFE
Sa from 11:00 AM to 1:00 PM
FHI10. Using the principles of classical Feng Shui, we will examine how to productively de-clutter a specific room or areas throughout your home and/or office in order to optimize ‘welcoming energy flow’—Chi. When energy is blocked opportunities to make decisions, move forward in your life and create harmony for yourself and family are hindered. A Zen garden or a Zen meditation room in contrast to floors covered with ‘stuff’ illustrates the point. We cannot truly function well when we are distracted, even overwhelmed with clutter. But how to begin? Come to this introductory course and discover some basic applications and gain help in addressing your personal concerns. The old adage says, ‘Clear 27 things and the old Chi shifts to welcome the new.’

Laila Wah, OMD, is a Doctor of Acupuncture and East Asian Medicine, Feng Shui Practitioner and Space Clearing Master with more than 35 years experience. She has a private practice and serves the tri-state region

October 28 - November 11 | $59
3 sessions
Chestnut Hill United, 8812 Germantown Ave.

NEW COUPLES SUPPORT GROUP USING NON-VIOLENT COMMUNICATION
Tu from 6:30 PM to 8:30 PM
FHO6. Welcome to the “Loving Conflict” Couples Support Group, an in-person class designed to enhance your relationship and foster open, compassionate communication within a supportive community. Rooted in the principles of Non-Violent Communication (NVC), this month-long program offers couples a unique opportunity to navigate conflicts, deepen understanding, and build stronger connections with their partners. By embracing NVC techniques, you will learn how to express yourselves authentically, listen empathetically, and find creative solutions to conflicts that arise in your relationship. By joining this group, you will connect with other couples who are also on a journey to strengthen their relationships. Sharing experiences, challenges, and victories with like-minded individuals can provide a valuable perspective and a sense of solidarity, reminding you that you are not alone in your struggles.

Max Rivers, the Marriage Mediator, is also an NVC* trainer, an NLP (Neuro-Linguistic Programming) Practitioner and an Ericksonian Hypnotist specializing in using the unconscious to help empower clients to achieve their healing goals.

*NVC and Non-Violent Communication are trademarks of CNVC.org and Marshall Rosenberg.

October 3-24 | Couples Fee $79
4 sessions
Rivers Mediation, 500 Telner St.

FUNERAL PRE-PLANNING
Tu from 6:30 PM to 8:30 PM
FH12. When is the best time to plan your funeral? Anytime but at the time of your death! Why leave the ultimate celebration of your life until the last minute? Here’s your opportunity to ask a funeral director anything; no question is too little or silly—or too big and serious. We will also review the laws associated with burial, cremation and making a funeral purchase.

Patricia Quigley is a licensed Pennsylvania funeral director at West Laurel Hill Funeral Home in Bala Cynwyd, and a long-time Mt. Airy resident.

December 5 | $32
Mt. Airy Axis, 520 Carpenter Lane

ADVANCED DIRECTIVES AND LIVING WILLS
Tu from 2:00 PM to 4:00 PM
FHO7. 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.

Martha From is a Palliative Care Nurse Practitioner at Abington Jefferson Health and has been doing this work with patients and families for more than ten years.

October 24 | $34
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.
$5 materials fee payable to the instructor.

UNDERSTANDING LONG TERM CARE
Sa from 11:00 AM to 1:00 PM
FHO8. Gain a fuller understanding of long-term care (also known as custodial care), how it works, who needs it, and how to pay for it. Learn the differences between home health care, skilled care, custodial care, assisted living nursing home care, and TRICARE. We’ll review what the PA LTCP (Long Term Care Partnership) is and how to protect your assets in the event long-term care is needed.

Joy Gadson has over sixteen years experience as a licensed insurance agent with Colonial Penn and Bankers Life in PA, NJ, DE, and MD. She has a Certification for Long Term Care (CLTC) and has helped hundreds of families understand how long-term care works, specifically as it relates to Medicare, health insurance, and retirement.

October 7 | $32
Wesley Enhanced Living, 6300 Greene St
ULTRA-INVESTING USING OPTIONS ONLINE
Tu from 6:30 PM to 9:00 PM
FC04. Aggressive investing might make you a fortune! This class is not for the financially risk-averse. Learn strategies that experienced investors are using to make tremendous profits in the world of options. The instructor has students and clients who have turned $2,000 into $100,000 in under 6 months! Using options on stocks, indexes, gold, oil, currencies or other commodities, you can make a small fortune overnight or (if you’re not careful) lose one. Learn good strategies, how to speculate with as little as $200, how to use options for quick gains or steady income. Learn all about commodities, how to make money no matter which way the markets go, and resources and websites that can help you.
Paul Mladjenovic
November 14 | $49
The Comfort of Your Own Home
$10 materials fee for software payable to instructor.

BUDGETING BASICS ONLINE
Th from 7:00 PM to 9:00 PM
FC06. We use money on an everyday basis, but most of us were never taught how to manage a basic budget. The good news is that budgeting is a skill that anyone can learn, even children! Students will be able to become better money managers by learning about the four functions of money: to give, save, invest and spend. Make it a family affair and build a foundation for future financial success.
Ericka Neville, “The Money Coach,” went from bankruptcy to becoming an award-winning licensed financial expert. She has been conducting money management workshops, seminars and Bo$$ Money Challenges for the past twenty years. Ericka is co-creator of the 2019 Millionaire Mind Set Dream Big Summit.
November 9 | $29
Attend with a family member | $39
The Comfort of Your Own Home

A GUIDE TO INVESTING IN RENTAL PROPERTIES ONLINE
W from 7:00 PM to 9:00 PM
FC01. Learn different tactics and strategies for purchasing a rental property or a long-term buy-and-hold investment property. We’ll focus on deal finding, financing and management with special emphasis on adding value through the BRRRR method (Buy Rehab Rent Refinance Repeat).
Eric Prine worked as a professional interior architect and real estate photographer for over 15 years. He began real estate investing and doing property management over a decade ago. As a Realtor®, Eric is able to combine his love of architecture and real estate.
November 29 - December 6 | $59
2 sessions
The Comfort of Your Own Home

STOCKS AND BONDS 101 ONLINE
W from 6:30 PM to 7:30 PM
FC02. Interested in the stock market but not sure where to start? Both stocks and bonds can play a major role in helping you reach your long-term financial goals. Learn the basics of stocks and bonds and the value they can bring to your long-term financial strategy. Whether this is an introduction or a refresher, leave this class with valuable information on how you can make your money work for you.
Larry Daniels is a financial advisor with more than 20 years in the industry, both as a financial advisor and a manager. He specializes in retirement planning and asset management and is dedicated to helping both individuals and businesses achieve their financial goals.
October 18-25 | $34
2 sessions
The Comfort of Your Own Home

Safely invest with as little as $50! Learn how you can grow money even in this tough market. In one information-packed session you can learn how to wisely and profitably begin building your own financial empire as a small investor. This seminar was created specifically to meet the needs of the low- and middle-income investor. Safely buy high-potential stocks for as little as $50 a month (with no commissions!) while minimizing risk; buy gold and silver for as little as $50; start a high-powered financial portfolio for $100; invest in mutual funds; and virtually guarantee $1 million for your retirement!
Paul Mladjenovic is an educator, national speaker and author of Stock Investing for Dummies and the owner of RavingCapitalist.com. He has taught with MALT for over 25 years.
November 13 | $49
The Comfort of Your Own Home
Optional $10 materials fee payable to the instructor for resource-packed materials.

TOP 10 TOOLS FOR FINANCIAL SUCCESS
Sa from 12 N to 2:00 PM
FC05. Learn the 10 strategies Vanessa followed to be an “Early retiree pursuing passion projects.” We start with the core: a sound budget and net worth statement. We then move into the policy tools to maximize wealth-building: employer sponsored retirement accounts, IRAs, IDAs, flexible spending and health savings accounts. No financial session is complete without talking about credit and debt. Yes, you can, and should, save while paying off your debt. Handout includes core templates and resources for deeper learning. Bring your favorite wealth-building ideas to share in this interactive class.
Vanessa Lowe can be heard on G-Town Radio and the Spotify podcast, “Vanessa’s Money Hour.” Recently retired at age 56, she pursues “passion projects” such as impact investing, conference hopping, and moving personal and institutional money toward justice.
December 2 | $32
United Lutheran Seminary, 7301 Germantown Ave.
$10 materials fee payable to the instructor.

HOW TO BUY A CAR WITHOUT GETTING TAKEN FOR A RIDE
W from 7:00 PM to 9:00 PM
FC07. This class will equip students to confidently and successfully navigate the intimidating (and often too expensive) process of shopping for and buying a new car. Topics to be covered include: the traditional way to buy a car (the bad old days), a peek behind the curtain (how dealerships really operate), the ten mistakes most car buyers make (and how to avoid them), handling dealer questions and manipulation, the easy and effective way to negotiate a good price, scams to watch out for, things that aren’t as good as they might seem, and a few words about leasing and used cars.
Alan Silverblatt has been a caseworker, an attorney, and most recently a software developer for a large social services agency. He has used the insights and methods presented in this class to negotiate several very good car deals for his family. A resident of Chestnut Hill, he’s now happily retired and devoting more time to model railroading, hosting a rock and blues show on G-town Radio, and playing in a band.
November 15 | $34
Mt. Airy Axis, 520 Carpenter Lane
THE SECRETS OF TRAVEL-HACKING: FREE AIR, HOTELS, & CASH BACK ONLINE
W from 6:30 PM to 9:00 PM
FC08. You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel and then redeem them for high-value trips. Flights and hotels are typically the most expensive part of your vacation budget. Gina will show you her easy “Beginner Strategy,” then graduate you to more advanced strategies that earn you 1 million+ reward points a year. All the major reward programs will be detailed. Also learn tips for flying business and first class. Gina has been a professional traveler for over 30 years and earns 15 free airline tickets and dozens of free hotel nights each year.
Gina Henry created Go Global, Inc. to empower people to travel as much as they want. She has been taking about ten free vacations per year over the past quarter-century.
October 11 | $39
The Comfort of Your Own Home
$15 materials fee will be added to your class fee for instructor’s 70-page digital book “The Secrets of Traveling Hacking - Free Air, Hotels & Cash Back” (a $39.95 value).
HOW TO START A SPARE-TIME ONLINE BUSINESS... IN ONE WEEKEND! ONLINE
M from 6:30 PM to 9:00 PM
FC10. Gain the knowledge, information, and resources needed to launch a home-based business, full-time or part-time, that is no-cost or low-cost. It is even possible to make a full-time income doing this in your spare time! In this information-packed course, the author of the book Affiliate Marketing For Dummies will share many ways you can earn income online ranging from selling products and services to affiliate marketing. Learn 3 ways to get a business presence online in under 30 minutes; how to find profitable products and services to sell instantly; the latest, easy ways to make money with Amazon and other online giants; and more!
Paul Mladjenovic
November 27 | $49
The Comfort of Your Own Home
Optional $10 fee payable to the instructor for resource-packed materials.
NEW START YOUR OWN HANDMADE PRODUCT SMALL BUSINESS
Th from 6:00 PM to 8:00 PM
FC11. Are you interested in taking your crafting to the next level and turning it from passion into profit? In this interactive and engaging workshop, we will learn about local resources to start your handmade business, strategies to sell online and in person, and what you need to know about taxes.
Cheri Skipworth is the owner of the Handmade Studio. HandmadeU inspires creativity in others through offering a monthly craft subscription box as well as craft workshops. Cheri has been an avid crafter for more than 30 years and has been teaching arts and crafts for more than 20 years.
October 5 | $32
Mt. Airy Axis, 520 Carpenter Lane
$3 materials fee payable to the instructor for workbook
MAXIMIZE YOUR BUSINESS SUCCESS ON GOOGLE
Th from 7:00 PM to 9:00 PM
FC12. Increasingly, a dynamic Google Business Profile (GBP) is the key to online visibility and success for your enterprise. If you want to have a fighting chance of getting found in search results, it’s vital to learn how to claim, create and optimize your GBP listing. This introduction to GBP will teach you how to select keywords and understand its analytic approach. It aims to help you supercharge your local marketing efforts and get the most from your internet presence. If you want your enterprise to have a strong digital footprint, you need to ensure that you are making the most out of your GBP listing. Without it, your business may well be invisible.
Chris Veneziale has been performing SEO for nearly seven years and specializes in local search marketing. He has a Masters degree in Information and Library Science from Drexel University and currently works remotely as an SEO Account Manager for a digital marketing agency. Chris also freelances, offering SEO services for local businesses including site audits, SEO writing, and optimization.
November 2 | $44
Mt. Airy Axis, 520 Carpenter Lane
Bring a web-enabled device to class: laptop, tablet or smartphone.
HOW TO MASTER A JOB INTERVIEW: BEFORE, DURING AND AFTER
Sa from 12 N to 2:00 PM
FC13. Prepare to make the ultimate first impression for any job interview! We will start by preparing your resume, work on questions you may be asked, as well as, questions you want to ask the interviewer, and end with proper follow-up to make you stand out above the rest. Whether you are reentering the job market or looking for your next opportunity, this class will give you the tools you need for both face to face and online interviews. You will leave with tools, tips, suggested readings, websites, and related materials to add to your toolbox of resources. Feel free to bring a resume for review!
Marcy Goldshlack has been a corporate trainer and educational consultant for over thirty years. She has a successful track record of meeting management and employee needs for organizations, both for-profit and nonprofit. In her spare time, she is a standup comedian.
October 21-28 | $49
2 sessions
United Lutheran Seminary, 7301 Germantown Ave.
OPTIMIZE LINKEDIN FOR CAREER SUCCESS ONLINE
W from 7:00 PM to 8:30 PM
FC14. With over 950+ million users, LinkedIn is the most widely used professional social media platform—a critical networking tool as well as a professional electronic rolodex. Learn how you can get the most out of LinkedIn using research-based strategies, tips, and best practices. Delve into techniques to optimize your keywords, write your value proposition, and differentiate your personal brand to stand out from the crowd. Each session will be meaningful whether you are employed, self-employed, or preparing to begin a job search or career change. Class topics include: a big picture overview, the power of keywords, how to apply meta tags, use custom web links, successfully set up your profile settings, compare desktop and mobile views, incorporate logos, improve formatting, hashtag etiquette, and more! You will also learn how to effectively search in and out of LinkedIn, make and ask for introductions, use emojis, Word Cloud or Canva banners.
Lynne Williams, EdD candidate is the executive director of the Philadelphia Area Great Careers Group, which provides online career education and networking. She writes resumes, LinkedIn profiles and company pages, and focuses on keywords. She is writing her doctoral dissertation on LinkedIn.
November 8-15 | $49
2 sessions
The Comfort of Your Own Home
EFFECTIVE PUBLIC SPEAKING
Tu from 6:30 PM to 8:30 PM
FC15. Does the thought of speaking in front of others make you anxious? Do you have to make a presentation for the first time? Are you trying to get yourself out there and not sure how to start a conversation with people you don’t know? Whether you’re a college student that needs to make a presentation, a business leader that needs to get their point across to their team, or a meeting facilitator, this class is for you. We will talk about the components of effective public speaking, the do’s and don’ts, and how to create your message and communicate effectively. You will create a presentation or bring one along and practice it in class. Materials will be provided.
Marcy Goldshlack
November 28 - December 19 | $89
4 sessions
United Lutheran Seminary, 7301 Germantown Ave.
WORK FROM HOME AS A MEDICAL TRANSCRIPTIONIST ONLINE
W from 6:00 PM to 9:00 PM
FC16. Medical transcription is a $12 billion industry annually. Choose your own hours, have a business at home, select your clients, and earn a very respectable living. Discover a step-by-step guide to medical transcription and its related career paths. Learn how to build and market your business and manage its many components.

Deborah Burns has been a medical transcriptionist for more than thirty years, operates a large medical transcription biz and has taught for many other programs. You’ll enjoy her warmth, humor and practical advice.

October 11 | $39
The Comfort of Your Own Home

$20 materials fee payable to the instructor via PayPal or their online form. The instructor will reach out with information after registration.

ABCS OF ESTATE PLANNING
Th from 6:45 PM to 9:00 PM
FC23. Learn how you can protect your family and assets when you die or become disabled by using wills, trusts, powers of attorney and living wills. Examine how federal estate and Pennsylvania inheritance taxes affect your estate, and review how recent tax changes may impact your estate plan. Explore estate planning techniques to reduce your tax liability and minimize probate costs. Understand the basics of Medicaid planning (how to protect your assets for your heirs in the event you need expensive nursing home care). Find out how to title real estate and other assets. Bring your estate planning questions.

Bonnie Ostrofsky is in private practice as an attorney, concentrating in estate planning and probate, real estate law and business law.

November 16 | $44
United Lutheran Seminary, 7301 Germantown Ave.

RETIRED INCOME & WITHDRAWAL STRATEGIES
W from 6:30 PM to 8:30 PM
FC20. You have diligently saved money for retirement, and now you face the daunting decision of how to replace your income when you stop working. This is one of the most important and least talked about issues in personal finance. We’ll focus on common withdrawal strategies and identify the benefits and risks that are involved in each. Learn about Roth Conversions and other tax strategies that can have a significant impact on the longevity of your assets. Learn about the 4% rule, dividends, the pros and cons of annuities and more. The instructors will help you make smart decisions that will have a lasting impact on your ability to attain a secure, prosperous retirement.

Andrew Herron is a Certified Financial Planner (CFP®) and one of the founders of Stone Pine Financial Partners. Stone Pine specializes in working with and advising people in retirement. Over the past two decades they have developed the specific expertise to guide people on this journey. Andrew has taught classes on retirement for the past ten years, and is often sought out by other advisors and the media for advice and clarification on issues pertaining to retiree financial planning.

Myriah Lipke is the Director of Financial Planning at Stone Pine Financial Partners. Stone Pine specializes in working with and advising people in retirement. Myriah joined Stone Pine in 2018 with 15 years of experience in higher education, where she provided academic advising to adult students in career transition. Her long-time interest in saving and planning for the future, coupled with her counseling experience, made her a natural fit for financial advising.

November 29 - December 6 | $49
2 sessions
United Lutheran Seminary, 7301 Germantown Ave.

UNDERSTANDING MEDICARE CHOICES ONLINE

FC21. Medicare has gone from a single choice - turn 65 and enroll in Medicare - to a multiple choice challenge. Medicare eligibles face choices of a traditional plan, supplemental plans, Medicare managed care, and Medicare fee-for-service. Unscrupulous marketing techniques can prey on the uninformed. Interactive and tailored to the needs of its participants, this course will provide a basic introduction to the choices available to Medicare-eligible persons and will provide resources for further information.

Joan Adler is the former Director of APPRISE Medicare Counseling at the Mayor’s Commission on Aging in Philadelphia. She has been a Medicare counselor in the community for the last 6 years.

A. October 16 | $32
M from 1:30 PM to 3:30 PM
B. October 18 | $32
W from 7:00 PM to 9:00 PM
The Comfort of Your Own Home

RETIREMENT PLANNING TODAY

FC22. Are you worried about your retirement? Do you need some help planning for your future? Explore the many options and decisions regarding retirement needs, expenses, income sources, various kinds of insurance, and estate planning. Whether you are just beginning to develop a retirement plan or rapidly approaching retirement, this class is for you. Learn how to define long-term goals and return from the class with practical information you can apply immediately. Couples may attend together for a single registration fee.

Leonard Cherry is a Financial Advisor. He works with individuals and businesses, specializing in retirement strategies, investments and estate planning.

A. October 12-19 | $34
Th from 6:30 PM to 9:00 PM
B. October 17-24 | $34
Tu from 6:30 PM to 9:00 PM
LaSalle University, 1900 West Olney Ave., Holroyd Hall, Room 190

$25 materials fee for a 225-page illustrated textbook will be automatically added to your cart.

IMPACT FIRST: EFFECTIVE GRANT WRITING
Th from 6:30 PM to 8:30 PM

FC17. Overwhelmed by the idea of applying for funding for your non-profit or research project? In this course, we go back to the basics of grant writing and learn to crystalize ideas you are trying to fund. Over two weeks, participants will study the main components of grant writing, draft parts of a proposal and have work reviewed by peers.

Lynsey Farrell is the co-founder and Executive Director of the Grandmother Collective, a non-profit organization focused on catalyzing older women as agents of positive social development. She has taught or participated in grant writing for 15 years, ever since she was the Director of the American University study abroad program on Sustainable Development in Nairobi, Kenya. She loves helping people define what impact they’d most like to see in the world.

November 9-16 | $59
2 sessions
Chestnut Hill United Church, 8812 Germantown Ave.
Across the Creek

EAST FALLS • MANAYUNK • ROXBOROUGH

Yes, we are the Mt. Airy Learning Tree, but our sense of community extends to all of Northwest Philadelphia (and beyond). Here are all of the fabulous courses that we are running across the Wissahickon Creek from Mt. Airy, in East Falls, Roxborough and Manayunk.

Mount Airy Community Services Corporation.

Online Classes

Wednesday

- Understanding Medicare Choices (Online) p.71
- Stretch 4 Life for Seniors p.31
- Mah Jongg 101 p.61
- Yoga for Strength and Stress Relief p.55
- Creative Movement/Pre Ballet ( Ages 3-5) p.45
- Nia Holistic Dance Practice p.27

Thursday

- Classic R&B Line Dancing! p.28
- Buddhist Philosophy and Ethics p.58
- Watercolor and Drawing Foundations p.37
- Row the Schuylkill: All Levels p.61
- Introduction to Microsoft Excel p.22
- Create Your Website with Wordpress p.22
- Windows 11 Made Simple p.23
- T’ai Chi - Yang Style: Beginning p.53
- Holistic Yoga for Beginners p.54
- Bachata for for Singles AND Couples p.28
- Changes in the Art World p.9
- From Cezanne to Valadon to Wiley (Online) p.64
- Advanced Directives and Living Wills p.64
- Appreciating Our Faces: Portraits p.38
- Drawing and Painting for Adults p.38

Friday

- Fun with Watercolor Techniques p.37
- Perspectives on the Battle of Germantown p.10
- Yoga, a Chair and You p.55
- Wyck’s 50th Anniversary Tour p.10

Cooking p.47
- The Joy of Cooking for Those with Diabetes p.47
- Pie Crust Adventure p.47

Mind + Body p.52
- The Power of Qi Gong p.52
- Relaxing Qigong: Shibashi Set 1 p.52
- Holistic Yoga for Beginners p.52
- Gentle Awakening Yoga p.52
- Yoga for Bone Health p.52

Finance + Careers p.66
- Guide to Investing in Rental Properties p.66
- Stocks and Bonds 101 p.66
- $50 Wealth Builder p.66
- Ultra-Investing Using Options p.66
- Budgeting Basics p.66
- The Secrets of Travel-Hacking: Free Air, Hotels, & Cash Back p.66
- How to Start a Spare-time Online Business...In One Weekend! p.66
- Optimize LinkedIn for Career Success p.66
- Work from Home as a Medical Transcriptionist p.66
- Understanding Medicare Choices p.66

Weekday Daytime Classes

Monday

- Understanding Medicare Choices (Online) p.71
- Stretch 4 Life for Seniors p.31
- Mah Jongg 101 p.61
- Yoga for Strength and Stress Relief p.55
- Creative Movement/Pre Ballet ( Ages 3-5) p.45
- Nia Holistic Dance Practice p.27

Tuesday

- Classic R&B Line Dancing! p.28
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- Drawing and Painting for Adults p.38

Thursday

- Making Art Makes Us Smarter: Pastels p.37
- Physiosynthesis p.34
- Journey to Chanticleer, a Pleasure Garden p.7
- Improve Your Posture: Live Longer, Stronger p.34

Friday

- Fun with Watercolor Techniques p.37
- Perspectives on the Battle of Germantown p.10
- Yoga, a Chair and You p.55
- Wyck’s 50th Anniversary Tour p.10

Art Deco: Speed-Driven Art & Design Changes in the Art World: From Cézanne to Valadon to Wiley All About Online Dating

Writing + Music + Theater + Film p.13
- Screenwriting: The Feature Film p.13
- Beginner’s Harmonica for Adults (Ages 16+) p.13
- Arabic for Beginners p.13
- French for Beginners p.13
- Conversational French p.13

Computers + Technology p.22
- Getting to Know Your iPhone p.22
- Create Graphics for Social Media using Canva and More! p.22

Fitness + Health p.31
- Dance-It-Out! Fun Fitness p.31
- fierce and Fit At Every Age p.31
- Bounce-It-Out on the Mini-Trampoline p.31

Arts + Crafts p.35
- Drawing: Designing Characters p.35
- Unleash Your Creativity with Neurographic Art p.35

Across the Creek

Revolutionary Germantown Festival

Saturday October 7, 2023

10 am - 4 pm Rain or shine!

Visit Cliveden & the sites of Historic Germantown to learn the diverse stories of the American Revolution.

Visit our website for updates & more!
United Lutheran Seminary

Interested in pursuing a divinity degree?

United Lutheran Seminary offers 7 masters and 1 PhD program along with several certificate programs. Coursework can be completed on either the Philadelphia or Gettysburg campus or as a distributed learning student.

Learn more about what ULS has to offer at uls.edu

Work here while the kids are in school

- Memberships Start at $135/Month*
- Offices Start at $750/Month
- Day Passes
- Event Space Rental
  * With a 6 month commitment

520 Carpenter Lane
www.mtairyaxis.com
(267) 223-5423

GOODBYE PAIN. HELLO PLAYTIME.

Your bones, joints, and muscles keep you standing tall, moving on the field, and typing on the computer. But when you have pain, stiffness, fractures, and other conditions that affect how you move, you want an expert team on your side. Premier Orthopaedics at Chestnut Hill Hospital has you covered. We specialize in hip and knee care, hand and wrist care, shoulder and elbow care, and sports medicine. Our team of medical and surgical specialists provides comprehensive services, including advanced imaging technology and the latest minimally invasive treatments – approaches that let you recover more quickly.

To request an appointment, call our office, 484-768-9101.

Temple Health-Chestnut Hill Hospital is an alliance of Temple Health, Redeemer Health and PCOM.
MALT General Policies

Non-Discrimination
Mt. Airy Learning Tree (MALT) believes our community should be truly open for everyone. We are committed to providing a friendly, safe and welcoming environment for all, regardless of race, gender, sexual orientation, disability, ethnicity, national origin or religion.

Code of Conduct
It is the responsibility of all MALT instructors and students to:
1. Foster an education community supportive of continued learning;
2. Maintain the safety and welfare of all members of our MALT community; and
3. Respect the rights of others, engage in civil discourse, and refrain from harassment or discrimination.

MALT reserves the right to remove instructors and students who engage in any disruptive, disrespectful, and/or unlawful behaviors.

Common Sense and Consideration
Common sense and consideration for others are what we aim to practice at all times. All MALT class venues may be shared with members of the public. Please be respectful to all patrons of these locations.

Unacceptable behaviors include:
- Intimidating, harassing, abusive, discriminatory, derogatory or demeaning conduct by any MALT student or instructor towards another person.
- Drinking during class in instances when alcohol is not an identified part of the class environment (i.e., wine tasting).

Consequences of Unacceptable Behavior
- Anyone made aware of unacceptable behavior is expected to comply with MALT policies, immediately. If a participant engages in unacceptable behavior, MALT will take any appropriate action, as necessary, up to and including expulsion from the course without refund.

What To Do If You Witness Or Are Subject To Unacceptable Behavior
- If you are a MALT student or instructor and witness or are subject to unacceptable behavior, or have any other concerns, please notify the MALT office as soon as possible. (215) 843-6333

Age Policy
Except where noted in our course catalog, all classes are for ages 18 and up. Adult students may not bring their children to class without explicit permission from the MALT office and instructor.

Liability
Students take courses at their own personal liability and agree to waive and release MALT administrators and staff from any and all claims. The opinions and recommendations expressed by instructors are personal. MALT is not responsible for faculty views.

Access
Access for students with disabilities varies by venue. Please let us know if you have limitations climbing stairs or have difficulty walking. Alerting us will help us make adjustments to the extent possible.

Below is a list of fully accessible MALT locations:
- Center on the Hill
- Chestnut Hill Friends Meeting House
- Grace Epiphany Church
- NewCourtland-Germantown Campus, Eisenhardt Building
- Mt. Airy Axis
- Presbyterian Church of Chestnut Hill
- St. Paul’s Episcopal Church
- Summit Church (gym only)
- Unitarian Society of Germantown
- United Lutheran Seminary
- Wesley Enhanced Living

Action Karate
11 W Mt Airy Ave.
Philadelphia, PA 19119

Attic Brewing
137 Berkley Street, Philadelphia, PA 19144

Bella Mosaic Art Studio
6760 Germantown Ave.
Philadelphia, PA 19119

Chanticleer
739 Church Rd
Wayne, PA 19087

Chestnut Hill Friends Meeting House
20 E Mermaid Ln.
Philadelphia, PA 19118

Chestnut Hill Music Academy
22 East Chestnut Hill Ave.
Philadelphia, PA 19119

Center on the Hill
Presbyterian Church of Chestnut Hill
885 Germantown Ave.
Philadelphia, PA 19118

Cliveden Carriage House
6401 Germantown Ave.
Philadelphia, PA 19144

Mt. Airy Performing Arts Academy
230 E Gowen Avenue
Philadelphia, PA 19119

NewCourtland’s Germantown Campus
Eisenhardt Bldg.
6950 Germantown Ave.
Philadelphia, PA 19119

Flaco’s Dance Factory
411 Old York Rd.
Jenkintown, PA 19046

Fergie’s Instructional Training,
471 E High St.
Philadelphia, PA 19144

Grace Epiphany Church
224 East Gowen Ave.
Philadelphia, PA 19119

Lest We Forget Slavery Museum
5501 Germantown Ave.
Philadelphia, PA 19144

MALT Office
661 Greene Street
Philadelphia, PA 19119

Mt. Airy Axis
520 Carpenter Lane
Philadelphia, PA 19119

Mt. Airy Performing Arts Academy
230 E Gowen Avenue
Philadelphia, PA 19119

United Lutheran Seminary
7301 Germantown Ave
Philadelphia, PA 19119

Wesley Enhanced Living at Stapley
6300 Greene Street
Philadelphia, PA 19144

Wissahickon Dance Academy
175 Green Lane
Philadelphia, PA 19127

Northlight Community Center
175 Green Lane
Philadelphia, PA 19127

Church of St. Martin-in-the-Fields
8000 St. Martin’s Lane
Philadelphia, PA 19118

St. Paul’s Episcopal Church
22 E. Chestnut Hill Avenue
Philadelphia, PA 19118

Summit Presbyterian Church
6737 Greene St.
Philadelphia, PA 19119

Unitarian Society of Germantown
6511 Lincoln Drive
Philadelphia, PA 19119

Lest We Forget Slavery Museum
5501 Germantown Ave.
Philadelphia, PA 19144

Chestnut Hill</p>
**4 Easy Ways to Register**

1. **Online**: Visit www.mtairylearningtree.org, by Visa or MasterCard.
2. **Phone**: Call us at 215.843.6333 and leave a message. We will return your call.
3. **Visit**: Open to the public Monday-Thursday, from 9 AM to 2 PM.

**Deadlines**
Early registration is strongly encouraged. While we permit late registration, you may find that a class has filled or has been canceled.

**Returned Check Policy**
We must charge students $15 for returned checks.

**Age Policy**
Except where noted, all classes are for ages 18 and up.

**Deciding Upon a Course**
Read the course descriptions carefully. If you are uncertain about whether a course will meet your needs, call us at 215.843.6333.

**For In-Person Classes**
Updated on 8/1/23: We are not requiring students to wear masks or provide proof of vaccination for our Fall classes. In addition, our class locations are no longer requiring masks or proof of vaccination unless specified under the class description. Check our website for the most up-to-date policy.

**Withdrawals**
If you cannot attend a course, you can receive a refund, less $6 registration fee, by notifying us 2 days (48 hours) before the first class begins.

**Refunds**
Refunds will be issued if MALT cancels a course. Refunds cannot be issued for classes missed as a result of illness, personal emergencies, or any other event beyond our control.

**Discounts and Scholarships**
Discounts cannot be combined.
- **WHYY Discount**: 10% off up to two classes per term. Member number required.
- **Fern Bell Scholarship Fund**: Need-based scholarships are available; call to request financial assistance.
- **Northwest Village Network Discount**: 10% off up to two classes per term.

*Not available online, please call us for more information.*

$6 non-refundable registration fee per person, per term.

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### Tips from the Tree

**Make Your MALT Class a Satisfactory Experience**

- **Snow and bad weather closings**: MALT follows the Philadelphia School District. If the schools are closed, so is MALT. Check our website and/or call our office for confirmation.
- **Cancellation of classes is decided based on the number of registrations**: Please do not wait until the last minute. Your timely call may make the difference as to whether or not a class runs.
- **Your current address, email and phone numbers are important**: If your class is postponed or moved, we want you to know. Please check your voice mail and email.
- **Addresses of major class locations are on our web page**.
- **For classes in private homes**: You will receive the address when you register.
- **Computer, Rowing, and other classes with limited space fill up very quickly**: Register early so you don’t miss your chance to take part in the class.

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### REGISTRATION FORM

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- ☐ I prefer not to receive MALT’s weekly email newsletter.

#### Title of Course or Workshop Code (e.g. AC01)  Section (A, B, C, etc.)  Fee

| 1. |   |   |
| 2. |   |   |
| 3. |   |   |
| 4. |   |   |

**Subtotal:**

$6

Subtotal: $6

Optional donation to the Fern Bell Scholarship Fund

**Total:**

As of 8/1/23: Check our website for the most up-to-date covid policy.

**Make check payable to MALT.**

I hereby authorize the use of Mastercard/Visa:

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Send us a self-addressed stamped envelope or provide your email address and we’ll send you a confirmation.

Questions: call MALT at 215.843.6333

Don’t forget to write start dates and locations on your calendar! We do not send reminders.

Mail to: MALT
6601 Greene Street
Philadelphia, PA 19119-3114
DON’T LIKE WAITING IN THE EMERGENCY ROOM?
Choose Chestnut Hill Hospital

Now part of Temple Health, Chestnut Hill Hospital’s ER wait times are less than 30 minutes on average. Because in an emergency, every minute counts.
We’re here when you need us.

Patients wait less than 30 minutes on average in our ER.