

FALL 2024

MALT

**MT. AIRY LEARNING TREE
NEIGHBORS TEACHING NEIGHBORS**



FALL TERM BEGINS
September 16

WEST MT. AIRY HISTORIC HOUSE TOUR
SUNDAY, OCTOBER 20



**MT. AIRY
LEARNING TREE**

250+ COURSES
SEPT-OCT-NOV-DEC
IN PERSON • ONLINE

DIRECTOR'S NOTE

Dear Neighbors and Friends,

The theme of this fall's term is collaboration and celebration! On October 20th, we are delighted to bring back our historic house tour. We are presenting the tour with West Mt. Airy Neighbors (WMAN), and we know you are going to love it! The architecturally significant homes can be visited inside and out as we celebrate the beauty and history of our neighborhood.

We continue to collaborate with iconic community nonprofits. We have tours with members of Historic Germantown, art classes and exhibit tours at Woodmere Art Museum, and with WMAN we imagine together, What Kind of Community Might Mt. Airy Be in 20 Years? We are also honored to welcome Dr. Scott G. Eberle to Mt. Airy for our first annual John M. O'Donnell Memorial Lecture, taking place on November 8.

Our course catalog is brimming over with 250+ classes, more than we have offered in the last three years! We are welcoming a record 23 new teachers to MALT, and together with our repeat teachers they are presenting 71 brand new classes. It is going to be a fun-filled and busy season, and we can't wait to get this term underway!

Janet Greenwood Gala
Executive Director

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



On the Cover: Clockwise from top left - Get fit with Yvonne "Fergie" Ferguson-Hardin, p. 29-31; Solo Vernacular Jazz Dance with Frances Emblerley, p. 25 photo by Alissa Coddington; Introduction to Improv Comedy with An Nichols, p. 63; Play the Ukulele: Getting Started with Anne Stevenson Smith, p.18.

Graphic Design - Janet Greenwood Gala

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.

STAFF

Executive Director Janet Greenwood Gala	Office Coordinator Marisia Robinson
Program Administrator Sammy Lifson-Neubardt	

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WEST MT. AIRY HISTORIC HOUSE TOUR

Back by popular demand and presented through the partnership of Mt. Airy Learning Tree and West Mt. Airy Neighbors!



Sunday, October 20 from 12:00 pm to 4:00 pm

The West Mt. Airy Historic House Tour welcomes visitors inside an array of specially selected private homes. This self-guided tour will showcase unique features of the interior and exterior of each 19th and 20th century residence, with knowledgeable docents on hand to enrich the experience. Join us for an inside look at the history and stunning architecture of our community! All of the homes on the Tour demonstrate imaginative and inspired choices for living in the 21st century.

Begin your adventure between 12:00 pm and 2:00 pm by picking up a Tour Program and Map at Commons & Commons LLP, Attorneys at Law, 30 Pelham Road.
Please note: This is not a walking tour; registrants should plan to drive or bike between houses.

\$35 advance registration; \$40 day-of-tour tickets

All proceeds of the Tour support both MALT and WMAN. We appreciate your support! If you cannot attend, consider making a tax-deductible donation.

Thank You to Our Generous Sponsors!

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First Annual John M. O'Donnell Memorial Lecture

EXPLORING THE ELEMENTS OF PLAY

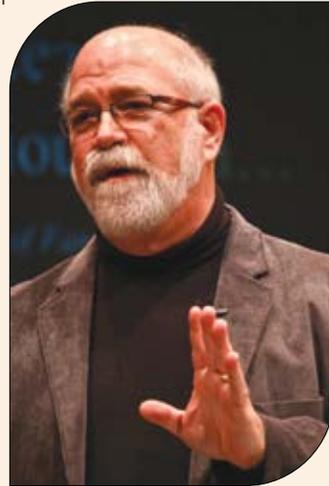
At MALT, we love to play! When you take a MALT class, you are often at play: quilting, line dancing, cooking, you name it. But what does it mean to play? In the first annual John M. O'Donnell Memorial Lecture, Scott Eberle, past editor of the *American Journal of Play* and author of the column "Play in Mind" at *Psychology Today*, will explore the question, "What is play?" Play is a fundamental and undervalued feature of mental, physical, emotional, intellectual, and social life - for children and adults alike. The audience will explore the six dynamic elements of play with Eberle: Anticipation, Surprise, Pleasure, Understanding, Strength, and Poise. Expect an illustrated, interactive presentation informed by evolutionary biology, history, and popular culture - with a bit of mischief.

Scott G. Eberle, Ph.D., holds a doctorate in American intellectual history, has executed scores of museum exhibits, is former editor of *The Strong's American Journal of Play* and former vice president for Play Studies. Scott is author of *Classic Toys of the National Toy Hall of Fame* and co-editor of *The Handbook of Study of Play*.

Friday, November 8, 7:00 to 9:00 pm
Commodore Barry Arts and Cultural Center (The Irish Center), Fireside Room
6815 Emlen Street, Mt. Airy

TW16. Tickets | \$20

John M. O'Donnell (1947 - 2023) was a beloved staff member at Mt. Airy Learning Tree, a long-time Chestnut Hill resident, a former executive director of the College of Physicians of Philadelphia, and a prolific author and college professor. John is deeply missed at MALT, and his impact continues with the relationships he created with new teachers, and by developing classes our community cherishes. In his honor we offer this lecture on a topic he would love, by his best friend, Scott.



Scott G. Eberle, Ph.D.

NEW WHAT KIND OF COMMUNITY MIGHT MT. AIRY BE IN 20 YEARS?

W from 7:00 PM to 9:00 PM

TW02. Can we imagine a community that retains its character, but with increased density, more walkable streets, and better transit options? Is it possible for Mt. Airy to remain a neighborhood of diversity in all its dimensions? Will Mt. Airy's economic and cultural vitality thrive in all corners of the community?

Over the course of two linked classes, Ann Fadullon will guide us in envisioning our future, and discussing how this vision can be realized over time.

Anne Fadullon, Former Deputy Mayor and Director of Planning & Development, City of Philadelphia (2016 - 2023) and Founding Principal, MAKE Advisory Services, LLC. Ann has 40+ years of experience in the planning, community and real estate development fields in the public and private sectors, encompassing both market-rate and below-market development across commercial, residential, and facilities sectors.

West Mt. Airy Neighbors/WMAN is partnering with MALT in presenting this class, the first of a series to be held over the coming months. We share the belief that engaging neighbors in discussion about the forces at play in the transformation of our community is key to supporting community activism and collaboration.

Steve Kendall, WMAN President and **Jo Winter**, WMAN Executive Director

October 9, November 13 | \$36
2 sessions

Wesley Enhanced Living, 6300 Greene St.



NEW FUNDAMENTALS OF COMMUNITY ORGANIZING ONLINE

Th from 7:00 PM to 9:00 PM

TW04. Are you passionate about social justice, and want to organize your neighbors around something that matters, but not sure where to begin? This introductory class will give you everything you need to start! We will walk through terms and definitions, elements of organizing, "tricks of the trade", and introduce you to strategy building and campaign development. Each class will be interactive, will let you learn and practice skills, and will culminate in developing your own draft campaign plan on an issue of your choice. No organizing experience required!

Julia Allen has been doing activist and organizing work for the last 30 years on issues ranging from educational justice to housing justice to prison abolition. She has helped organize mass mobilizations like the WTO protests in Seattle in 1999, the first U.S. Social Forum in Atlanta in 2007, and the Peoples' Climate March in Washington D.C. in 2017. Julia is currently a documentary filmmaker, political performer, and Impact Producer for social issue documentary films. In Oct 2023, she co-founded Families for Ceasefire Philly.

October 10-24 | \$59
3 sessions

The Comfort of Your Own Home

ARCHITECTURE & HISTORY WALKING TOUR OF MT. AIRY

Su from 1:00 PM to 3:30 PM

TW29. 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. Wear walking shoes and bring water. Not recommended for young children. Park close to the Richard Allen Lane train station.

October 13 | \$34

Meet at United Lutheran Seminary, 7301 Germantown Ave.

Limited to 15 attendees.

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.

NO WALK-INS. Meet directly in front of the United Lutheran Seminary, on Germantown Ave., across from Wawa. The walk can be challenging. Walking surfaces are sometimes uneven, there are stairs to descend and we'll be using park trails as well.

We will be outdoors exploring the neighborhood.

David's beautiful and iconic maps of Mt. Airy and Chestnut Hill are available for purchase at the MALT office for \$20. All proceeds are generously donated to support our programs.



David Schaaf with the Mt. Airy historic map he created in 1994. He has been leading his popular tour every year for MALT for the past 28 years. Thank you, David!

SACRED SPACES & STORIED PLACES: WALKING TOUR OF LAUREL HILL WEST CEMETERY

Sa from 1:00 PM to 2:30 PM

TW03. The expansion of Fairmount Park in the 1860s 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 26 | \$34

Laurel Hill West Cemetery, 225 Belmont Ave, Bala Cynwyd

NEW SUPREME COURT ROUND-UP

W from 6:00 PM to 8:00 PM

TW05. The Supreme Court continues to take on ground-breaking issues and makes decisions that are shaping our society in novel ways. This course looks at the most recent Supreme Court term and previews the coming decisions in the current 2024-2025 term.

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.

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

December 11 | \$34

Mt. Airy Axis, 520 Carpenter Lane



Rebecca Fisher leading her popular tour, Badass Women of Philadelphia.

NEW DEMOCRACY & YOU!

M from 6:30 PM to 8:30 PM

TW10. This Presidential election is HUGE! Democracy itself is on the line. Learn about the stakes, the issues, and the opportunities to get involved. We will discuss critical issues related to how elections are conducted, concerns and responses to mis- and dis-information, and what we can do to ensure that the will of the voters is not subverted. The Pennsylvania General Assembly and three state offices (Attorney General, Auditor General and Treasurer) are on the ballot, and control of the House is at stake. There will be an opportunity for Q&A and time for discussion. Bring a brown-bag dinner and a beverage and settle in for information, robust discussion, and resources that will help you follow the process and get involved.

Susan Gobreski is a long-time policy advocate with extensive experience in public policy and civic engagement; she leads a strategic consultancy business, working with non-profit organizations engaged in democracy advocacy at the state and federal levels. She also currently serves on the state board of the League of Women Voters of Pennsylvania as the VP for government policy. She has served as director of several policy organizations, including Education Voters of PA, which she founded.

September 23 | \$20

Bring a friend or family member | \$35

MALT Office, 6601 Greene St.

Bring a brown bag dinner and a drink.

BADASS WOMEN OF PHILADELPHIA

Sa from 11:00 AM to 1:00 PM

TW27. Celebrate the Badass Women of Philadelphia! Time to hear about cool colonial women, change makers, women in medicine, and more pioneers who have made their mark on this city of brotherly love and sisterly affection. Learn about our forgotten founder, Hannah Callowhill Penn; Ona Judge and her great escape from George Washington; Philadelphia's first female doctors and more! Tour is approximately 1.5 miles and ends at 13th & Locust.

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.

September 28 | \$39

*Meet at the Wawa on 6th and Chestnut Sts

NEW PRESIDENTIAL POWER: THE EPIC STORY OF AMERICA'S HIGHEST OFFICE

W from 7:00 PM to 8:30 PM

TW19. Theodore Roosevelt, the youngest President at just 42, took the oath of office with the solemn words "so help me God," a tradition started by George Washington in New York City. One President was rumored to be inebriated during his swearing-in, while another heroically fought off an assassin. Another was considered "the handsomest man to ever hold the office." Astonishingly, a quarter of all U.S. Presidential elections have been contested by the losing party. Philadelphians have a unique connection to the presidency. For a decade, this city served as the nation's capital. President John Adams was inaugurated here, and there were grand plans to establish Germantown as the site of the Capitol Building and the Executive Mansion. What led to the demise of this ambitious plan? As the nation approaches another Presidential election, this course will enlighten MALT scholars, delving into the rich history and formidable challenges of what many call the world's hardest job.

John Stanchak, a professional journalist and magazine editor concentrating on historical subjects, was on the editorial staff of *American History Illustrated* and *British Heritage*, was the editor of *Civil War Times*, and is the founding editor of *Historic Traveler*. He is the author of *The Visual Dictionary of the Civil War* and the children's book *Civil War*.

September 25 - October 16 | \$79

4 sessions

Mt. Airy Axis, 520 Carpenter Lane

NEW JUSTICE ON TRIAL: ANATOMY OF A MURDER CASE

W from 6:00 PM to 8:00 PM

TW06. Love true crime? Then you'll love this class. This course will look at a real murder trial which raises broader issues of justice and equity in our legal system. Through riveting video and interactive discussion, principles of trial and equity will be explored.

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.

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

October 9-16 | \$49

2 sessions

Mt. Airy Axis, 520 Carpenter Lane

PHILADELPHIA MUSICAL HISTORY BUS TOUR

Su from 10:00 AM to 2:00 PM

TW13. Join us for a mobile musical experience! We will teach you all about the talented musicians who were either born or raised in the Philadelphia area. Hop aboard our moving musical museum and prepare to be surprised and delighted to discover the great Philadelphians who revolutionized the music industry in Jazz, Classical, Gospel, Rock and Roll, Folk, R&B, Hip Hop and Country.

Our signature sightseeing tour offers an in-depth guide to the rich musical history of our city. Video clips and a great musical soundtrack will enhance your tour experience. We bet you will tell everyone it is one of the best things to do in Philadelphia!

Clayton Prince is the owner and operator of The Philadelphia Musical History Tours.

October 20 | \$44

Meet the bus at the corner of Wayne Ave. and Cliveden

Please note that there is a bathroom on the bus. Bring your own food or snacks. End time subject to change due to traffic or other factors.



What will you find when you forage with Allison Houghton?

NEW SHIBE PARK/CONNIE MACK STADIUM & BEYOND

M from 2:00 PM to 3:30 PM

TW14. One of our most beloved Philadelphia landmarks was the old ballpark at 21st Street and Lehigh Avenue. Shibe Park, later known as Connie Mack Stadium, was a key part of what was once a great industrial city. It captured the magic of living, working, and playing in Philly. The ballpark, home to the Philadelphia Athletics (AL) and the Philadelphia Phillies (NL), opened on April 12, 1909, and hosted its final game on October 1, 1970. This class is a 'must-see' for local sports and history buffs. Students are encouraged to bring their baseball memorabilia. Through discussions and shared memories, students will connect with the legacy of Shibe Park/Connie Mack Stadium, gaining insight into its significance in Philadelphia's history.

Rick Spector founded Moviehouse Productions in 1983, educating and delighting community groups with his multi-media nostalgia programs. His core works includes a multi-part series on the popular history of Philadelphia.

November 4 | \$34

Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

FORAGING FUN IN MT. AIRY

Sa from 1:30 PM to 4:00 PM

TW07. 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. Join me for a dive into the incredible wild edibles all around us and learn some of the history of why we eat what we eat. We'll learn about species like black walnut, acorns, beechnuts, spicebush, hawthorn, hickory, turkey tail mushrooms, or whatever we find on the trail!

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.

A. September 21 | \$39

Meet at High Point, Richard Allen Lane Train Station

B. October 19 | \$39

Allens Lane Art Center, 601 W. Allens Lane

C. November 16 | \$39

Carpenter's Woods, Sherman and W. Sedgwick

HIKE TO THE FUTURE ON THE CRESHEIM TRAIL

Sa from 10:00 AM to 12 N

TW08. For over a decade, Friends of the Cresheim Trail have been planning and advocating for future phases — while leading volunteer workdays to build the existing trail network. That 2-mile network between Allens Lane, Germantown Avenue, and Wissahickon Valley Park will soon use an old Pennsylvania Railroad corridor to extend to Stenton Avenue, and eventually continue into Montgomery County toward a final destination of Fort Washington State Park. Join FOCT to preview the future trail and learn what goes into building a trail. This hike is roughly three miles and will cover moderate terrain. Wear boots and long pants, and remember to bring water.

Bradley Maule is the Friends of Cresheim Trails (FOCT)'s President of the Board, serving in that role since 2022. A photographer by trade, he's also worked with Friends of the Wissahickon, Mt. Airy CDC, and Chestnut Hill Conservancy. You've definitely seen him at McMenamini's.

December 7 | \$34

Meet at Cresheim Valley Pergola, corner of Germantown and Cresheim Valley Drive

NORTHEAST PHILLY FOOD TOUR: UZBEK, RUSSIAN, AND MORE!

TW12. Join ex-Chef Glenn Bergman for a half day tour and tasting. Visit Uzbekistan, Georgia, and Russia without needing a passport or visa. Spend four hours learning about Georgian wines, breads and cheeses. Drink tea and perhaps some vodka while tasting delicious Uzbekistan food. Finish the day shopping in at least one Russian / Eastern European grocery store. How many different feta cheeses can you taste (each are different!) ? Try smoked and cured fishes - more than you have ever seen in Philly! Enjoy camels milk, baked goods, and more!

Glenn Bergman

A. Th from 9:00 AM to 3:00 PM

October 31 | \$42

B. Tu from 9:00 AM to 3:00 PM

November 5 | \$42

C. M from 9:00 AM to 3:00 PM

November 11 | \$42

Meet at High Point Café, Richard Allen Lane Train Station, to carpool at 9:00 am, or meet us in Northeast Philly at the Georgian Bakery and Cafe, 11749 Bustleton Ave, at 9:30 am.

\$20 (cash) materials fee payable to the instructor for food sampling.

Be sure to bring additional funds to taste wine, beers or to purchase additional food for yourself and groceries to take home.

NEW PHILLY FOOD TOUR: GERMANTOWN'S CULINARY HERITAGE

Sa from 12 N to 4:00 PM

TW11. The culinary history of the Northwest, and especially recently, is worth taking a closer look. Join us as we explore some of the history, but especially the present food. From great coffee and books, to Jamaican, Middle Eastern, and Ethiopian food, great fresh "hard" apple cider, wonderful beer, seafood, vegan, and more. While we will not have time to visit every place, an extensive list of food establishments will be provided from Washington Lane to Wayne Junction. Spend four hours or more eating and drinking our way through Germantown. Reading material prior to the walking tour will be provided.

Glenn Bergman

November 16 | \$39

Meet at Uncle Bobbie's Book Shop, Church and Germantown Ave.

\$20 (cash) materials fee payable to the instructor for food sampling.



Glenn Bergman

NEW SOUTHWEST PHILLY FOOD TOUR: WEST AFRICAN FOODS

Sa from 10:00 AM to 2:00 PM

TW09. Experience the rich flavors and vibrant culture of West Africa on this culinary tour of "Little Africa," located in Southwest Philadelphia around Woodland Ave. Home to one of the largest West African communities in the United States, this area is now being recognized for its profound influence on American cuisine. Delight your taste buds with traditional dishes like jollof rice, braised goat, cassava leaf stew, and more. For a deeper appreciation of the history and cultural impact of West African cuisine, before the tour consider watching the documentary "High on the Hog" or reading the accompanying book for an in-depth history of how enslaved West Africans influenced American food.

Glenn Bergman is the former Executive Director of Philabundance, and previously served for 11 years as the General Manager of the Weavers Way Co-Op. He has led food tours of Chinatown for MALT and this term is also eager to share his food explorations to Northeast and Southwest Philly. Glenn is donating his faculty fee to the nonprofit Ukraine Trust Train, providing humanitarian relief to people in the war. No funds will go towards military equipment.

November 2 | \$42

Meet at the High Point Café, Richard Allen Lane Train Station, Allen Lane and Cresheim Rd.

\$20 (cash) materials fee payable to the instructor for food sampling.



NEW VICTORIAN CHRISTMAS TOUR OF THE EBENEZER MAXWELL MANSION

Su from 2:00 PM to 4:00 PM

TW24. Join us for a special tour, led by executive director Dr. George Boudreau, to explore how the Victorians transformed Christmas into the beloved holiday we know today. From the 1830s onward, what was once a solemn religious occasion evolved into a celebration filled with cherished traditions like Christmas trees, carols, and gift-giving. The mansion, built in 1859, is Philadelphia's only authentically restored Victorian house museum. As you step through its doors, you'll be immersed in the world of nineteenth-century Philadelphians, with the mansion adorned in authentic Victorian holiday decorations. Discover the origins of festive foods, holiday customs, and the literature that celebrated figures like Old St. Nick and the modern Santa Claus. This meticulously restored mansion offers insights into the lives of Philadelphia's rising middle class from the 1860s to the 1910s, both upstairs and downstairs. As a true neighborhood treasure dedicated to the Victorian period, the Ebenezer Maxwell Mansion provides a unique glimpse into the past. Come visit and create a new holiday tradition for you and your loved ones!

George Boudreau is a public historian who specializes in historic house museums. He holds a Ph.D. in American history and has held post-doctoral research fellowships at Monticello, Mount Vernon, Colonial Williamsburg, and Jamestown. His 2012 book *Independence* tells the story of the historic spaces around Independence Hall. He joined Ebenezer Maxwell Mansion in 2023 as executive director.

December 8 | \$34
Ebenezer Maxwell Mansion
200 West Tulpehocken St.

NEW HOLIDAYS IN THE GILDED AGE

Su from 2:00 PM to 4:00 PM

TW25. Extensive menus featuring rich, appealing foods were a key part of Gilded Age holiday celebrations. Thanksgiving and Christmas were typically the most carefully planned meals of the year for many families, with the season's festivities extending into New Year's Day and Twelfth Night (January 6). This class will highlight popular foods and traditions from the era to give students a taste of the Gilded Age, including samples of plum pudding and sugar plums (students will be able to make their own to take home).

Becky Libourel Diamond is a food writer, librarian, and research historian. Her latest book, *The Gilded Age Cookbook*, blends Gilded Age details and celebrity stories with historic menus and recipes updated for modern kitchens. She is also the author of *The Thousand Dollar Dinner* and *Mrs. Goodfellow: The Story of America's First Cooking School*. Her current project is *The Gilded Age Christmas Cookbook*, slated for a fall 2025 release.

November 24 | \$34

Ebenezer Maxwell Mansion
200 West Tulpehocken St.

\$5 materials fee payable to the instructor. *The Gilded Age Cookbook* is available for purchase at a discount when you register for class.

WYCK BEHIND THE SCENES TOUR

W from 6:00 PM to 8:00 PM

TW23. 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.

A. September 18 | \$34

B. October 16 | \$34

Wyck Historic House and Garden,
6026 Germantown Ave.

Note: This tour includes old, winding staircases and possibly dust on the 3rd floor.

EXPLORING THE KITCHENS AT CLIVEDEN

Tu from 12 N to 1:30 PM

TW22. Built in 1767 as a summer home to the Chew family, Cliveden is a historic site right in our backyard. This tour delves into the kitchen space at Cliveden, including the 18th century kitchen dependency and 1959 kitchen and cellar spaces used for cooking and food storage. Attendees will explore the built environment, cooking technology, and those who labored at Cliveden, both enslaved laborers and paid staff, over two centuries.

Carolyn Wallace is the Education Director for Cliveden of the National Trust. Her work focuses on research and interpretation of diverse narratives through sustainable programming for youth and adults and exhibit design. Carolyn is passionate about making connections between past and present and helping visitors to do the same.

Libbie Hawes has been the Preservation Director at Cliveden for over 13 years. She has a Master of Science in Historic Preservation at the Weitzman School of Design at the University of Pennsylvania. As the chief steward of the buildings and grounds at Cliveden, Libbie oversees capital projects from historic restoration to cyclical maintenance.

October 22 | \$25

Cliveden Carriage House
6401 Germantown Ave., rear

MALT is honored to be offering tours in collaboration with Historic Germantown and its member organizations!



Historic Germantown is a partnership of eighteen extraordinary historic houses, destinations, and museums in Northwest Philadelphia that have joined together to protect, preserve, and share some of Philadelphia's prized historical assets.

STEPS TO FREEDOM: A GUIDED TOUR OF THE JOHNSON HOUSE HISTORIC SITE

Sa from 1:00 PM to 2:00 PM

TW15. Join Docent Jim Crichton for a 60-minute guided tour of the Johnson House Historic Site, a National Historic Landmark and Underground Railroad station. You will learn about the history of the Quaker abolitionist Johnson Family, the anti-slavery movement, the early history of enslavement in America, the Transatlantic Slave Trade, the Fugitive Slave Laws that kept the enslaved constantly on the run, and the collaborative efforts between Black - free and enslaved - and White abolitionists. The Johnson family history links it to the national anti-slavery movement and documents the family association with leading anti-slavery figures locally and nationally. The Johnson Family called themselves "infidel practitioners" and advocates of racial equality. The Johnson home provided refuge and a safe place for escaping enslaved Africans on the way to secure their freedom. The Underground Railroad was the embodiment of African Resistance during the era of enslavement of African people in America.

James Crichton is a tour guide, museum docent, tour escort and historical character re-enactor.

October 26 | \$25

Johnson House Historic Site
6306 Germantown Avenue

A GUIDED TOUR OF THE LEST WE FORGET MUSEUM OF SLAVERY

TW18. Join Gwen Ragsdale, Executive Director, for a 90-minute guided tour of the Lest We Forget Museum of Slavery that not only reviews slavery from capture to emancipation, but also covers today's social justice issues. It is the only slavery museum in Philadelphia and the only museum with an extensive collection of artifacts from the transatlantic slave trade. The collection includes iron shackles, chains and other forms of ironware, in addition to bill-of-sale documents, Jim Crow objects, segregation signs and a Black Inventors wall.

Gwen Ragsdale is the Executive Director of the Lest We Forget Museum of Slavery. She is a storyteller, novelist and filmmaker. Her film, *Lest We Forget*, won Best Documentary Award from HBO/Martha's Vineyard Film Festival.

A. Th from 12 N to 1:30 PM | \$20
October 3

B. Sa from 12 N to 1:30 PM | \$20
November 9

The Lest We Forget Museum of Slavery,
5501 Germantown Ave.



Pete Seeger outside the Nixon Campaign Headquarters by Harvey Finkle

NEW PAINTINGS OF CHAOS & CALM: SPIRITUAL, NATURAL, PERSONAL ONLINE

Tu from 2:00 PM to 3:30 PM

TW21. Whether cosmic disorder or meditative calm, art can capture and evoke a rollercoaster of emotional responses. The life of the artist, including personal highs and lows, nature's cycles, and faith systems, can impact their work (or not). How the painted stories unfold through style and media make for exciting explorations of art from the past to the present. We will consider symbolic spiritual events, nature's sense of dramatic tumult and intense calm, and artists' personal tribulations and delights as we view the images. Our conversational class includes short videos to better consider a diversity of 'isms and artists.

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.

November 12-26 | \$49
3 sessions

The Comfort of Your Own Home

See Page 41

NEW Taking Flight in Art: Machines

NEW IN THE MOMENT: THE ART & PHOTOGRAPHY OF HARVEY FINKLE

Sa from 2:00 PM to 4:00 PM

TW17. The work of the Philadelphia-born photographer and activist Harvey Finkle offers an intimate view of the hardships, sacrifices, and joys experienced by members of the diverse communities and political movements he has engaged with over the course of his career. In the Moment explores photography's ability to interrogate social inequities, arouse empathy, and inspire political action. Consisting of photographs that Finkle has taken over the past half-decade, the show surveys the multiple and sophisticated ways in which his work forges meaningful connections with its audiences.

Guest-curated by **Antongiulio Sorgini**, categorical groupings take us through Finkle's journey, chronicling the stories that shape our collective consciousness.

Hildy Tow is the Curator of Education at Woodmere Art Museum.

November 2 | \$34

Woodmere Art Museum, 9201 Germantown Ave.

NEW WEST ASIAN CINEMA

Th from 6:00 PM to 9:00 PM

WM03. Situated between the Eastern and Western cinematic traditions, and incorporating a fusion of poetics and social realism, the films of Western Asia (Turkey, The Caucasus, and The Middle East) are rich, uncompromising, and deeply personal. Drawing on films from the past two decades, explore this stirring, transcontinental cinema that captures the uneasiness and resilience of a region in flux. Together each week we'll watch a carefully selected West Asian film, followed by a fun and thoughtful conversation on what we've just seen. The class is perfect for foreign film lovers, as well as accessible for those just getting started!

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

September 26 - October 24 | \$79
5 sessions

Wesley Enhanced Living, 6300 Greene St.

NEW SCREENING US POLITICS

Tu from 2:00 PM to 5:00 PM

WM40. During this course, we will view several classic and contemporary dramatic films about US politics. Films that are both well crafted and entertaining will stimulate discussion about how dramatic narratives can expose the actual mechanics of local, state, and national politics throughout our nation's history. Films to be discussed include: *The Last Hurrah* (1958), *All the King's Men* (1949), *Lincoln* (2012), *Iron-Jawed Angels* (2004), and *Rustin* (2023). This is a lively film discussion class for those who like to dig deeper into the content and craft of dramatic films and share their observations with others, and for political history buffs.

Barbara Sheehan is a lover of great film and literature. She holds a M.Ed. in Educational Media and MAE in English and has taught at local colleges and in the community.

October 1-29 | \$59
5 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

MOVIE NIGHT, 1930s STYLE!

M from 5:00 PM to 8:00 PM

WM42. A celebration of movies from the golden age, most of which you're unlikely to have seen anywhere else. Featured stars include Bob Hope, Rita Hayworth, Kirk Douglas, Laurel and Hardy, and a few surprises. Each movie will be accompanied by vintage cartoons and comedy shorts of 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.

September 23 - November 25 | \$99
10 sessions

*Private home near Millman and Rex in Chestnut Hill

NEW BOOK CLUB: READING MOTHERHOOD

Tu from 10:00 AM to 11:30 AM

WM41. Although motherhood is often seen as a natural experience for women, it is also a social institution, imposing shifting, unspoken rules for its practitioners. We will read groundbreaking texts by second wave feminists as well as novels by contemporary writers that continue to challenge traditional views of mothering and motherhood.

September 24 - Jane Lazarre, *The Mother Knot* (1976), and Adrienne Rich, "Anger and Tenderness" (1986)

October 22 - Sue Miller, *The Good Mother* (1986)

November 12 - Elisa Albert, *After Birth* (2015)

December 10 - Jessamine Chan, *The School for Good Mothers* (2022)

Gabriella Ibieta holds a Ph.D. in Comparative Literature from the City University of New York and was Associate Professor of English at Drexel University for many years. She's editor of *Latin American Writers:30 Stories*, and co-editor (with M. Orvell) of *Inventing America: Readings in Identity and Culture*, both published by St. Martin's Press, and she's presently working on a personal history of her Cuban family. Gabriella started MALT's Book Club in 2022 and is delighted to share her passion for reading, researching, and discussing literature with the community.

September 24 - December 10 | \$44
4 sessions

Hilltop Books, 84 Bethlehem Pike

TV SITCOM WRITING: CREATING THE PILOT ONLINE

Sa from 1:00 PM to 2:30 PM

WM15. Learn the essence of writing for a series, gain a strong foundation in structure while demystifying the language and process of brainstorming, providing you the tools to begin turning your great idea into the next (Fill In Your Favorite Show Here). You'll learn about the importance of deadlines, the unique qualities of a televised story, how and what to pitch, and the scale of your ideas. You'll watch TV shows with a critical ear for dialogue and storytelling, read scripts and create outlines for that million-dollar sitcom. Students can expect to perform exercises/assignments and provide feedback to other students. Interested in taking your writing career to the next level? If you have an idea for a tv sitcom that you'd like to develop, this is the class for you.

Arthur J. Evans began writing for television in 2013 after moving to Los Angeles. He was a producer on *The Wendy Williams Show*, a staff writer on *Ellen*, *The Carmichael Show*, and numerous pilots.

September 21 - October 12 | \$84

4 sessions

The Comfort of Your Own Home

WRITING THE PERSONAL ESSAY ONLINE

F from 12 N to 1:00 PM

WM06. If you want to write about your own life, but don't know where to start, the personal essay offers a unique and accessible formal container requiring both deep self-reflection and cultural observation. In this class, we will study selections from Philip Lopate's seminal collection, *The Art of the Essay*, including essays by Montaigne, Woolf, and Baldwin. Simultaneous to studying the masters of this genre, students will brainstorm, draft, and revise their own personal essay through in-class prompts, writing exercises, and teacher feedback.

Llana Carroll holds an BA in Literature from Purchase College/SUNY and an MA and PhD in English: Cultural and Critical Studies from the University of Pittsburgh. Llana has taught non-fiction and essay writing at several colleges and universities and is currently an Assistant Teaching Professor of English and Philosophy at Drexel University. Her own writing has been published in several academic journals.

October 11 - November 15 | \$79

6 sessions

The Comfort of Your Own Home

NEW WRITING THE BROKEN HEART...AGAIN

W from 3:00 PM to 4:30 PM

WM04. Many of us carry our grief privately, keeping all we long to express to ourselves out of fear of being judged or overwhelmed by our emotions or because of the harmful messaging we've received around grief. 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 guided writing prompts. 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 and reflect. This class is for anyone experiencing a significant loss or change, not just the death of a loved one. If you've taken *Writing the Broken Heart* before, this class offers new poems and writing prompts to help you care for and navigate your 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, certified 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 30 - November 20 | \$64

4 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

CLASSES IN PURPLE TAKE PLACE ACROSS THE CREEK IN MANAYUNK, ROXBOROUGH OR EAST FALLS

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. This class is a gas!

Tony Knighton the author of the collection *Happy Hour and Other Philadelphia Cruelties*, and three novels, *Three Hours Past Midnight*, *A Few Days Away*, and *A Night at the Shore*, all published by Brash Books. His short stories are included in anthologies from *Cemetery Dance*, *Grey Matter Press* and *Close to the Bone*.

September 24 - October 29 | \$89

6 sessions

North Light Community Center, 175 Green Lane

NEW PLAYWRITING OUTSIDE-OF-THE- BLACK-BOX

Tu from 6:30 PM to 8:00 PM

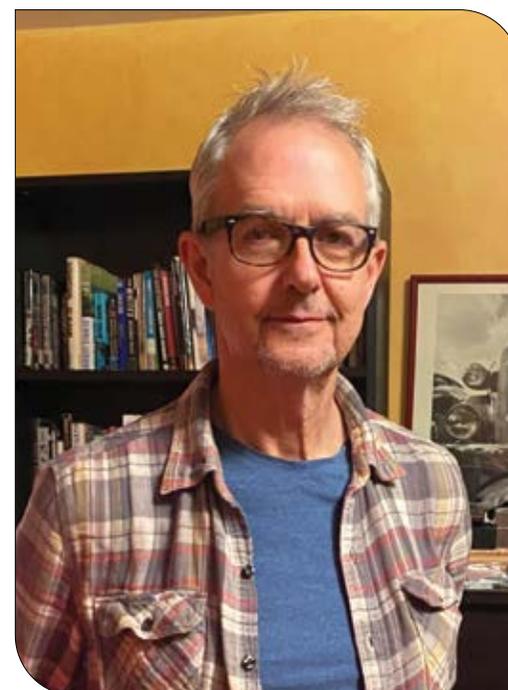
WM07. If you've ever been frustrated by a writing class where the teacher insists that you learn "the rules" first, this class is for you. In this unconventional playwriting class, we will draw inspiration from visual art and music, and play with language and story-structure to create work that's surprising, visceral, and personal. We will chart our own individual creative processes, constructing a personal roadmap for making our best work. Discover your unique creative process and craft your best work in a playful, supportive environment.

Dara Silverman is a trained playwright and the Founder and Artistic Director of Agile Rascal Theatre, a unique ensemble theater company that combines her two passions: theater and cycling. The collision of these two disparate worlds introduces a range of constraints and considerations that guide the creative process. As playwright, Dara leads collaborators through the process of collective theater-making, commonly called "devising." This approach involves integrating the creative contributions of all participants into a cohesive whole, resulting in innovative and unexpected theatrical works.

November 12 - December 17 | \$120

6 sessions

Universalist Unitarian Church of Mt. Airy, Gorgas Lane and Stenton Ave.



Tony Knighton

THE REVISING CONUN- DRUM: A WORKSHOP ON STRENGTHENING YOUR LITERARY WORK ONLINE

Tu from 6:30 PM to 8:15 PM

WM09. Most writers dread it...the revision phase. It can be daunting, painful, and confusing for any writer, especially if you don't know what to look for. But like writing itself, revising is a skill that takes time and persistence. In this craft talk and workshop, we'll discuss the importance of revision, unpack examples, review revision tips and methods, and practice revising our work. This class is open to writers of all genres. Participants will leave with a new appreciation for this necessary phase and a more robust revision toolkit to use in their work.

Chelsea Jackson is a writer, editor, and literary consultant, and the author of the poetry collection *All Things Holy and Heathen* (April Gloaming). Chelsea uses their writing to ask hard questions and explore what it means to be human. Their work has been featured in *Fatal Flaw*, *Coffin Bell Journal*, and *Passengers Journal*, among other publications, and they were a finalist in the 2020 *Driftwood Press In-House Poetry Contest* and *Animal Heart's 2022 Poetry Collection Contest*. Chelsea has an MFA in Poetry from Drew University and is the Co-Editor of *The Maine Review*. After moving around for over a decade, they returned to their home state of Virginia in 2022. They live in Richmond with their partner and cuddly pitbull.

November 19 | \$39

The Comfort of Your Own Home

18 LESSONS IN CREATIVE WRITING

Tu from 7:00 PM to 8:30 PM

WMo8. Using a series of in-class writing exercises, explore your particular hidden writing talents so that you may improve them and that all participants may learn from each other. These lessons, coupled with basic rules, can be applied to all types of creative writing. Daily exercises will be given to help you generate new work and learn the elements of successful writing. We will focus on writing new material rather than revising older works, so come with paper and pen--or computer. Share your best work in class and offer feedback on other students' work.

Nathan Alling Long grew up in rural Appalachia, earned an MA and MFA in literature and creative writing, and now lives in Philadelphia while teaching at Stockton University in NJ. Their work appears on NPR, and in over 100 publications, including *Best Short Fictions 2023*, *Best Microfictions 2020*, *Tin House*, *Master's Review*, *Electric Lit*, and *Witness*. *The Origin of Doubt*, their collection of fifty short fictions, was a 2019 Lambda Award finalist. Nathan has been writing and teaching about flash fiction for over 20 years and still loves reading a new flash story.

September 24 - October 22 | \$69
5 sessions

Rittenhouse Town, 208 Lincoln Drive
Enter on Wissahickon Ave.

\$5 materials fee payable to the instructor

POETIC APPROACHES TO JUMPSTART YOUR WRITING PART 2: POETRY FORMS ONLINE

Tu from 6:30 PM to 8:30 PM

WM11. We're back with some new poetic approaches to activate your writing! Carve out time to deepen your writing practice, as each week, we explore a different poetic form, read and discuss examples of that form, and generate new work using that method. Throughout this class, students will also have space to workshop their work with fellow participants. Part discussion group, part lecture series, and part writing workshop, this class is open to all writing levels, and it is not necessary to have taken Part 1 to join.

Chelsea Jackson

October 8-29 | \$69
4 sessions

The Comfort of Your Own Home



YOUR POETIC VOICE ONLINE

Sa from 10:30 AM to 12:30 PM

WM12. Explore the rich foundations of poetry, from the nuanced intricacies of figurative language to the cadences of rhythm, repetition, and lineation. Learn poetic terminology and the variations of form poetry. Refine your skills in editing, improve your performance skills, navigate the world of copyright protection, and receive resources on how to get published. Whether you're a novice eager to unravel the mysteries of poetry or a seasoned writer seeking to deepen your understanding, this course extends a warm invitation to all. Embrace the opportunity to cultivate your unique poetic voice and unleash your creative potential. Through engaging discussions and collaborative exploration, you'll not only refine your craft but also forge meaningful connections with fellow poets. In this inclusive and supportive environment, every question is a pathway to discovery, and every participant is a valued contributor to the collective learning experience. Join us for an immersive and enriching journey into the world of poetry, where inspiration flourishes, and creativity thrives!

Pamela (Jaz) Banks is an award-winning published poet, performance poet, songwriter (ASCAP), singer, composer, theater-artist, author, playwright, and educator. She holds an MFA in creative writing/poetry from Goddard College and a BA in theater from Temple University. Jaz is honored to educate elementary students in the public school system and young adults/adults in independent poetry classes.

September 21 - October 26 | \$89
6 sessions

The Comfort of Your Own Home

MEMOIRS AND ESSAYS: GETTING GOING...AND STAYING WITH IT

Sa from 1:00 PM to 4:00 PM

WM14. 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, finetuning 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.

November 2-16 | \$74
3 sessions

United Lutheran Seminary, 7301 Germantown Ave.

\$8 materials fee payable to the instructor.

SING A SECRET: A MINDBODY APPROACH TO VOICE AND SONG

Su from 12 N to 2:30 PM

WM16. Whether you are a seasoned musician, a proud shower singer, 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 a Secret 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 20 | \$39
Mt. Airy Art Garage (MAAG),
7054 Germantown Ave.

FOR THE LOVE OF SINGING, PART 1

Sa from 9:30 AM to 11:30 AM

WM21. Singing is a joyous experience. The sound and feeling of it moves us both physically and emotionally and speaks to us more deeply than most other forms of expression. For The Love of Singing will explore this joy, develop your understanding of what it is to sing, what stops us from singing and explore breathing for singing, vocal range and some basic music skills. Musical selections will range from spirituals to contemporary popular. No music reading skills needed.

Connie Koppe has been finding joy in singing since she was 6. 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 5 - November 23 | \$95
8 sessions

St. Paul's Episcopal Church, 22 East Chestnut Hill Ave.

There is a \$5 materials fee payable to the instructor.

NEW FOR THE LOVE OF SINGING - ROUNDS, PARTNER SONGS, AND HARMONY

W from 7:00 PM to 9:00 PM

WM22. Singing rounds and partner songs is for all ages and a great way to learn to sing in harmony. Rounds require listening to how what you are singing fits into what others are singing - a basic skill for harmony singing. We will begin with 2 and 3 part rounds and songs that fit together (partner songs). We will move on to 4 (and more) parts. Musical styles will range from early music to the present.

No previous singing or music reading training is necessary.

Connie Koppe

October 16-30 | \$44
3 sessions

Summit Presbyterian Church, 6757 Greene St.
at Westview

There is a \$5 materials fee payable to the instructor.

See Page 63

Introduction to Improv

NEW FOR THE LOVE OF SINGING – IN HARMONY

W from 7:00 PM to 9:00 PM

WM23. Explore the rich harmonies of 1950s and 1960s popular music in this singing class. Experience the timeless melodies of iconic groups such as the Everly Brothers, the Isley Brothers, the Mills Brothers, and the Ink Spots. No prior singing or music reading experience is required, making this class perfect for all enthusiasts eager to appreciate and understand the vocal artistry of these legendary artists.

Connie Koppe

November 6-20 | \$44

3 sessions

Summit Presbyterian Church, 6757 Greene St. at Westview

There is a \$5 materials fee payable to the instructor.

NEW FRAME DRUMMING FOR BEGINNERS

Tu from 6:00 PM to 7:30 PM

WM10. Would you like to learn the art of the frame drum? In a world full of rushing, disconnection, and chaos, the frame drum – the world’s oldest instrument – can be an amazing antidote. This class will soothe your nervous system, shift you into a more connected way of being, and strengthen your own inner rhythm. Frame drumming together creates a sense of community! This class is an absolute beginner’s introduction to this sacred practice. No musical experience is required. Expect to learn the basic strokes and several rhythms to practice.

Natanya Apfelbaum has devoted herself to studying and playing the frame drum since she discovered it; this instrument connects her to a deep pulse of life. The past two years, she has studied in Sicily, focusing on frame drumming and dance. She is a deep aficionado of the path of the drum and is excited to build community through this beautiful instrument.

November 12 - December 3 | \$89

4 sessions

Universalist Unitarian Church of Mt. Airy, Gorgas Lane and Stenton Ave.

Materials Note: Students are encouraged to purchase a frame drum to practice with; instructor recommends the Remo Fiberskyn Frame Drum 16” which is available on Amazon and various online distributors.

PLAY THE UKULELE: GETTING STARTED

M from 6:30 PM to 7:30 PM

WM17. 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 song book and chord chart provided. Anne will also share ukulele resources. Course may be adapted based on proficiency and interests of participants.

Anne Stevenson Smith has been playing ukulele for 15 years. As a music major, with a history of singing and playing other instruments, she found the ukulele to be a perfect fit. She is a leader of the Philadelphia Mainline ukulele meetup group. Anne focuses on sharing basic chords and best practices, and has been teaching and doing uke workshops for years. As part of the duo Ten Strings Two Hearts, Annie is playing professionally with her partner as a member of the Philadelphia Folksong Society’s Musical Artists Cooperative.

October 14 - November 18 | \$79

6 sessions

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

\$2 materials fee payable to the instructor.

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 16 - November 20 | \$120

6 sessions

Presbyterian Church of Chestnut Hill, 8855 Germantown Ave

There is a \$10 materials fee payable to the teacher at the first class for a piano lesson book.



Vickie Hatcher, Mt. Airy's BTS Expert

NEW THE BTS PHENOMENON: SEARCHING FOR THE SECRET SAUCE

Su from 2:00 PM to 4:00 PM

WM18. What drives the global popularity of the paradigm-bending K-Pop sensations, BTS? This class will explore the music, mindset, and “love yourself” message that molded these seven young men into such dynamic artists of self-acceptance and social change. In anticipation of their return to the stage after service in the S. Korean military, explore their victory over cultural and language barriers to become worldwide music icons. Discover the Secret Sauce that keeps the 90-million-plus BTS fanbase, known as ARMY, loyal, expanding and wanting more of RM, Jin, J-Hope, Suga, Jimin, V and Jungkook.

Vickie Hatcher, a Mt. Airy resident since 2020, discovered BTS only after retiring from New York Presbyterian Hospital. Alerted to the group by her musician brother, she quickly fell down the BTS rabbit hole and became an ardent fan. She now declares to whomever will listen that BTS is the biggest cultural phenomenon of the 21st century.

October 20 | \$34

United Lutheran Seminary, 7301 Germantown Ave.

BEGINNER'S HARMONICA FOR ADULTS (AGES 16+) ONLINE

M from 6:30 PM to 7:45 PM

WM44. 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.

September 16 - November 11 | \$109

8 sessions, no class 10/14

The Comfort of Your Own Home

\$10 materials fee will be automatically added upon registration, for Seth’s Harmonica 1 textbook.

For all Harmonica Classes

Students will 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.

BLUES HARMONICA ONLINE

M from 8:00 PM to 9:15 PM

WM45. Let’s continue our work with the harmonica and focus on the Blues. The harmonica’s unique sound is integral to the distinctiveness of many great blues bands. Learn some techniques and styles of background and lead playing. We will work on songs by Slim Harpo (“Something Inside Me,” “Raining In My Heart”), Little Walter (“Last Night,” “Hoochie Coochie Man”), Sonny Terry (“Bring It On Home To Me”), etc. Note: if you haven’t taken “Beginner’s Harmonica for Ages 16+,” please let us know at registration so the instructor can contact you prior to the first class to determine if this course is appropriate for you.

Seth Holzman

September 16 - November 11 | \$109

8 sessions, no class 10/14

The Comfort of Your Own Home

\$10 materials fee will be added upon registration, for Seth’s Harmonica 1 textbook. This is waived if you’ve taken **WM44**.

CONVERSATIONAL FRENCH ONLINE

Tu from 6:30 PM to 8:00 PM

WM29. For intermediate and advance 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 grew up in the beautiful suburbs of Paris, France before she moved stateside to study International Commerce. She speaks 5 languages and loves to share her love of her beautiful native language.

September 24 - October 15 | \$64
4 sessions

The Comfort of Your Own Home

INTRODUCTION TO SPANISH

Tu from 6:00 PM to 7:30 PM

WM36. ¡Vamos! You know you've been wanting to learn a new language for ages! Think of the places you can visit, the business relations you can improve, the restaurants you can have the insider scoop on! This small, entertaining instructor-led course will give you a jump start on speaking Spanish right away. It's so much more effective and organic than those language apps. Take the plunge!

Megan Do Nascimento is trilingual in Spanish, English and Portuguese. She lived in Spain, works in International sales and has travelled extensively throughout the Spanish speaking world. Megan is passionate about immigration issues and dedicated her time doing work in Matamoros, Mexico with Team Brownsville.

October 1-29 | \$74
5 sessions

Universalist Unitarian Church of Mt. Airy,
Gorgas Lane and Stenton Ave.



*Love watching the Olympics this summer in Paris?
Continue the fun by speaking French with Sophie Bernard.*

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 17 - October 29 | \$89
6 sessions, (no class 10/1)

United Lutheran Seminary, 7301 Germantown Ave.

Highly recommended but optional textbook:
Ultimate Italian Beginner-Intermediate, by Salvatore and Michael Lettieri. ISBN: 978-1-4000-0967-1 or 9781400021109

Consider purchasing a used version of the book through Abe Books.

INTERMEDIATE ITALIAN

W from 5:00 PM to 6:30 PM

WM31. This class is for those who've 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 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 18 - October 30 | \$89
6 sessions, (no class 10/2)

United Lutheran Seminary, 7301 Germantown Ave.

AMERICAN SIGN LANGUAGE 1: BEGINNERS

M from 10:00 AM to 12 N

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 23 - December 2 | \$193
10 sessions, (no class 11/25)

Mt. Airy CDC, 6703 Germantown Ave.

Textbook Required: *ASL at Work*, can be purchased at the first class from the instructor for \$75. Cash or card accepted. You can purchase the it directly from Dawn Sign Press. If purchasing through Amazon/eBay or similar websites, make sure that the DVD/online learning access is included with the book. **For sections 2 and above:** If you do not already have a copy of the textbook please contact asl@dhcc.org.

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 DHCC). 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

September 25 - December 11 | \$193
10 sessions, (no class 10/2 and 11/27)

Chestnut Hill Hospital,
8835 Germantown Ave., Board Room

Textbook Required: *ASL at Work*.

AMERICAN SIGN LANGUAGE 4: INTERMEDIATE

Th from 6:30 PM to 8:30 PM

WM34. This is the fourth level of American Sign Language (ASL) classes. This class is intended for students with some prior knowledge of ASL – specifically, students who have already taken and passed ASL Levels 1, 2, and 3 or who have been evaluated into this level (in the case of students who already have prior knowledge but didn't take classes with DHCC). In this class, you will continue to learn ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL. A Deaf individual will teach this class.

Deaf-Hearing Communication Center

September 26 - November 28 | \$193
10 sessions

United Lutheran Seminary,
7301 Germantown Ave.

Textbook Required: *ASL at Work*.



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Get the most up-to-date news from MALT.
Subscribe to our weekly enews by visiting
www.mtairylearningtree.org.

NEW BECOME AN AI POWER USER

Sa from 12 N to 2:00 PM

CCo1. Unlock the full potential of AI to transform your professional workflow. Learn to identify and choose the right AI tools tailored to your specific needs through demonstrations of various AI applications for different tasks. Discover techniques for automating repetitive tasks and enhancing efficiency, including a practical session on automating email and document management. Delve into advanced document and media management by using AI with Microsoft 365 and Copilot to create sophisticated documents, engaging presentations, and manage digital media. Join us to streamline your processes and elevate your productivity with the power of AI. This class is for anyone who already uses email, Microsoft Word, and other common applications. By the end of this course, you will have all the knowledge needed to boost your productivity by 50-80%. All our courses are hands-on. Bring your computer, tablet or smartphone.

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.

November 2-9 | \$59
2 sessions

MALT Office, 6601 Greene St.

This course is hands-on. Bring your computer, tablet or smartphone.



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INTRODUCTION TO MICROSOFT EXCEL

Tu from 10:00 AM to 12 N

CCo2. 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 15-29 | \$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.

WINDOWS 11 MADE SIMPLE

Tu from 10:00 AM to 12 N

CCo4. 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

December 3-17 | \$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.

CREATE YOUR WEBSITE WITH WORDPRESS

Tu from 10:00 AM to 12 N

CCo3. 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 12-26 | \$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.

PODCAST CREATION: PLAN, RECORD, LAUNCH SUCCESSFULLY!

Th from 6:30 PM to 8:30 PM

CC45. Podcasts are everywhere. They've become extremely popular, even spawning movies and television programs. Podcasts can also take many forms. But what is a podcast? Why do people make them? How are they made? What do you need to learn to create your own podcast? In this introductory workshop, we will break down the process of podcast creation by examining both non-technical and technical aspects of this art form. No prior experience is required.

Jeremy DePrisco is a Pennsylvania musician, composer, performer, and sound artist with over twenty five years of recording and performing experience. Jeremy is a founding member of The Philly Maker Faire Podcast which celebrates the creators, builders, inventors, and artists that bring their visions to life at the Philly Maker Faire. The podcast features interviews and announcements about the maker community in Philadelphia and surrounding areas.

November 14 | \$42

United Lutheran Seminary,
7301 Germantown Ave.



Photo: Creative Commons, Serge Kij

GETTING TO KNOW YOUR ANDROID PHONE

Sa from 11:00 AM to 1:00 PM

CCo6. Explore how to navigate through your Android phone step-by-step. Learn to navigate your phone, save contacts, send a text message, download apps, and use more of your phone's features. 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.

September 28 - October 5 | \$49
2 sessions

MALT Office, 6601 Greene St.

Touchscreens only (no flip phones).

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 26 - November 14

Couples Fee | \$170

8 sessions

Presbyterian Church of Chestnut Hill, 8855 Germantown Ave

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 26 - November 14

Couples Fee | \$170

8 sessions

Presbyterian Church of Chestnut Hill, 8855 Germantown Ave

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.

NEW TANGO TIME

Th from 7:30 PM to 8:30 PM

DA10. Are you ready for Tango, American style? American Tango is a beautiful and sensual dance that can be enjoyed by anyone. This is a basics class. So, if you are new to Tango, get ready to learn the basics of the walk, promenade, posture, and sharp moves which emphasize the formal elegance and structure of this style of dance. No partner needed.

Marck "Flaco" Best

A. September 19 - October 24

B. October 31 - December 12 (no class 11/28)

Individual | \$89

Couples Fee | \$169

6 sessions

Flaco's Dance Factory, 411 Old York Rd, Jenkintown, PA

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 26 - November 14

Couples Fee | \$170

8 sessions

Presbyterian Church of Chestnut Hill, 8855 Germantown Ave

Make it a DATE NIGHT!
Learn new dance moves
with MALT & have fun!

For all Ballroom Classes

Students must register with a partner; students will not be switching partners. No make-ups will be offered for missed sessions unless cancellation is by the instructor or MALT.



NEW SOLO VERNACULAR JAZZ DANCE

Sa from 10:00 AM to 11:00 AM

DA17. Come learn the Charleston, Shim Sham, and other non-partnered jazz movements that originated in Black communities during the jazz and swing era. This class focuses on authentic, traditional solo jazz dance, distinct from Broadway or Bob Fosse styles. In addition to mastering basic solo jazz movements, you'll have opportunities for further enrichment through optional film viewings and readings. By the end of this class, you'll understand the rhythms and movements of the 1920s and '30s Charleston, be introduced to at least ten basic solo vernacular jazz movements, learn the swing dancer version of the Shim Sham, and even have the chance to create your own swing line dance. After this class, you'll be ready to hit the dance clubs!

Frances Emberley is a dancer, instructor, and researcher with an interest in early twentieth-century American social dances originating in Black communities, such as the Lindy Hop and Charleston. She has been teaching dance for the past nineteen years and holds an MA in Dance from Temple University where her research focused on both historical and ethnographic perspectives to explore the culture, aesthetics, pedagogy, and preservation of Black American social jazz dances.

October 12 - November 16 | \$89

6 sessions

North Light Community Center, 175 Green Lane, Manayunk

Students may wear whatever clothing is comfortable, as long as they can move easily (no tight miniskirts, please!). Recommended shoes include sneakers with a smooth sole or shoes with leather soles.

The Benefits of Dance!

Dancing is great exercise, fun, builds self-confidence and improves physical coordination. And you get to meet your neighbors while learning new dance moves! Above, Frances Emberley dances with her husband. Photo by Alissa Coddington.

NEW PHILLY-STYLE TAP DANCE - HOOFIN AND HISTORY

T from 6:30 PM to 7:30 PM

DA04. Philadelphia is one of the most important cities to the history of tap dance. One hundred years ago, Philly street corners were the original "YouTube" channel, where you could see the best talent and challenge another dancer's skills. Philly street hoopin is a particular tap dance style that uses dynamic, close to the floor sounds, quick rhythms, and has an 'edge' that is decidedly Philly! This all-levels class will teach Philadelphia dances and etudes that were passed down from the feet of LaVaughn Robinson and will give plenty of history nuggets along the way.

Pamela Hetherington is lucky to count almost four decades of tap dance in Philadelphia as a performer, teacher, choreographer and cultural leader. She started street hoopin at the age of 15 and became immersed in the style as a young member of Tap Team Two and Company. She is in a small group of dancers who teach the Philly style.

September 17 - October 8 | \$60

4 sessions

North Light Community Center, 175 Green Ln, Manayunk

SALSA CLASSES RETURN TO CHESTNUT HILL!

BEGINNING SALSA

DA07. Salsa Dance Class: Immerse yourself in the vibrant and rhythmic world of salsa with our dynamic dance class. Originating in the lively streets of New York in the 1960s, salsa is a fusion of Cuban dance music, like Son and Rumba, and American influences such as swing and tap. This class will not only teach you the fundamental steps and techniques of salsa but also delve into the rich cultural history that shaped this energetic dance form. From its roots in Cuba, where the influence of Latin American rhythms met American creativity, to the emergence of distinct styles like Cuban and Colombian salsa, our class explores the global journey of salsa. Whether you're a beginner or an experienced dancer, join us as we celebrate the universal appeal of salsa, a dance that has captivated hearts and moved feet across continents, from New York to Benin and Ghana. Get ready to step into the rhythm and embrace the passion of salsa!

Marck "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, 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. Flaco has taught his popular dance classes with MALT since 1999.

NEW! Chestnut Hill Classes:
4 sessions

A. Tu from 6:30 PM to 8:00 PM

September 17 - October 15
(no class 9/24)
Church of St. Martin-in-the-Fields,
8000 St. Martin's Lane

B. Tu from 6:30 PM to 8:00 PM

October 22 - November 19
(no class 11/5)
Church of St. Martin-in-the-Fields,
8000 St. Martin's Lane

Jenkintown Classes:

6 sessions

C. Sa from 6:30 PM to 7:30 PM

September 21 - October 26
Flaco's Dance Factory, 411 Old York Rd,
Jenkintown, PA

D. Sa from 6:30 PM to 7:30 PM

November 2 - December 7
Flaco's Dance Factory, 411 Old York Rd,
Jenkintown, PA

Individual | \$89

Couples Fee | \$169

BACHATA FOR SINGLES AND COUPLES

W from 7:30 PM to 8:30 PM

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!

Marck "Flaco" Best.

A. September 18 - October 23

B. October 30 - December 4

Individual | \$89

Couples Fee | \$169

6 sessions

Flaco's Dance Factory, 411 Old York Rd,
Jenkintown, PA

CLASSIC R&B LINE DANCING!

Sa from 10:00 AM to 11:00 AM

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 60's and 70's 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.

Tony McFadden began dancing 50 years ago, and for over 20 years he has taught dance. He finds fulfillment in teaching students how to groove to great music and have fun. Since retiring eight years ago, he's been traveling nationwide, competing in dance competitions and leading dance events.

A. September 21 - October 26 | \$89

B. November 2 - December 7 | \$89

6 sessions

Flaco's Dance Factory, 411 Old York Rd,
Jenkintown, PA

Classes at Flaco's Dance Factory.

The dance studio is located close by in Jenkintown. The classes include MALT students and students from the dance studio. Students may change dance partners in class.

EVERYONE CAN LINE DANCE WITH JUNE & AUDREY

W from 6:00 PM to 7:15 PM

DA12. Learn a variety of line dances in this fun-filled experience, featuring both classic and new, easy, popular dances. Enjoy step-by-step instruction for dances commonly enjoyed at parties, on cruises, at weddings, and other festive events. Join Audrey and June for a delightful dance class suitable for everyone.

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.

September 18 - October 23 | \$89

5 sessions, (no class 10/2)

Summit Presbyterian Church, 6757 Greene St.
at Westview

EVERYONE CAN LINE DANCE WITH B-LUV

W from 6:00 PM to 7:00 PM

DA11. Learn a variety of line dances in this fun-filled experience, featuring both classic and new, easy, popular dances. Enjoy step-by-step instruction for dances commonly enjoyed at parties, on cruises, at weddings, and other festive events. Join B-Luv for a delightful dance class suitable for everyone.

B-Luv, a Choreographer/Instructor is a 31 year pioneer, trailblazer in the line dance community. She has won a plethora of awards including 2 Lifetime Achievement Awards, Choreographer of The Year and Philadelphia Dance Legend! She has worked with several artists in the music industry which include Grammy Award Winner Peabo Bryson! She has been given the gift to do what she truly LOVES to do.....choreography and dance and it is her passion!

October 30 - December 4 | \$89

6 sessions

Summit Presbyterian Church, 6757 Greene St.
at Westview



Audrey and June Donaldson

BEGINNING BELLY DANCE WITH ANEETA

Sa from 10:00 AM to 11:15 AM

DA19. American Bellydance pulls from Middle Eastern culture including Egypt and Turkey. Students will learn core bellydance moves that harness internal musculature within the chest, hips and pelvis. This class will help you improve your posture, use your core muscles, improve upper body flexibility, and build shoulder strength. Also, the final four weeks will teach a different Arabic rhythm used in bellydance!

Aneeta Nichols is an established performer in the Philadelphia community. In the world of dance, she is a certified BellyQueen 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 Akili. She specializes in body positivity, teaching veil, floor routine, and assisting beginners in enjoying the basics of the dance.

September 21 - October 26 | \$74

5 sessions, (no class 10/19)

Chestnut Hill United, 8812 Germantown Ave.



Natanya Apfelbaum

NEW DANCE YOUR INNER FIRE!

M from 6:00 PM to 7:30 PM

DA05. Would you like to find more freedom through movement? “Dance Your Inner Fire” draws inspiration from the dances of the Romani people, nomadic peoples with a vast tradition of movement; and from the concept of “duende,” the inner fire. These dances are earthy and liberatory – a celebration of life and spirit! Deeply meditative at times and high energy at others, class will comprise three main parts: waking up the body through stretching and rhythm practice, dance games to playfully engage with others, and group co-created movement. There is absolutely no experience required, and the class is a welcoming space for all.

Natanya Apfelbaum is a movement explorer, always discovering something new. The past two years, she lived in Sicily studying folkloric dances from Southern Italy and the Romani people. She has a BA in dance from Smith College and has spent countless hours in intuitive movement practice, discovering what is natural, spontaneous, and free. Knowing that dance is an integral part of culture-making, she is excited to be facilitating community movement classes.

October 7-28 | \$89

4 sessions

North Light Community Center, 175 Green Ln

SENIOR BALLET: PINK & SILVER SLIPPERS

F from 12 N to 1:00 PM

DA13. Find your inner ballerina! If you studied ballet as a child or dreamt of being a ballerina, this class is your dream come true. Basic terminology for ballet barre, center floor, progressions, with choreography set to classical and contemporary music from Swan Lake and the Nutcracker to contemporary ballets. * No dance experience required.

Karen Taylor Young is a retired professional dancer with over 35 years of experience who currently teaches and choreographs. She is a founding member and former principal dancer of Philadanco, and has performed with Opera Company of Philadelphia, and a former musical theater choreographer at Germantown Friends School. She has been teaching Zumba for 14 years and holds 8 Zumba® licenses. Karen is Ballet Barre and active senior certified.

September 20 - November 8 | \$156

8 sessions

Philadelphia School of Circus Arts,
6452 Greene St.

Wear comfortable clothing or dance wear, ballet slippers (dance shoe) or soft supple shoes.

BALLET FOR ADULTS AND TEENS

W 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. This class is for ages 14 and older. Please wear comfortable dance/athleticwear 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 20 | \$136

8 sessions

Wissahickon Dance Academy, 38 East School House Lane



Get in great shape this Fall by working out with the team from Rowzone Fitness!

'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 16 - November 11 | \$99

M from 6:45 PM to 7:45 PM
(no class 10/7)

B. September 21 - November 16 | \$99

Sa from 8:30 AM to 9:30 AM
(no class 10/5)

8 sessions

Chestnut Hill United, 8812 Germantown Ave.

Please bring a mat, light weights and a water bottle.

THE ROWZONE FITNESS WORKOUT

Th from 5:30 PM to 6:15 PM

EX03. The Rowzone Fitness indoor studio workout is a perfect combination of cardio, strength, and technical rowing training with the use of Concept2 rowing machines. We add in body toning exercises. Our upbeat classes are taught by the **RowZone Staff** who are rowers, rowing enthusiasts and trainers, and suit all levels and ages. This class will challenge your mind and body while giving you a work out that you will never forget.

October 3-24 | \$80

4 sessions

The Wall Cycling, 132 Levering St.

REAL MEN STRETCH

M from 1:00 PM to 2:00 PM

EX09. This is an inspiring, rejuvenating class just for men. You will sit, stand and get on the floor. The benefits of stretching are countless, improving flexibility, reducing blood clots, and improving brain function to name a few. Time to get stretching!

Yvonne Ferguson-Hardin

A. September 23 - October 21 | \$64

(no class 10/14)

B. October 28 - November 18 | \$64

4 sessions

Fit Foundation, 47 E High St.

XTREME HIP HOP STEP WITH ROBYN

Th from 6:30 PM to 7:20 PM

EX04. Xtreme Hip Hop Step combines cardio, the step board, hip hop music and lots of swag 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 Polk 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.

September 19 - October 24 | \$74
6 sessions

Wissahickon Dance Academy, 38 E School House Lane

Bring individual step. If you do not have a step let the office know as the teacher has some available to loan students at the class. Bring a water bottle and a towel.

BOXING FITNESS ACTION

M from 7:00 PM to 7:45 PM

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.

A. September 16 - October 7 | \$80

B. November 4-25 | \$80

4 sessions

Action Karate, 11 W Mt Airy Ave.

Please note no outside equipment allowed. Action Karate boxing gloves are required: \$59

FIERCE AND FIT AT EVERY AGE ONLINE

Tu 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 22 - November 26 | \$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).

STRETCH 4 LIFE 2.0

M from 11:00 AM to 11:45 AM

EX08. 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. Please bring a mat.

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.

A. September 16 - October 7 | \$64

B. October 21 - November 11 | \$64

C. November 18 - December 9 | \$64

4 sessions

Fit Foundation, 47 E High St.

You will need a mat. Wear comfortable clothes and shoes.



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Kitchen Rx:
Restore Your Health
with Food As Medicine



Saturday morning join Yvonne "Fergie" Ferguson-Hardin (far left) for Bootcamp in the Wissahickon, or try her other fun fitness classes!

FERGIE'S BOOTCAMP

Sa from 7:00 AM to 8:00 AM

EX11. Come and participate in a fun, extreme workout! This is bootcamp! Burpees, pushups, running, climbing, jumping, lunges and more. Participants will be encouraged to pace themselves but challenge their bodies. This class is for all levels.

Yvonne Ferguson-Hardin

A. September 21 - October 12 | \$64

B. October 19 - November 9 | \$64

4 sessions

Northwestern Stables, 120 W. Northwestern Ave.

Bring water and a small towel.

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.

September 26 - November 14 | \$99

8 sessions

Grace Epiphany Church, 224 East Gowen Ave.

PRESERVING BONE DENSITY THE HEALTHY WAY

Tu from 6:00 PM to 7:30 PM

EX14. Come for a discussion that could change your life! Anyone with bone loss is usually told by their doctor simply to take calcium and this is not enough. There are so many more factors to consider and we will go into all of them, including the controversy around cardiovascular health when supplementing with calcium. You will learn specifics about the vast array of supplements and how to find the best forms of each necessary ingredient. We will also discuss dietary tips and lab testing. Bring your questions and allow Dr. Gannon to help you figure out your best strategy for a healthy future!

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 12 | \$34

Wesley Enhanced Living, 6300 Greene St.

FOAM ROLLING FOR FLEXIBILITY AND AGILITY

Sa from 10:00 AM to 11:30 AM

EX15. As we age, our muscles, tendons, and fascia lose elasticity. Foam rolling is a low-impact approach that improves the pliability of the body's soft tissues, allowing for better range of motion, reducing stiffness, and preventing injury. Despite their benefits, foam rollers are typically underutilized. This course offers an extensive approach to foam rolling for the neck, back, shoulders, hips, and legs. Students will leave with tools to keep their musculoskeletal system more pliable and elastic, with a better range of motion, thus reducing the risk of soft tissue injuries.

Dr. Jeffrey Sklar has been a chiropractor and educator in Philadelphia and across the country for over two decades. He has spent half of his career treating cancer patients for quality-of-life challenges through their treatment. He has lectured overseas and coast to coast. His Chestnut Hill practice continues to focus on quality of life for all his patients.

November 9 | \$39

Unitarian Society of Germantown, 6511 Lincoln Dr.

\$30 materials fee payable to the instructor for foam roller if the student does not have their own roller.

ZUMBA® AT NIGHT

M from 6:30 PM to 7:30 PM

EX17A. Latin and world rhythms inspired aerobic dance workout using a mix of low-intensity and high-intensity moves for a calorie burning dance party.

Patricia Castillo is a certified instructor with many years of experience teaching Zumba, in addition to Zumba Gold and Zumba Kids. She provides moves for every level of difficulty, from beginners to the long term Zumba enthusiast. Her vibrant energy has her students smiling while they sweat.

A. September 16 - October 21 | \$59

B. October 28 - December 2 | \$59

6 sessions

Flaco's Dance Factory, 411 Old York Rd, Jenkintown, PA

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

ZUMBA GOLD®

W from 11:15 AM to 12:15 PM

EX18. The Zumba Gold program combines the enticing world rhythms of Zumba with the strength-training techniques of the Zumba Toning Program, creating an easy-to-follow, health-boosting dance fitness program for active, older adults, as well as beginners. You are welcome to bring your own 1-2 lbs weights to build strength and tone all target zones. You will have Fun !! Learn various styles of movement to Latin, Broadway Jazz, Polynesian, Afro-Caribbean, and more. Increase endurance, musicality, and enjoy a social good time! Class includes a great chair workout for those who want it. *No dance experience required.

Karen Taylor Young is a retired professional dancer with over 35 years of experience who currently teaches and choreographs. She is a founding member and former principal dancer of Philadanco, and has performed with the Opera Company of Philadelphia, and a former musical theater choreographer at Germantown Friends School. She has been teaching Zumba for 14 years and holds 8 Zumba® licenses. Karen is Ballet Barre and active senior certified.

September 18 - November 13 | \$96

8 sessions, (no class 11/6)

Philadelphia School of Circus Arts, 6452 Greene St.

Bring water, wear comfortable clothing and sneakers with low or no tread.

NEW ROCK THE CHAIR

Tu from 11:15 AM to 12:10 PM

EX19. Rock The Chair is an exercise class geared towards those who prefer movement/exercise sitting down for any number of reasons. The class is a combination of Zumba Gold®, stretching, and relaxation. Chair exercises can have many benefits, including: improved balance, strengthened core muscles, which can help reduce your risk of fall, improved flexibility, and cardiovascular health. It can also help with an improved range of motion, building muscle strength in your arms, legs, and core, and can improve mental well-being and decrease feelings of stress. All set to amazing music!

Karen Taylor Young

September 17 - November 5 | \$96

8 sessions

Philadelphia School of Circus Arts, 6452 Greene St.

What to bring and wear: bottled water, towel and comfortable clothing and shoes.



Courtney Jewell

FLOWER ARRANGING WITH LOCALLY GROWN FLOWERS

Sa from 10:00 AM to 12 N

AC20. Have you ever been curious about flower arranging, what goes into choosing the flowers and how to design with flowers? Join Courtney Jewell, owner of Jewells in Bloom in her backyard for a fun, stress free floral arranging class using beautiful flowers fresh from her farm! Courtney will give you all the guidance you need from cutting to conditioning stems to making a beautiful arrangement to take home. No previous floral experience is necessary. Flowers, vase, tools and light snacks/drinks are included. Grab a friend or neighbor for a fun activity and a chance to learn something new!

Courtney Jewell has lived in East Mt. Airy for over ten years. With her background in design, she started gardening/designing for other neighbors' small gardens and taking horticulture classes right after moving to Mt. Airy. Soon after she decided along with a friend to start a small flower CSA. And the rest is history! Courtney has been growing flowers for 6 seasons and loves teaching others how to enjoy nature through flowers. Jewells in Bloom is a flower farm in E. Mt. Airy/Germantown that offers a weekly floral CSA through the growing season (April- November).

October 5 | \$49

Raindate October 6

Private Home on Crittenden St. in E. Mt. Airy

There will be an additional \$20 materials fee paid to the instructor for flowers and class-time refreshments. Bring a vase or purchase a new one at the class. This class is outside and weather dependent.

IKEBANA FOR BEGINNERS

Th from 10:00 AM to 12 N

TW26. Learn about the history of Ikebana design, then create a Shoka-style arrangement using a custom-made ceramic flower holder shaped like a butterfly created by the instructor. The flower holder's shape holds flowers to create a sustainable nature or ecological garden to reach enlightenment through meditation, which is the goal of the Ikebana. In addition to hands-on learning, Makiko will share images from her travels to Japan's wild camellia forest to inspire students' arrangements. Remember to bring a floral vase for displaying the flower holder and a small bucket for transporting your creation home. You will leave the class with a fragrant and beautiful arrangement and the skills to enjoy creating Ikebana meditative arrangements at home.

Makiko Goto-Widerman is a graduate of UMass Amherst's Arts Interdisciplinary Studies program, offers workshops in floral design, including Ikebana, and champions the art of traditional Japanese cooking.

October 24 | \$34

Unitarian Society of Germantown, 6511 Lincoln Drive

There is a \$35 materials fee for flowers and flower holder payable to the instructor.

DROP SPINDLE: SPINNING WOOL INTO YARN

T from 6:30 PM to 8:30 PM

ACo4. Learn the ancient and modern art of spinning wool into yarn with a drop spindle. In this class you will be introduced to several types of spindles, spinning techniques, and wool from several different breeds of sheep. You will learn how to spin yarn suitable for knitting, crocheting, and weaving. Spindles will be available to rent. If you have your own spindle bring it along.

Bridget Flynn is a local fiber artist who has been spinning yarn to use in her knitting and weaving for over 20 years. She is a member of the Philadelphia Guild of Hand Weavers where she teaches spinning. She can also be seen around the community demonstrating spinning and selling her handwoven goods.

November 12-26 | \$64

3 sessions

Philadelphia Guild of Handweavers, 3705 Main St., Manayunk

\$10 rental fee for spindles (optional) and \$10 materials fee for fibers (required) payable to the instructor at the first class. Additional beginners spindles will be available for purchase. Class open to all, ages 13+.

ETCHED: EVERYTHING BUT THE WINE!

Th from 6:30 PM to 8:30 PM

AC13. Learn an easy technique for etching glass! Using your initials and some fun shapes, create a one-of-a-kind set for gifts or your next wine and cheese event. Etch two glasses and a cheese plate to bring home.

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 7 | \$44

Mt. Airy Axis, 520 Carpenter Lane, rear mezzanine

\$15 materials fee payable to the instructor.

NEW FELTED BEADS AND BANGLES

Sa from 12 N to 3:00 PM

AC09. In this class, students will learn the basics of making felt from wool fibers, and then create a beautiful and unique piece of wearable art! You will learn how to make felted cords that become bracelets, and then make felted beads that can be used on the bracelets or separately. Art is therapy, and felting is contagious! You will have fun, get funky with fibers, and work with your hands to create something new.

Marcie Ziskind is an artist who works with animal fibers called “roving” to make felt and items that are created from felt. She always created using various textiles and embroidery because she comes from a family of textile workers and artists. Marcie has studied with fiber artists around the world and has been introduced to many different felting techniques and projects. Marcie exhibits her work at notable crafts fairs in the Philadelphia area.

October 26 | \$59

Woodmere Art Museum, 9201 Germantown Ave

Bring to class: two bath towels, a small water bucket, a small container of dish soap, and a small bamboo sushi mat. Roving (fiber) 3 oz Merino fiber can be found on Livingfelt.com or FeltriteFibers on Etsy, or can be purchased directly from the teacher for \$25 per person. Please DO NOT use any fibers that are not specific about the breed of wool (ie, Merino). Generally, fibers purchased from hobby stores are not good for wet felting. There is a \$5 materials fee that will be automatically added upon registration for all participants, for bubble wrap and resist material.

DUST OFF YOUR SEWING MACHINE

Sa from 10:00 AM to 1:00 PM

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 several crafts classes this term.

October 19 | \$49

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 and up.

\$10 materials fee payable to the instructor.

DUST OFF YOUR SEWING MACHINE AND GET CRAFTY PART I

Sa from 12 N to 4:00 PM

AC02. Expand your crafting repertoire with several easy-to-make non-zipper items such as credit card/money wallets, a variety of pouches/bags and more. Some items will be completed in class while other items will be demonstrated with take-home instructions and materials.

Please note: Projects will vary from those of previous sessions!

Bea Quindlen

November 2 | \$59

Grace Epiphany Church, 224 E. Gowen Ave.

All craft supplies (material, thread, etc.) will be provided. There is a \$25 material fee payable to the instructor at class.

Students must be comfortable using their sewing machine, i.e., able to deal with threading upper & lower thread/bobbin and sewing a straight seam. No class time will be spent on these areas.

NEW WISSAHICKON INSPIRATION: NATURALIST'S NOTEBOOK AND ARTS PROJECT

Sa from 10:00 AM to 12 N

AC05. Let's unplug and be creative together! We will find inspiration on the trails of Wissahickon park. In sessions one and two, we will take an easy rambling walk, beginning at the West Mt. Airy Avenue park entrance. We will sharpen our observational skills and learn specific drawing techniques that help us to identify and understand native rocks, plants, trees and waterways. Take it all in! Look up! Look down! Ask questions and seek answers using sketching as your guide. In session three, we will meet at Andrew's Germantown studio and put our sketches to use - creating expressive paintings, collages and prints inspired by our walks. This class is open to adults, with the additional option to take the course with your child age 11+.

Andrew Christman is a painter, printmaker and teaching artist based in Germantown and Mt. Airy. He received a BFA in painting at Pratt Institute Brooklyn and studied Art Ed at both Pratt Institute and Moore College of Art. He received an MA in East Asian Art History at Sotheby's Institute of Art / Manchester University, UK. Andrew is currently a teaching artist for the Philadelphia Museum of Art, and a co-founder of Way of Words, an interactive poetry and visual art project that integrates writing, bookmaking and collage. He has exhibited his work at the Muse Gallery, Awbury Arboretum, the Da Vinci Art Alliance and the Imperfect Gallery.

October 5-26

3 sessions (no class 10/19)

Individual | \$74

Parent and Child | \$89

Wissahickon Park at West Mt Airy Ave.

Bring a water bottle, snack and camp chair/stool (optional, recommended). Class on October 26 will take place at Andrew Christman's art studio located at 20 E. Herman Street in Germantown.



DON'T MISS

The Philadelphia Honey Festival at Wyck Historic House and Garden

Saturday, September 7, 2024

6026 Germantown Ave.

10 a.m. – 4 p.m. | Free

MALT will be there! Stop by our table to say Hi!



Andrew Christman

NEW WYCK INSPIRED: NATURALIST'S NOTEBOOK

Tu from 5:30 PM to 6:30 PM

AC39. This is a rare opportunity to gain access to the Wyck House's collection of scientific / naturalist specimens. Using a sketchbook provided, we will observe and draw in each session, surveying a selection of animal, plant and mineral specimens. As we look and draw, we will learn about their history in the collection, the characteristics of the specimen itself and develop an artistic toolkit of drawing, coloring and visual-note-taking. We will also look at decorative objects and (weather permitting) parts of the garden that relate to the specimen visually, historically or scientifically.

Andrew Christman

October 22-29 | \$44

2 sessions

Wyck Historic House and Garden, 6026 Germantown Ave.



NEW CRAFTING WITH CARDS: CREATE DODECAHEDRON ORNAMENTS

Sa from 9:30 AM to 12:30 PM

AC11. Recycle those greeting cards you've been saving, because it's time to transform them into something special! Join Connie in creating beautiful 20-sided ornaments from those cherished cards. Her father taught her this craft when she was a kid, and it's been a favorite ever since. She'll provide all the materials, including cards, glue, ribbon, and glitter, but feel free to bring your own cards. PowerPoint instructions will be included to guide you through the process.

Connie Koppe has been a seamstress and crafter almost all her life. She learned sewing skills from her mother, her Great Aunts and Jr. High Home Economics and reading the patterns. Connie has always loved to craft and follows her mother's example of reusing cards and other items to make gifts and home decorations.

December 7 | \$42

Grace Epiphany Church, 224 E. Gowen Ave.

There is a \$5 materials fee payable to the instructor.

NEW CABLED HOLIDAY ORNAMENTS

Su from 11:00 AM to 12:30 PM

AC10. Knit an ornament just in time for the holidays! This is an advanced class. Prior to class, you should be familiar with knitting with double pointed needles and open to working on small projects. You will learn to knit cables. Please bring 1 skein in any color, US size 8 double pointed needles and 1 cable needle.

Nancy Sullivan

December 1-15 | \$59

3 sessions

MALT Office, 6601 Greene St.



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MALT with a
tax-deductible donation!

Visit: mtairylearningtree.org



KNITTING FOR BEGINNERS

Su from 11:00 AM to 1:00 PM

ACo7. 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 US 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 6 - October 20 | \$59

3 sessions

MALT Office, 6601 Greene St.

KNITTING FOR BEGINNERS 201

Su from 11:00 AM to 1:00 PM

ACo8. Ready to take your knitting to the next level after completing Knitting for Beginners 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

October 27 - November 17 | \$69

4 sessions

MALT Office, 6601 Greene St.

EASTERN WOODLAND PORCUPINE QUILLS ON BIRCHBARK

Sa from 1:00 PM to 4:00 PM

AC24. Learn how to create a design with porcupine quills on birchbark. Native Americans used porcupine quills for decorative design before Colonial contact brought them beads. The pointed, barbed end of the quill makes a natural needle to thread through holes in the bark. Patterns achieved in the placement of the quills give the decorated bark an elegant look of embroidery. In the Eastern Woodlands where the paper birch tree (*Betula papyrifera*) grows, many traditional items were made from this flexible bark.

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. She is also an instructor of the Lenape language.

October 5 | \$49

There is a \$10 materials fee payable at registration.

Woodmere Art Museum, 9201 Germantown Ave.

DESIGN YOUR OWN JEWELRY WORKSHOP FOR BEGINNERS

Sa from 1:30 PM to 4:00 PM

AC12. 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.

November 2 | \$34

Grace Epiphany Church, 224 E. Gowen Ave.

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



NEW HOLIDAY WREATH MAKING: FRESH AND NATURAL

Th from 6:00 PM to 8:00 PM

AC51. Join us for a festive and creative experience in our Holiday Fresh Natural Wreath Making class. Learn how to craft beautiful, aromatic wreaths using fresh, natural materials such as evergreen branches, pine cones, berries, 24 karat gold spray, and other seasonal decorations. This hands-on workshop will guide you through the steps of designing and assembling your own unique wreath, perfect for adorning your home or giving as a thoughtful gift. No prior experience is needed, and all materials will be provided. Embrace the holiday spirit and add a touch of natural beauty to your celebrations with a handcrafted wreath.

Makiko Goto-Widerman

December 5 | \$34

Grace Epiphany Church, 224 E. Gowen Ave

There is a \$15 materials fee payable to the instructor at class.

CALLIGRAPHY

Sa from 12 N to 3:00 PM

AC17. 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 online library of class materials.

Bea Quindlen

November 9 | \$49

Wesley Enhanced Living, 6300 Greene St.

\$10 materials fee payable to the instructor. Additional pens may be purchased for \$2 each.

VIVID VISIONS: THE ARTISTRY OF ALCOHOL INKS

Sa from 10:00 AM to 12:30 PM

AC30. Step into the enchanting world of alcohol ink in this introductory class! Lori will be your guide through the magical, mercurial, and vibrant realm of this medium. Prepare for a hands-on experience filled with multiple demonstrations, a variety of techniques, and personalized assistance. Alcohol ink, with its incredible versatility and fun factor, is the perfect medium for unleashing your creativity. No prior experience is needed—everyone can be an artist! Be mesmerized by the magical properties of alcohol ink as you create your own abstract masterpiece and a unique switch plate cover. At the end of the workshop, your creations will receive the finishing touch and will be varnished, making them ready to adorn your space. Take home these tangible expressions of creativity and let the allure of alcohol ink inspire your artistic journey!

Lori Crook is a Licensed Social Worker with a lifelong creative passion, transitioned into a self-taught artist after discovering alcohol inks. Since 2021, she has led 80+ workshops at venues like Norristown Art League, Whitemarsh Art Center, Evansburg Vineyard, and through private sessions in Montgomery County.

September 28 | \$39

Wesley Enhanced Living, 6300 Greene St.

There is a \$20 materials fee payable to the instructor - cash or Venmo only.

ALCOHOL INKS: A DEEPER DIVE INTO A MAGICAL MEDIUM

Sa from 10:00 AM to 12:30 PM

AC15. This 3-week series will focus on many basic alcohol ink techniques with an emphasis on creating abstract art with a floral twist. Students will experiment with compressed air, puffers, saran/bubble wrap, stencils, gel pens, and a wide array of colorful alcohol ink. Instructor will provide demonstrations and will give lots of one-on-one assistance so that each student will progress over the three classes and ultimately come away with new skills and a love of this special medium. Final project will be a 5x7 floral masterpiece ready for framing in an 8x10 mat. No experience necessary, but this class pairs well with the Intro Workshop!

Lori Crook

October 5-19 | \$97

3 sessions

Wesley Enhanced Living, 6300 Greene St.

Materials fee of \$30 payable to instructor in form of cash/venmo at the first class.

COLOR FROM NATURE: BOTANICAL INK WORKSHOP

Sa from 10:00 AM to 12 N

AC16. Make your own ink for drawing and fine writing from natural materials using flowers and plants growing in our green spaces and simple ingredients found in your kitchen! Bottle experiences of connection with natural places and experiment with your own plant-based ink in this workshop.

You will leave this workshop with a bottle of your own handmade botanical ink; a reference zine on ink making; a collection of your own drawings and ink samples; and knowledge to create your own collection of natural inks from homegrown and foraged botanicals. All ink-making tools and botanical supplies will be provided.

Nicole Dupree is a Mount Airy based natural materials artist, educator, and producer/host of nature-based art and craft show, Indigo in Green. You can find Ampersand Textile & Design botanical inks made by Nicole in the museum shops of the Philadelphia Museum of Art and the Pennsylvania Academy of the Fine Arts. For more nature art projects, field trips to green spaces, and plant portraits, watch Nicole on Indigo in Green, Saturdays @ 9AM on PhillyCAM. Connect, create, and collaborate with Nicole on instagram @ampersandtextile and @indigo.in.green

October 5 | \$49

Wyck Historic House and Garden,
6026 Germantown Ave.

\$10 materials fee payable to the instructor.

EXPRESSIVE COLLAGE

F from 10:00 AM to 12 N

AC44. 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 See bio on pg. 44

September 20-27 | \$49

2 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

MAKE YOUR OWN BODY BUTTER AND SUGAR SCRUB

Sa from 10:00 AM to 1:00 PM

AC23. 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 14 | \$54

Wesley Enhanced Living, 6300 Greene St.

\$25 materials fee payable to the instructor.

NEW NATURAL SKINCARE LAB: FACIAL CLEANSING WITH OATS, HERBS, AND CLAYS

W from 2:00 PM to 4:00 PM

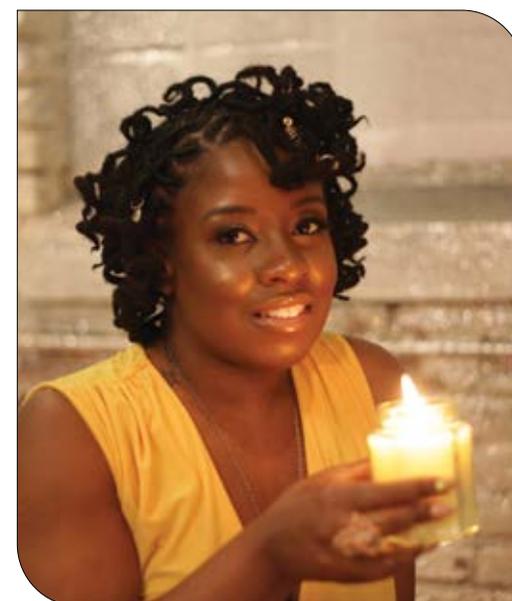
AC22. Discover the art of crafting natural facial cleansers in our hands-on course, blending oats, herbs, and clays for radiant, toxin-free skin. Dive into ingredient properties and formulation fundamentals, then roll up your sleeves to create personalized cleansers tailored to your skincare needs. Learn blending techniques, safety measures, and eco-friendly practices, empowering you to curate a skincare routine that's both effective and environmentally conscious. Join us to embark on a holistic skincare adventure!

Latoya Johnson is the founder of Natural Body Essentials. As a licensed esthetician with over 15 years of medical experience, she started her journey out of a personal need to find solutions for her family's eczema. Today, she is proud to present a thriving business that offers natural alternatives for healthy skin and living.

October 23 | \$44

Wesley Enhanced Living, 6300 Greene St.

Additional \$10 materials fee collected at registration.



Kaniesha Thomas

CANDLE MAKING

Su from 12:00 PM to 2:00 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.

October 6 | \$44

Wesley Enhanced Living, 6300 Greene St.

\$10 materials fee payable to the instructor.

NEW BRING SOME LIGHT INTO THE DARKNESS: ZENTANGLE® TEA LIGHT

Tu from 6:30 PM to 8:30 PM

AC19. The days are getting shorter and the darkness is increasing. We will bring some light into the world using translucent paper drawing beautiful tangles and creating a Zentangle® tea light receptacle. It is ideal if you take an introduction to Zentangle® class prior to this class.

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!

December 3 | \$34

Summit Presbyterian Church, 6757 Greene St. at Westview

\$15 materials fee payable at registration.

NEW PAINT YOUR PET!

Su from 9:30 AM to 12 N

AC32. Painted pet portraits are a beautiful way to celebrate, honor, or memorialize your beloved pet. In this beginner-friendly class, you will create an acrylic painting of your pet based on a reference photo. In the process, you will learn techniques for accurately reproducing an image as well as adding your own personal imagination and style to the portrait. Every student will complete a pet portrait by the end of two sessions. We will also use group discussion to share and learn from one another. This class is open to adults, as well as kids ages 10+ to attend with an adult.

Sondra Rosenberg is a local artist and art therapist. She studied visual art at Oberlin College and earned her MA in art therapy at NYU. Working in a range of media and subject matter, she creates art for personal expression, private commissions, and in support of organizations that promote social justice and community development. Her art practice has been informed by her work as an art therapist for women with eating disorders and related mental health struggles.

October 27 - November 3
2 sessions

Individual | \$64
Parent and Child ages 10+ | \$96

Wesley Enhanced Living, 6300 Greene St.

A supply list will be provided by the instructor after registration. Or, students may choose to purchase supplies at the first class for a \$20 materials fee.

FUSED GLASS DISH

W from 7:00 PM to 9:00 PM

AC48. Design and create a fused glass piece using colored sheet glass and embellishments. Learn how to cut and layer the glass to achieve beautiful results. The glass will be fused in our kiln and then slumped into a form turning it into a functional shallow dish. Pieces will be ready to pick up one week after our class meets. Beginners welcome.

Jessica Liddell is the owner of Bella Mosaic Art. It 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.

September 25 | \$49

Bella Mosaic, 6780 Germantown Ave.

\$25 materials fee payable to the instructor.

INTRODUCTION TO ZENTANGLE®

M from 6:30 PM to 8:30 PM

AC14. 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 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!

December 9 | \$34

Summit Presbyterian Church, 6757 Greene St. at Westview

\$15 materials fee for pens, pencil, and Zentangle® tiles will be collected upon registration.

DIGITAL CAMERAS: SLRS & MIRRORLESS

M from 7:00 PM to 9:00 PM

AC25. 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. The final class will be a feedback night during which each student will show off the skills learned throughout the course! 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.

September 30 - October 21 | \$84
4 sessions

MALT Office, 6601 Greene St.

Optional \$20 materials fee for book and handouts payable to the instructor.

NEW TAKING FLIGHT IN ART: BIRDS, ANGELS, & FLYING MACHINES ONLINE

Tu from 2:00 PM to 3:30 PM

TW20. From the dawn of art to the here and now, flying figures have captured the imagination of artists and viewers alike. Consider soaring cupids and angels, birds and planes, even time can fly as Frida Kahlo shows us. We will contemplate the sublime, mechanical, and futuristic devices that populate paintings by artists as different as Audubon, Chagall, Ringgold, Delauney, and Leonardo da Vinci. Stories abound filled with symbolism, a sense of hope and freedom, as well as concern about change. Our conversation includes historic to contemporary images, a diversity of artists, and enlightening videos.

Lynn Berkowitz

October 15-29 | \$49
3 sessions

The Comfort of Your Own Home

INTRODUCTION TO IPHONE PHOTOGRAPHY

W from 6:30 PM to 8:30 PM

AC27. iPhone cameras are continually improving and replacing point and shoot cameras with convenient and easier ways to capture and post produce images, and send via email, messaging or post on social media sites. However, the basic iPhone camera's app does have its limits, which is why utilizing a well designed secondary camera app can assist in turning these "smart" forms of equipment into a viable means of creating and capturing more sophisticated images. This workshop serves as an introduction to the continually evolving world of iPhone photography and its extensive capabilities. Instruction will include a brief history of photography, and basic composition. Students will learn not only the basics of the iPhone camera app, but about a highly recommended secondary app called ProCamera. Anyone interested in getting more out of using their iPhone camera app, taking better photos and experiencing the range of controls that the camera offers will gain an enormous amount of information and begin to create more well composed, dynamic photographs.

Peggy Feerick

September 18 - October 2 | \$64
3 sessions

United Lutheran Seminary, 7301 Germantown Ave. Students will need to purchase an iPhone app called ProCamera by the 2nd class for \$14.99



Shawn Alleyne

COMIC BOOK CREATION: CHARACTER DESIGNS AND SEQUENTIAL STORYTELLING

W from 6:00 PM to 8:00 PM

AC47. Let's travel through the multiverse of comic books and bring your stories to life! This workshop will take intrepid creators through the basics of illustration, writing and character design. Students will learn how to develop scintillating stories, design captivating characters, and draw (and ink) sensational sequentials. Whatever your style or medium, you can turn your dreams into tangible reality, perfect for the next comic book masterpiece! As Stan Lee would say, "EXCELSIOR!"

Shawn Alleyne is a multi-talented Creator with a 13-year career that includes work in comics, novels, video game design, and more. He has self-published two anthologies, two novellas, a comic book series, and multiple art books. As an educator, he has taught his Comic Book and Literacy Arts Program for 12 years, collaborating with various institutions, both nationally and internationally.

October 2-23 | \$79
4 sessions

Mt. Airy Art Garage (MAAG),
7054 Germantown Ave

Materials needed: 2hb pencils, erasers, kneaded erasers, micron ink pens, whiteout, 8.5x11 artpad, lined notebook, 11 bx17 bristol board artpad. (approx \$50 total)

NEW DELVING DEEPER INTO THE IPHONE CAMERA

Th from 6:30 PM to 8:30 PM

AC28. This class will provide a more in-depth exploration of the iPhone's camera features and work with the ProCamera app. We will explore advanced features (using the ProCamera© app), learn approaches to better exposure, gain an understanding of advanced technical methods and terms, and acquire skills needed to edit and organize your photos. The class is open to all those who have a working knowledge of the iPhone camera and familiarity with the ProCamera app.

Peggy Feerick has taught traditional and digital photography for over 40 years including iPhone photography since 2017 for The Smithsonian Associates Studio Arts Program. She retired from George Mason University as Associate Professor and Coordinator of Photography in 2016 with prior teaching at various institutions including the University of New Mexico, Georgetown University, and the University of Pennsylvania. In addition, she was the photo archivist and curator for the Smithsonian's Archives of American Art photographic collection from 1988 to 1994.

October 10-24 | \$64
3 sessions

United Lutheran Seminary, 7301 Germantown Ave.

Students will need to purchase an iPhone app called ProCamera for \$14.99

DEVELOPING YOUR PHOTOGRAPHER'S EYE

M from 7:00 PM to 9:00 PM

AC26. 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

November 4-18 | \$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 LIVING IN THE MOMENT PHOTOGRAPHY - IN THE FIELD

Sa from 10:00 AM to 11:30 AM

AC29. In our therapeutic photography class students will learn to calm their minds and live in the moment. Through photography, students will appreciate the little things, nurture their creative side, while developing technical skills. Led by a retired veteran, the class offers a safe and inclusive environment for students to express their creativity and reduce restlessness. Join others to find a purposeful and supportive outlet, get out of the house and improve your mental well-being.

Dalanie Franklin is a retired veteran that uses photography to help himself and others to calm the mind. He has been doing photography for 20 years working with WWP, the Veterans Administration VA, U.S Army, Weworks, Burk Rehabilitation hospital, the Philly Goat Project and other organizations. He founded Photography is Medicine which specializes in using imagery as therapy to help people suffering from PTSD, with a focus on veterans of the military. Dalanie facilitates a meet up group with other veterans that visit locations throughout the city.

November 2-23 | \$64
4 sessions

Wesley Enhanced Living, 6300 Greene St,

The first class will be at Wesley Enhanced Living and subsequent weeks will be held outside at The Farm at Awbury Arboretum, Pastorius Park, and Laurel Hill East Cemetery.

The instructor will give you exact details about where the group will meet at each class.

There is a \$5 materials fee payable to the instructor. Please bring a note pad to take notes and your preferred camera (DSLR, smart phone)



Fern Bell Scholarships

Thanks to our donors we have a limited number of need-based scholarships available for the Fall term. Call our office if you need financial assistance to attend a class at 215-843-6333.

WATERCOLOR AND DRAWING FOUNDATIONS

Tu from 1:30 PM to 3:30 PM

AC40. 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, MFA, is a teaching artist in Mt. Airy with 50 years experience teaching art to all ages, in art centers and art schools. 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. She was awarded MALT's Barbara Bloom Teacher Award in 2022.

September 24 - October 22 | \$110
5 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

A supply list will be sent to you when you register.

NEW WATERCOLOR & DRAWING LEVEL 2

Tu from 1:30 PM to 3:30 PM

AC43. This course is for those who have taken Watercolor & Drawing Foundations with Marcia, or for those who are already practicing wash techniques, brushwork, color mixing, and have experience with watercolor materials. Our projects will involve more advanced color mixing and composition. We will expand the basic primary palette used in Watercolor & Drawing Foundations to include helpful information about various colors and their characteristics. Landscape, Still Life, and the use of figures in interiors or landscapes will be explored.

Marcia Jones

October 29 - November 26 | \$110
5 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

A supply list will be sent to you when you register.



Marcia Jones

MAKING ART MAKES US SMARTER: PASTELS

W from 1:30 PM to 3:30 PM

AC41. 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.

Marcia Jones

October 2-30 | \$110
5 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

A supply list will be sent to you when you register.

FUSED GLASS PICTURE FRAME

Th from 7:00 PM to 9:00 PM

AC49. Learn about fused glass and make a special gift for the holidays in this introductory class. We will learn about different types of fusible glass and how to cut and shape it. Layer pieces together for a unique and functional gift. Projects will be fired in the instructor's studio kiln and will be ready for pick up approximately one week after the workshop.

Jessica Liddell

October 17 | \$55

Bella Mosaic, 6780 Germantown Ave.

\$25 materials fee payable to the instructor.

FUN WITH WATERCOLOR TECHNIQUES

F from 10:00 AM to 12 N

AC42. 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 for collage and to help students tap into their creativity.

November 1-22 | \$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.

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. You 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 Kollection (RUK), an African textile, art and fashion manufacturer and brand. He is a self-made artist, textile and fashion designer, pulling inspiration from his Yoruba roots and his lived experience as a Nigerian youth.

October 12 | \$95

Woodmere Art Museum, 9201 Germantown Ave.

\$30 materials fee payable to the instructor.

NEW SHADOW & LIGHT DRAWING WITH CHARCOAL

Th from 7:00 PM to 8:30 PM

AC50. Why are shadow and light important in drawing? How can we create them using charcoal, kneaded erasers, and tortillon tools? Without shadow and light, the world would appear flat. To see an object, we need light to define it. Because there is light, a shadow will be cast, creating a sense of space and enveloping the object or person. Shadow and light can lend realism, mystery, and emotion. We will explore the subtleties of shadow and light through exercises, still life, and their use on the human face and body. We will study famous artists who are masters of shadow and light, such as John Singer Sargent, Kathe Kollwitz, and Rembrandt. We will also analyze photographs we bring in to assess their shadows and lights, and we will draw from a model. Charcoal is a traditional medium for this subject and can be manipulated in many ways to create beautiful artwork. Basic drawing tips will be provided throughout, and there will be homework to help maintain continuity between classes.

Zipora Schulz has been a drawer of line, shadow and light since she was little. She has been teaching kids and adults for over 20 years in schools and art centers, and co-hosts a weekly sketch club in East Falls. She welcomes all levels on the drawing journey and believes drawing is just another way of thinking.

November 7 - December 5 | \$64
4 sessions, no class 11/28

Wesley Enhanced Living, 6300 Greene St.

Materials for first class: a variety of pencils, pack of vine charcoal (medium), a few charcoal pencils, kneaded erasers, and tortillon (rubbing) tools, any pad 11x8.5 or bigger (charcoal paper or newsprint) Bring in a favorite B&W photo (personal or clipped from a magazine/newspaper).



Textile by Muyiwa Togun

NEW PAINT, ROLL & CREATE!

Sa from 1:00 PM to 2:30 PM

AC45. Join award-winning artist Moneek Pines in a one-of-a-kind workshop to create bold, vibrant abstract art! Using paint rollers, canvases, and a stunning array of metallic acrylic paints, from 24 karat gold to magenta, you'll explore a fun and unconventional painting method. No experience is required—just bring your imagination, your bestie, and let's have fun! You'll learn to create unique, textured masterpieces using paint rollers. Take this class to explore and develop your creativity in a relaxed, enjoyable environment, experimenting with unconventional painting techniques to produce vibrant abstract art.

Moneek Pines has many years of experience in teaching art to children and adults. She currently teaches young children through Art Mt. Airy and believes everyone is an artist. Moneek has a BFA from Moore College of Art & Design.

October 19 | \$39

ARTrageous Brush and Flow,
6345 Germantown Ave.

\$15 materials fee payable to the instructor.

ACRYLIC POUR PAINTING

Sa from 2:00 PM to 4:00 PM

AC46. Come and learn the basics of pour painting. Everyone can do this class! You will learn step by step instructions, from mixing the paint to completing two canvases using two separate techniques - The Flip Cup and The Tree Ring. You will learn the variations of paint coverage. Everyone will leave with two finished pieces of their artwork. Please wear clothes you don't mind getting paint on, and bring a cookie sheet covered in tin foil to transport your artwork home with you. This class is fun for children, teens and adults, ages 6+. Come as a family and make art together!

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.

October 19

Individual | \$34
Parent & Child | \$39

Wesley Enhanced Living, 6300 Greene St.

A \$15 materials fee for canvas, paint, and mixing equipment is payable to the instructor.



Moneek Pines

DRAWING AND PAINTING FOR ADULTS

Tu from 9:00 Am to 11:00 AM

AC31. 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, while enjoying working in Mindy's studio! Note: Participants will need to wear masks at class.

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!

October 1-29 | \$120
5 sessions

Mindy Flexer Art School, 5225 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.

NEW WINE TASTING: EAST COAST WINERIES

W from 7:00 PM to 9:00 PM

CKo1. American wine production is dominated by California, Washington and to a lesser extent Oregon. Nonetheless, wine is produced in all 50 states, and many of these wines are notable in their own right, offering regional distinctions worthy of further exploration. Indeed, we have previously featured wines of Pennsylvania and the Finger Lakes of New York. In this class, we will expand the territory for our tasting profiles, delving into wines from states that may include New Jersey, Maryland and Virginia, as well as new ones from Pennsylvania and New York state. Join us for a lively and educational foray into some of the best wines the East Coast has to offer!

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.

A. November 6 | \$34

B. November 13 | \$34

Mt. Airy Art Garage (MAAG),
7054 Germantown Ave.

There is a \$13 materials fee payable when you register for class.

See Page 34

Etched Wine Glasses

THE ART OF CLASSIC MIXOLOGY

M from 7:00 PM to 9:00 PM

CKo2. The classic cocktail is back in fashion. As in old fashioned, 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 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 own Commodore Barry Club and Bar Lizette.

October 7 | \$34

Commodore Barry Arts and Cultural Center

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

THE SCIENCE OF NOUVEAU MIXOLOGY

M from 7:00 PM to 8:30 PM

CKo3. Graduates of "The Art of Classic Mixology" and other wet-bar wizards will enhance their art of classic cocktail making with some intoxicating science. Discover special ingredients and techniques; make split based cocktails; produce syrups and shrubs; and learn how to fat-wash your favorite drink (yes, those bacon-infused old fashioned are delish!) Incorporate herbs, fruits and spices sagely and invent your own unique signature cocktail!

Liz Aubry

October 28 | \$34

Commodore Barry Arts and Cultural Center

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

NEW ALTERNATIVE PAIRINGS FOR THE HOLIDAY TABLE

Th from 6:00 PM to 8:00 PM

CKo4. Need inspiration for your holiday meal? In this class, you will taste a range of unexpected beverages to inspire your festivities this holiday season. We will go beyond wine to discover seasonal cocktails, ciders, beers, and more perfect accompaniments to holiday dishes. Your seasoned teachers, Mike and Orr, will also walk you through everything you need to know as a host, from how to mix up batch cocktails to getting the most out of your holiday beverage shopping.

Orr Shtuhl is a James Beard-nominated food writer and educator. He has published beverage pairing advice in The New York Times and has taught beverage pairings at Murray's Cheese and the Bedford Cheese Shop. His writing has also appeared in the Washington City Paper, Gastronomica, Serious Eats, and NPR.

Mike Landers has been a bartender for 10 years. He has worked in fancy cocktail bars, tiki bars, wine bars and currently works at Forest & Main brewery in Ambler, PA. He incorporates seasonal ingredients with spirits sourced from local and far-flung locales. He ran the draft cocktail program at Martha when it was nominated for Outstanding Bar by the James Beard Foundation. He loves batched cocktails for parties!

November 14 | \$34

Unitarian Society of Germantown, 6511 Lincoln Drive

A \$15 materials fee is payable to the instructors.

MAKE WATER KEFIR (KOMBUCHA'S COUSIN)

M from 6:00 PM to 8:00 PM

CKo8. Learn how to make your own home brew of this tasty probiotic beverage for a fraction of the store cost. We will cover the health benefits and the many flavoring possibilities, not to mention the gift potential. You will get a kit to take with you that includes everything you need to start your own batch (except the water). The cost of the kit is \$15 paid directly to the instructor at class.

Dorothy Bauer

December 2 | \$34

Unitarian Society of Germantown, 6511 Lincoln Drive

\$15 materials fee payable to the instructor.



Orr Shtuhl

PLANT-BASED CHEEZES FROM A FORMER DAIRY QUEEN

Tu from 6:00 PM to 8:00 PM

CKo6. This class is NOT just for the lactose intolerant or dairy avoiding vegans! No need to give up on the flavors and textures of cheese as we all know and love it! We will cover spreads, sauces, dips, and blocks of various cheezes. Come see how fun, quick and easy it is to stock your fridge with nutritious, delicious, and creamy renditions of the old favorites! Everything sampled and presented will be dairy and gluten free and low glycemic index. Join us to see what you're NOT missing!

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 29 | \$34

Unitarian Society of Germantown, 6511 Lincoln Drive

\$20 materials fee payable to the instructor.



Jackeline Jonas

A VEGETARIAN SOUL FOOD TASTING

Su from 3:00 PM to 5:30 PM

CK11. Join Jackie Jonas for a demonstration and tasting of some of her favorite Southern and African recipes. Jackie will walk you through the preparation of Ghanaian Red-red, then you will have an opportunity to taste a collection of Southern and African dishes which Jackie has worked to make healthier and vegetarian friendly including: red-red, collard greens, corn bread and jollof rice. Recipes will be distributed for each dish and you will leave with a spice kit for making the dishes on your own. The class meets at Jackie's home and spaces are limited.

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. To find out more see her website jackiejonas.com.

October 20 | \$34

Private home near East Allens Lane and Ardleigh St.

\$20 materials fee payable to the instructor.

TRADITIONAL JAPANESE COOKING CLASS – CURRY FLAVOR CRISPY KATSU

Th from 6:00 PM to 8:00 PM

CK12. Get ready to embark on a culinary adventure learning to prepare delectable crispy Katsu, either with pork or chicken. Unlike the thicker counterparts found in restaurants, our Katsu boasts a unique thinness that adds a delightful crunch to every bite. Infused with the rich flavors of curry and complemented by an assortment of Japanese herbs and cheese, you'll have the freedom to customize it to your liking, ensuring a dish that tantalizes your taste buds with every savory mouthful.

Makiko Goto-Widerman is a graduate of Showa Women's University in Japanese literature and language. 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, and champions the art of traditional Japanese cooking.

October 10 | \$34

Unitarian Society of Germantown, 6511 Lincoln Drive

A \$20 ingredients fee is payable directly to the instructor



LEARN HOW TO MAKE FRESH PASTA

F from 6:00 PM to 8:30 PM

CK10. Ready to bring your cooking skills to the next level? Join June as she teaches you how to make your very own pasta from scratch! Learn everything from the right kind of flour to use to rolling out the best size and shape for your desired dish. No special equipment needed! Wow your friends and family and yourself with a delectable, homemade dish!

June Daley

October 25 | \$34

North Light Community Center, 175 Green Lane, Manayunk

\$20 materials fee payable to the instructor. Bring an apron if available - flour gets messy - and a kitchen towel.

NEW PERFECT PIES: HANDS-ON BAKING WORKSHOP

F from 6:00 PM to 8:30 PM

CK09. Learn the secrets of pie making with JuneBug Sweet Treats. Learn how to make flaky all-butter pie pastry from scratch! Roll out dough, crimp pie edges, and cut out shaped dough for a top crust. Work with lots of fresh fruit to build a flavorful, delicious pie. Have fun with other awesome students learning and baking together.

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

November 8 | \$34

North Light Community Center, 175 Green Lane, Manayunk

\$25 materials fee payable to the instructor. Please also bring a rolling pin.

NEW MAKING SOURDOUGH BREAD

Su from 3:00 PM to 6:00 PM

CK21. Are you interested in learning the art of sourdough baking? Join our workshop to discover the entire process, from creating and caring for your own starter (it's easy!) to baking delicious bread. During the session, you'll taste a sample of freshly baked bread and leave with your own small loaf, dough to make another loaf, and a starter to continue baking at home.

Nathan Alling Long has been baking bread for 30 years. He has worked at a commercial bakery as well as cooked at an organic restaurant, a commune, and for a meditation retreat. During the pandemic, he took on making sourdough when he was gifted a 15 year old starter, which he will share with the participants.

September 29 | \$39

Unitarian Society of Germantown, 6511 Lincoln Drive

Please bring a bowl, a 12-20 oz jar with lid, and a sturdy stirring spoon. There is a \$10 materials fee payable to the instructor.

BAKING CHALLAH WITH MINDY

Th from 6:00 PM to 8:00 PM

CK22. Just in time for Rosh Hashanah, learn to bake traditional challah bread, perfect for the Jewish Sabbath and any day of the week. This delicious bread also makes the best leftovers for French toast and bread pudding! Don't be intimidated by yeast—whether you're a novice or experienced in bread baking, this class will help you master the art of challah and add it to your repertoire.

Mindy Shapiro is a long time MALT teacher who first began teaching challah baking in the 1990's. In fact MALT was the first place she taught it! While she now is gluten free, she still bakes challah for her family and continues to love teaching others how to bake. She is also a papercut, Zentangle® and book artist.

September 19 | \$34

Grace Epiphany Church, 224 E. Gowen Ave.

\$7 materials fee will be automatically added upon registration. Please bring: measuring cup, measuring spoons, medium size bowl for kneading, soup spoon, loaf pan, and a light cotton cloth to cover bowl.



Yum Pie! Learn to make delicious flaky pie crust.



We are proud to offer classes from incredible teachers and our own neighbors! Pictured at our Annual Teacher Appreciation Party, left to right, Karen Bruhin - Learn to Read the Tarot pg.60, Full Moon Rituals pg.61, Naila Francis - Writing the Broken Heart...Again pg 14, and Elise Rivers - Kitchen Rx: Restore Your Health with Food As Medicine pg.50.

THE JOY OF COOKING FOR THOSE WITH DIABETES ONLINE

Th from 7:00 PM to 8:00 PM

CK15. 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. 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 shares strategies to help those with diabetes and pre-diabetes lower their high A1C and blood sugars. We will create dishes together using delicious spices and herbs that burst with flavor and also contribute to your well-being. Embrace the opportunity to change your relationship with food; don't let diabetes dictate your culinary journey. Enroll now and enjoy delicious, health-conscious options! Note: This class takes place on World Diabetes Day!

Lisa Norris, RD, works with people living with diabetes who are tired of eating bland healthy food and want their A1C and blood sugars in control. She has over 25 years experience as a Registered Dietitian and has strategies to help her clients and students enjoy their favorite foods again and finally get their numbers in normal ranges. Lisa is a passionate cook, baker and instructor that loves to be a part of the moment when her students take a bite out of a meal they've cooked together and realize that healthy food can be full of flavor and delicious.

November 14 | \$34

The Comfort of Your Own Home

KITCHEN RX: RESTORE YOUR HEALTH WITH FOOD AS MEDICINE

Tu from 7:00 PM to 9:00 PM

CK16. Make your pantry a better path to health than your medicine cabinet. Plant-based eating is a proven antidote to many of the chronic illnesses of our time. Medical research, for example, has validated nutritionist claims that the condition of pre-diabetes (affecting one in three adult Americans) can be reversed with a plant-based diet. Eating a whole foods diet has been shown to strengthen our immunological resistance and to prevent many other illnesses including heart disease, and even some forms of cancer. This lifestyle aligns us with creating more peace in the world--by making a choice to reduce the suffering caused by unaware food choices, reducing animal cruelty and supporting the health of the planet. Get inspired prior to class by watching The Game Changers documentary, available on several platforms.

Elise Rivers Esq., MAc, has practiced holistic medicine for more than twenty years and is the founder of the Northwest Center for Food As Medicine, teaching people how to prevent and reverse the chronic diseases of our time. Learning from renowned functional medicine doctors, she has studied the benefits of plant-based nutrition since 2013, and is certified by Cornell University's program in plant-based nutrition.

November 12 | \$34

Private home, Chestnut Hill near Mermaid Ln and Huron

NEW THEATER GAMES FOR KIDS AGES 9 TO 12

Th from 6:30 PM to 7:30 PM

KDo1. In this exciting course, your child will dive into the world of theater acting through fun and engaging games and exercises designed to ignite their imagination. They'll explore the art of storytelling, character building, movement, vocalization, basic improv, and scene/monologue work. This class is all about having a blast while learning, so it's low-stakes and packed with fun! By the end, your child will gain confidence, awareness, and a new found excitement to unleash their creativity!

Taylor Morgan received her BFA in Acting from West Virginia University in 2017. She moved to Philadelphia in 2018 to pursue acting and has worked with numerous companies in the area since and has taught for several years at a summer arts camp in Wilmington, DE.

October 3-24 | \$72

4 sessions

North Light Community Center, 175 Green Lane

Wear sneakers and comfortable clothes

BEGINNING PIANO AGES 5 TO 10

Th from 6:30 PM to 7:00 PM

KDo4. 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**.

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

October 10-31 | \$44

4 sessions

Chestnut Hill Music Academy, 22 E. Chestnut Hill Ave.

Check out our classes you can take with a child or teen:

Wissahickon Inspiration pg 35

Geocaching pg 63

Paint Your Pet pg 40

Acrylic Pour Painting pg 45

Drop Drop Spindle:
Spinning Wool into Yarn pg 33

BEGINNING GUITAR AGES 5 TO 10

M from 6:00 PM to 6:30 PM

KDo5. Has your child been asking about guitar? All the basic elements of guitar playing will be introduced in this fun class. Work on easy chords, 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**.

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

October 7-28 | \$44

4 sessions

Chestnut Hill Music Academy, 22 E. Chestnut Hill Ave.

ART FOR CHILDREN, TEENS, AND TWEENS

Su from 11:00 AM to 12:30 PM

KD22. Young artists will get to work with a whole range of 2D and 3D materials, be inspired by the natural world and the art world, enjoy each other's company, and have their own artistic vision celebrated. We'll create art and an artistic community together! Artists 8 years old and up are all invited. Please contact Mindy if you have a younger child who would like to participate. Please bring a mask so we can be safe in the studio.

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 29 - November 3 | \$108

6 sessions

Mindy Flexer Art School, 5225 Greene St.

See Page 19
Beginners and Blues
Harmonica



Dancing cuties at Wissahickon Dance Academy

CREATIVE MOVEMENT /PRE BALLET AGES 3 TO 5

F from 4:30 PM to 5:30 PM

KDo2. 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.

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 Puer-torriqueno. In January of 2023 she became the owner of Wissahickon Dance Academy.

October 4 - November 22 | \$136

8 sessions

Wissahickon Dance Academy, 38 East School House Lane

Please wear leotard, tights, and ballet shoes.

TODDLER BALLET/TAP, AGES 3 TO 5

KDo8. This is a wonderful intro to dance that is both structured and fun! Children will learn basics of both dance forms including rhythm and positions of the feet and arms. We will also explore jumping, turning, creative movement and the experience of a solo performance! MUST be 3+ and potty trained.

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.

A. September 19 - November 7 | \$120

Th from 4:30 PM to 5:25 PM

B. September 21 - November 9 | \$120

Sa from 9:00 AM to 9:55 AM

8 sessions

Mt. Airy Performing Arts, 230 E. Gowen Ave.

Dress code: Pink or black tights, pink or black leotard or white t-shirt, tap and ballet shoes.

All shoes available to borrow.

T'AI CHI CH'UAN: BEGINNING

Th from 8:00 PM to 8:45 PM

MBo1. Yang style T'ai Chi, as handed down by the T'ai Chi Master Cheng Man Ching, 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, as well as aiding in pain relief for musculoskeletal problems. It has been shown to be more helpful in controlling high blood pressure and fostering a healthier heart than aerobic exercise. 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. The only equipment necessary are loose, comfortable clothing and flat-soled shoes.

Kurt Findeisen studied T'ai Chi Ch'uan with Maggie Newman since 1979 until her retirement from teaching several years ago. With her consent, he began his own teaching in the late 1980's through the auspices of Mount Airy Learning Tree. He is a retired physician who believes his T'ai Chi instruction is as valuable as any drug he ever prescribed.

September 19 - November 21 | \$109

10 sessions

Chestnut Hill United, 8812 Germantown Ave.

T'AI CHI CH'UAN: CONTINUING

Th from 7:15 PM to 8:00 PM

MBo2. Continue the study of T'ai Chi Ch'uan through the Short Yang solo form. This course is designed for students who have had significant 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 19 - November 21 | \$109

10 sessions

Chestnut Hill United, 8812 Germantown Ave.

T'AI CHI CH'UAN: INTERMEDIATE

Th from 6:30 PM to 7:15 PM

MBo3. For the intermediate T'ai Chi student. Continue the study of T'ai Chi Ch'uan through the Short Yang solo form. This course is designed for students who have had some 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 19 - November 21 |

\$109

10 sessions

Chestnut Hill United, 8812 Germantown Ave.

T'AI CHI FOR HEALTH

Tu from 7:00 PM to 8:00 PM

MBo4. 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 and 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.

October 8 - November 19 | \$79

6 sessions, (no class 11/5)

Grace Epiphany Church, 224 E. Gowen Ave.

Masks are required for this class.

See Page 28
Ballet for Adults and Teens

NEW TAIJI QIGONG: SHIBASHI (SET 1)

Th from 11:00 AM to 12 N

MB05. Taiji Qigong Shibashi is one of the most popular and fastest growing Qigong exercise forms practiced by millions of people around the world. It is the perfect practice for anyone seeking to improve health, encourage longevity, or address other issues like back pain. Taiji Qigong Shibashi is a set of 18 repeated movements combining the slow and even movements of Taiji (Tai Chi) with Qigong breathing and meditation. Participants will be led through the full 18-movement series, taking extra time to focus on 3-4 specific movements while learning and integrating key theoretical concepts of Oriental Medicine. This practice is performed standing but can be modified to any level of fitness.

Daniel Nemer, L. O.M. is the owner of G-town Acupuncture and currently celebrating 20 years as a licensed practitioner of Acupuncture, Chinese Herbal and Oriental Medicine. He has practiced various styles of Taiji (Tai Chi), Qigong, meditation and Yoga for over 30 years. Since September 2022 he has been studying Taiji Qigong Shibashi, the 18 movements, in the lineage of its creator Professor Lin Housheng and is certified to teach Set 1.

October 17 - November 21 | \$89
6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

T'AI CHI - YANG STYLE: BEGINNING

Tu from 11:30 AM to 12:30 PM

MB07. T'ai 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. T'ai 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 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.

September 17 - November 19 | \$129
10 sessions, (no class 11/5)

North Light Community Center, 175 Green Lane

T'AI CHI - YANG STYLE: BEGINNING

W from 10:00 AM to 11:00 AM

MB08. T'ai Chi (or t'ai 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 18 - November 20 | \$129
10 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, Widener Hall, 8855 Germantown Ave.

T'AI CHI - YANG STYLE: INTERMEDIATE

W from 12:30 PM to 1:30 PM

MB09. 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 18 - November 20 | \$129
10 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, Widener Hall, 8855 Germantown Ave.



Would you
like to share a
skill or talent with
your neighbors?

**October 1st is the deadline
to submit class proposals at
www.mtalearningtree.org
for the Winter term.**

T'AI CHI - YANG STYLE: CONTINUING

W from 11:15 AM to 12:15 PM

MB10. Cheng Man Ch'ing's t'ai chi form is an art that can be a life-long study. Learning the movements in the Form is just the beginning. In the Continuing class, we begin to delve more deeply into the internal energetics of movement and a deeper understanding of the word Relax. We will work on whole body synchronicity, sinking and releasing, and developing root. Enrollment in the class is by permission of the instructor.

Vicki Mehl

September 18 - November 20 | \$129
10 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, Widener Hall, 8855 Germantown Ave.

YOGA FOR STRENGTH AND STRESS RELIEF

MB11. 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 emphasizes teaching beginners and older beginners how yoga can benefit body awareness, posture, and healthy aging.

A. September 16 - November 11 | \$109
M from 10:00 AM to 11:15 AM
(no class 10/14)

B. September 18 - November 13 | \$109
W from 10:00 AM to 11:15 AM
(no class 10/2)

8 sessions

Unitarian Society of Germantown,
6511 Lincoln Drive



Vicki Mehl

YOGA TO MOVE, FEEL, AND SLEEP BETTER

Tu from 7:00 PM to 8:15 PM

MB12. 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 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 practitioner and Level 2, 500-hour certified instructor of the LYT Method, the only yoga system created and mentored by physical therapists. She is also a certified Flexibility Coach, Yoga Trapeze, and Yoga Breathing coach through Yoga Teachers College, where she earned her first 200-hour yoga teacher certification.

September 24 - December 3 | \$129
10 sessions, no class 11/5

Chestnut Hill United, 8812 Germantown Ave.

What to bring: a yoga mat, plus one or two yoga blocks. You can purchase these items inexpensively online and at places like Whole Foods or Target. If you have knee pain, also bring a foldable blanket or towel.

YOGA, A CHAIR AND YOU

F from 11:30 AM to 1:00 PM

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 27 - October 25 | \$74
5 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

GENTLE AWAKENING YOGA

Su from 10:00 AM to 11:15 AM

MB43. 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 22 - October 27 | \$95
6 sessions

Mt. Airy Performing Arts, 230 E. Gowen Ave

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.



YOGA FOR BONE HEALTH

W from 6:00 PM to 7:15 PM

MB44. 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 25 - November 6 | \$95
6 sessions, (no class 10/30)

Mt. Airy Performing Arts, 230 E. Gowen Ave.

NEW CHAKRA YOGA ONLINE

Th from 7:00 PM to 8:15 PM

MB42. The Yoga Chakra class will focus on opening each energy center through specific asanas, nourishing our bodies and systems to restore the original energy flow. This helps our bodies feel alive, strong, and relaxed. The final 25 minutes will be dedicated to a guided meditation, allowing you to start or end your day with a fluid sense of being. Enjoy this experience from the comfort of your home, with no need to rush anywhere.

Sophie Bernard

October 3 - November 14 | \$79
6 sessions, (no class 10/31)

The Comfort of Your Own Home

MORNING MEDITATION ONLINE

Tu from 9:00 AM to 9:30 AM

MB41. Guided meditation is a beautiful healing and transformative tool for well being. Sophie will lead you to bring about a deep sense of peace and centeredness. In the 30 minutes of guided meditation she will help you feel a sense of inner harmony, balance, groundedness, self esteem, while you let go of unnecessary baggage to clear a path for a more fulfilling 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.

September 24 - October 15 | \$48
4 sessions

The Comfort of Your Own Home



Explore the benefits of Holden Qigong with Kelly McLeod

NEW YOGA: ROOT TO RISE – EMBRACING YOUR INNER TREE ONLINE

Sa from 10:00 AM to 11:00 AM

MB39. Discover the transformative power of stability and growth in our yoga series, "Root to Rise – Embracing Your Inner Tree." This workshop is meticulously crafted to anchor your physical strength and balance through the practice of Vrksasana, the Tree Pose, over four enriching weeks. Delve into the foundational Asanas that form the bedrock of your practice during our Rooting Foundations sessions. Engage deeply with mindful breathwork in Breath's Embrace, fostering a profound connection that heightens self-awareness. Conclude each session with Forest Whispers Cool Down, where serene visualizations transport you through the tranquil embrace of your chosen natural sanctuary. Participants will not only gain insights into the stabilizing force of the Tree Pose but also learn to enrich the soil of their well-being, sow seeds of intention, and cultivate a garden of personal aspirations. Join us and rise from a place of grounded strength into a personal fully blossomed tree.

Tracy Shearer is an AADP Board Certified Holistic Health Practitioner, certified Holistic Nutrition, Health, and Wellness Coach, graduate of the T. Colin Campbell Foundation Plant-Based Nutrition certification program at Cornell University. She is a graduate of the yoga teacher training programs at The Kaivalya Yoga Method Academy (Ashtanga), and the Yogamu Global Yoga Teaching Academy (Meditation & Kundalini). She is a 500hr Registered Yoga Teacher with Yoga Alliance and a Certified Meditation Teacher with Meditation Alliance International.

October 12 - November 2 | \$59
4 sessions

The Comfort of Your Own Home

HOLDEN QIGONG: 5 ELEMENTS PRACTICE

M from 7:00 PM to 8:00 PM

MB15. In today's fast-paced world, many of us are experiencing increased levels of stress, fatigue, and lack of time for self-care. This Qigong class can help you replenish your energy levels, find relaxation, and enhance your overall vitality not only in your body but also in your emotions and mind. The program offers a complete routine that includes breathing techniques, warm-ups, stretching, invigorating exercises, gentle flowing movements, and a brief closing meditation. If you've been interested in learning more about these ancient Chinese fitness exercises and accessing your healing energy, this is the ideal class for you.

Kelly McLeod is a devoted Qigong practitioner with over a decade of experience. After spending 33 years in the pharmaceutical field, Kelly decided to pivot her career towards her deep passion for the fascinating ancient Chinese healing arts and obtained her certification as a Holden Qigong teacher. Kelly believes that teaching Qigong should be a fun and accessible experience for all. She aims to create a comfortable learning environment that appeals to her students while making the practice enjoyable and relatable.

October 7 - November 25 | \$99
8 sessions

Unitarian Society of Germantown,
6511 Lincoln Dr.

MINDFULNESS OF QIGONG RETREAT

Su from 3:00 PM to 5:00 PM

MB14. This 2-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 13 | \$34
Summit Presbyterian Church, 6757 Greene St. at Westview



Anne Johnson creates a sound bath with her exquisite crystal bowls.

CRYSTAL ALCHEMY BOWL SOUND MEDITATION

M from 7:00 PM to 8:15 PM

MB19. Join Anne for a relaxing sound meditation with Crystal Tones singing bowls and vocal sounding. 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. 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 a 45 minute sound bath meditation.

Anne Johnson, is a graduate of 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.

October 7 | \$34

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

RELAXING QIGONG: SHIBASHI SET 2 ONLINE

W from 10:00 AM to 11:00 AM

MB16. Experience a sense of well-being and release of stress through the gentle movements of Qigong Shibashi Set 2. This flowing, harmonizing practice improves flexibility and balance with focus on body, mind, and breath. Shibashi is a set of 18 movements which work your entire body with minimal effort, allowing one to mindfully build energy and resilience. The movements are easy to do - fluid, slow and continuous. Walk away feeling refreshed, relaxed, and energized! This practice can be done seated or standing. Beginners as well as those experienced in Qigong are welcome!

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

November 13 - December 11 | \$54

4 sessions, no class 11/27

The Comfort of Your Own Home

BUDDHIST PHILOSOPHY AND ETHICS

Tu from 1:00 PM to 3:00 PM

MB17. 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, Rowan and other colleges in the area. He has a private counseling practice in Mt. Airy. David teaches MALT's comparative religion classes. See more about him at david-lowmsphd.com.

November 19 - December 10 | \$64

4 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

NEW FROM SELF CRITIC TO SELF CARE

Tu from 6:30 PM to 8:30 PM

MB23. Between working, parenting, caregiving, worrying about health issues, finances, and everything else, do you find there's never any time for yourself? In this class, students will reflect on the cost of this busyness, learn effective strategies for self-compassion, and reframe the critical voice in your head. You will reflect on your own successes in a supportive group environment, and acknowledge your strengths. The class will end with writing and decorating a personal self-care statement.

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.

October 22 | \$34

Private home near Wissahickon Ave. and Stafford St.

NEW MINDFULNESS THROUGH ACTIVE LISTENING

Sa from 10:00 AM to 12 N

MB24. There is something magical that can happen when we listen to another person with our full attention, curiosity, empathy, and an open heart and mind. In this course, we will explore the act of listening as a type of mindfulness practice, where we remain grounded in the present moment, and our attention is focused on hearing and understanding what the other person is telling us. Students will learn how to convey that they are listening and understanding, such as through asking questions and reflecting. Finally, students will have the chance to engage in listening exercises and discover how active listening can deepen and strengthen relationships, as well as be helpful during challenging conversations and interactions.

Susie Moore is a licensed professional counselor, with 8 years of experience working with teenagers and adults. She utilizes active listening skills with her clients on a daily basis, believes strongly in the power of these skills, and is eager to share her knowledge about this topic with others.

October 19 | \$36

Private Home Near Upsal and Greene Streets



How Cool is This?

Mother-Daughter MALT teachers!

Claudia (right) taught her first class in 2009, "Staying Connected to your Teen" - and now her daughter, Natanya, is teaching two courses of her own! Check out Frame Drumming, p. 18, and Dance Your Inner Fire, p. 28.

NEW SETTING HEALTHY BOUNDARIES AND BREAKING FREE FROM PEOPLE-PLEASING

W from 7:00 PM to 8:30 PM

MB25. Are you tired of saying yes when you mean no? Do you struggle to set limits with others and prioritize your own needs? This workshop is for you! Join us to explore the art of setting healthy boundaries and breaking free from people-pleasing patterns. You'll learn how to identify and challenge limiting beliefs and behaviors, communicate your needs and boundaries with confidence and assertiveness, set healthy limits with others and maintain them with kindness and firmness, and prioritize self-care and self-compassion in your daily life. Through interactive exercises, group discussions, and a supportive community, you'll gain the tools and confidence to prioritize your own needs and live a more authentic, empowered life.

Rivkie Brownstein is a certified advanced Nurtured Heart Approach Trainer and Relationship Coach. She has been teaching classes for a long time and has gotten wonderful feedback in how this approach has benefited people greatly!

November 6-13 | \$49

2 sessions

Mt. Airy CDC, 6703 Germantown Ave # 200

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, joyfully teaches in-person and online classes worldwide, through MALT (since 1995!) and for her private local students in Mt Airy. She taught at the Boyer College of Music and Dance at Temple University for 15 years. She continues her outreach to people of all ages, professions, skill levels and diverse backgrounds.

October 1-15 | \$54
3 sessions

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

LEARNING TO READ TAROT

W 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 3rd degree initiate within the Assembly of the Sacred Wheel (ASW), a Wiccan syncretic tradition. She is the High Priestess of Tenders of the Earth Temple founded in 2011 based in NW Philadelphia. A practitioner of a variety of esoteric disciplines, Karen has been active in Wicca and the local Pagan community for the past 20+ years and has been reading tarot for 45+ years. She is a past board member for Philadelphia Pagan Pride and has previously taught at Spring Magick, Autumn Magick, Philadelphia Pagan Pride, South Jersey Pagan Pride, Sacred Space/Between the Worlds, and Free Spirit Gathering.

October 2-23 | \$64
4 sessions

Chestnut Hill United, 8812 Germantown Ave.

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.

SELF-HYPNOSIS FOR EVERYDAY LIVING

Sa from 10:00 AM to 11:30 AM

MB40. 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 unmythical. 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.

October 19-26 | \$49
2 sessions

Mt. Airy CDC, 6703 Germantown Ave # 200

FULL MOON RITUALS

Th from 6:00 PM to 8:00 PM

MB38. Full moons are a time to set in motion the things you wish to manifest or desire to accomplish. It is a time to assess how you want to navigate and grow in your life. Creating a wishful intention is magical. The full moons offer us unique energies of illumination and intention. During this 2-hour session, we'll explore how to construct a basic ritual outline that can be catered for other rituals going forward. We will also experience a brief full-moon ritual, incorporating the energies of the Moon in Libra, which means we can look into balancing and harmonizing our lives.

Karen Bruhin

November 14 | \$34

Summit Presbyterian Church, 6757 Greene St.
at Westview

EXPLORE YOUR PAST LIVES ONLINE

Sa from 2:00 PM to 4:00 PM

MB37. Have you ever met someone you were so in tune with it seemed extraordinary? Do you find yourself stuck in repeating the same patterns over and over? Exploring your past lives can help you know and understand yourself in a deeper way. Sometimes it can explain why you have a certain interest or disposition. Other times it can be a profoundly emotional experience where you get to the root cause of why it's difficult to find love, have financial freedom, or good health. The regression process will give you an expanded awareness of yourself and help you gain a new perspective on your life's challenges. Bring a notebook and pen to your private Zoom space where you can lie down, relax, and not be disturbed.

Djuna Wojton is 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*.

October 12 | \$34

The Comfort of Your Own Home

Have a notebook, and a blanket or mat to lie on during the regression process.

NEW ANCIENT WISDOM FOR THE PRACTICAL MYSTIC

W from 6:00 PM to 8:00 PM

MB45. Would you like to learn techniques for clearing, balancing, and raising vibration? Every age and every tradition has found effective ways to create light and wellness in times of darkness. Together we will explore ancient as well as contemporary esoteric techniques that help us increase our health and well-being. Using the ageless wisdom from Sufism, Kabbalah, and other mystical teachings, students will learn practical techniques for everyday life.

Laura Richlin, a life-long student of the mysteries, is a practicing cranial therapist, Reiki practitioner, certified teacher in the School of Integrative Energy Healing, and a university professor of psychology and communications.

October 9 | \$39

Grace Epiphany Church, 224 East Gowen Ave.



Left to right: Bob Rossman, MALT treasurer;
Connie Koppe, singing teacher, John Stanchak and
Cheri Skipworth, MALT board members and teachers.

FALL FESTIVALS

We love seeing everyone at the wonderful outdoor community festivals. This fall come visit our table at these free, fun events!

Philadelphia Honey Festival

Saturday, Sept. 7, 10am to 4pm
Wyck Historic House and Garden
6026 Germantown Ave.
wyck.org

Chestnut Hill Fall for the Arts

Sunday, Sept. 15, 11am to 5pm
8000/8600 blocks of Germantown Ave.
www.chestnuthillpa.com

Mt. Airy Village Fair

Sunday, Sept. 22, 11am to 4pm
Intersection of Greene St. & Carpenter Ln.
www.mtairyvillagefair.com

Mt. Airy Arts Festival

Saturday, Sept. 28, 12pm to 4pm
Allens Lane Art Center
Allens Lane and McCallum St.
www.allenslane.org

PING PONG: FROM BASEMENT HOBBY TO CLUB PLAYER

Su from 10:00 AM to 11:30 AM

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.

Henry “Hank” McCoullum is a retired Master’s Class Table Tennis Instructor from Pennsylvania State University. He is a credentialed coach and umpire for table tennis events. Currently, he is an active tournament participant and enjoys competing as a lifelong member of the United States Table Tennis Association (USTTA). Hank has also served on the National Governing Body of Table Tennis as Vice President of Collegiate Affairs. In this role, he coordinated and organized national competitions for the National Collegiate

Table Tennis Association and the Association of College Unions International.

September 29 - October 20 | \$64
4 sessions

Trolley Car Table Tennis Club, 3300 Henry 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 for social groups to get together, and is played competitively in tournaments throughout the US.

Barbara Delp, a local trust and estate attorney, has been teaching American Mah Jongg for over a decade. She enjoys introducing beginners to the basic rules of the National Mah Jongg League and teaching the finer points and strategies of this challenging game.

September 23 - November 25 | \$109
8 sessions, (no class 10/14 and 11/11)

Attendance at first class is mandatory.

Center on the Hill, Presbyterian Church of Chestnut Hill

All students should purchase in advance the 2024 NMJL card, preferably large print for \$15, available at nationalmahjonggleague.org.



Photo by Patrick McGrath

INTRODUCTION TO BOATING WITH USCG BOAT AMERICA

Tu from 6:00 PM to 8:00 PM

SR16. Ready to ride the waves this summer down the shore or on the Chesapeake, or perhaps even on the upper Schuylkill River? This beginner boating course offers comprehensive instruction to obtain a Boating Safety Education Certificate recognized in multiple states. Taught by a US Coast Guard Auxiliary certified instructor, it covers topics like Boating Law, Safety Equipment, Navigation, Emergencies, Trailing, Sports, and more. Completion of the course often leads to insurance discounts from many boat insurance companies. Additionally, three hands-on classes are provided for practical skills such as VHF radio use, knots, and marine chart navigation. Recognized by the U.S. Coast Guard and approved by the National Association of State Boating Law Administrators (NASBLA), this class grants certification accepted in PA, NJ, MD, DE, and others. Students will be prepared to take the certification test at the last class. The course fee includes a book and all materials.

Capt. Peter Lacey brings extensive boating expertise, piloting power, and sailboats across diverse waters, including the Atlantic and Pacific Oceans, the Caribbean, and more. With a U.S. Coast Guard Master License, Sail, and Towing Endorsement, along with certifications as a USCG AUXILIARY and US Power Squadron Certified Instructor, he’s a seasoned mariner. Lacey’s professional background includes sales of Marine Equipment for West Marine, and he also served in the US Navy.

September 24 - October 29 | \$79
6 sessions

United Lutheran Seminary, 7301 Germantown Ave.

There is an additional \$10 fee payable to the Pennsylvania Fish and Boat Commission for the certificate.

INTRODUCTION TO IMPROV COMEDY

Tu from 6:00 PM to 7:30 PM

SR06. 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 1-1 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. For intro to improv, no show will take place, we’ll just focus on fun!

An Nichols 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, Lancaster Improv, and more! She has served as the diversity advisor for ImprovUtopia and directed Improvised Star Trek for ImprovFest Ireland.

October 15 - November 26 | \$99
6 sessions (no class 11/5)

Summit Presbyterian Church, 6757 Greene St. at Westview

NEW INTRODUCTION TO GEOCACHING, A GLOBAL TREASURE HUNT

Su from 11:00 AM to 1:00 PM

SR08. Geocaching is a secret, global, treasure hunt happening all the time in the world around us, with hidden geocaches located on top of the highest mountains, deepest oceans, and a neighborhood park near you. Join us for two sessions, one in classroom and one outdoors to learn how to play and join the global Geocacher community! Geocaching is a great hobby that has very little overhead and can add a fun activity to both your everyday life as well as your travels, vacations and family time. Families are encouraged to take this class together.

Mike Finnell is an avid player with 18 years experience in the game. He has found over 1,000 Geocaches and placed nearly 75 more in the Philadelphia Metro area, including at the MALT office. Those hides include the top five (by quality) of Philadelphia’s over 900 Geocaches caches and have received recognition by Geocaching.com.

September 22-29
2 sessions

Individual | \$34

Parent & Child | \$44

MALT Office, 6601 Greene St.



Ran'd Shine

MASTERING THE ART OF MAGIC TRICKS ONLINE

M from 7:00 PM to 8:00 PM

SR05. Welcome to the world of magic and illusion. This beginner’s online magic course is designed to be your key to unlocking the secrets of the Art of magic. Whether you’re a budding magician or simply curious about the wonders of illusion, this course is the perfect starting point for your magical journey. In this course, we’ll start with the fundamentals, teaching you the building blocks of magic, from easy to master card tricks to classic sleight of hand to the psychology behind creating awe-inspiring illusions. No prior experience is needed—just bring your curiosity and a dash of wonder!

Ran’D Shine has performed at prestigious events like the South African Arts Festival and two Presidential Inaugurations in Washington, DC. His magic has graced TV screens on the CW network’s “Penn & Teller: Fool Us” and the B.E.T. network’s “Man on the Street” segment. Off-stage, he’s featured in documentaries, including “The Art and Soul of Magic” (2004) and “Quiet Masters of Magic” (2018). As a producer, Ran’D pioneered “Heart & Soul of Magic,” the first all African-American magician ensemble. He’s also a Co-Founder and former President of the International Association of Black Magical Artists, an organization dedicated to preserving the cultural legacy and building community among magicians of color.

November 11-25 | \$48
3 sessions

The Comfort of Your Own Home

Students must supply their own deck of cards, 4 coins (quarters), \$1 bill, post it notes and note book, two rubber bands.

There is a \$15 materials fee payable to the instructor at the first class via paypal or venmo for a video and an instructional pdf.

NEW INTRODUCTION TO HYDROPONICS

Sa from 2:00 PM to 4:00 PM

FH13. In this workshop, participants will explore the fascinating world of soilless gardening and learn six different hydroponic techniques. Whether you're a curious beginner or an experienced gardener, this class is designed to empower you with the knowledge and skills needed to grow plants hydroponically.

Briana Smith-Torres is owner of Growin Up Torres, a small family owned plant nursery in New Jersey. In addition, she lives with her family in an apartment, where indoor and outdoor space is extremely limited. However they manage to provide fruits, veggies, and herbs for their entire building. They have been doing this for the last 5 years and have gained the critical knowledge and the practical experience she hopes can benefit so many others.

November 16 | \$44

NewCourtland, Eisenhardt Building
6950 Germantown Ave.

CONTAINER GARDENING FOR FRESH FRUITS, VEGGIES, AND HERBS

Sa from 2:00 PM to 4:00 PM

FH14. Step into the world of home gardening! Learn about the versatility of container gardening and break down the barriers of limited space to cultivate a flourishing, edible oasis right at your fingertips. Learn the ins and outs of growing your favorite produce in containers, from compact herbs on your windowsill to vibrant fruits and veggies on your balcony, deck or patio. Uncover the secrets to successful container gardening, ensuring a year-round harvest of flavorful and nutritious delights. Join us on a journey of discovery, where even the smallest spaces can yield bountiful results. Students will leave with a container, plant, and lots of resources.

Briana Smith-Torres

September 28 | \$44

NewCourtland, Eisenhardt Building
6950 Germantown Ave.

NEW SMALL SPACE COMPOSTING

Sa from 10:00 AM to 12 N

FH15. Unlock the secrets of efficient composting in small spaces! This workshop will delve into three popular methods: bokashi, vermicomposting, and in-vessel composting. We'll explore the advantages and challenges of each technique, helping you decide which best fits into your living area. While the session is mostly a presentation, get an up-close look at working composting setups like a bokashi system or a worm bin. Leave equipped with the knowledge to start your composting journey, no matter the size of your space!

Marisia Robinson is MALT's Office Coordinator, as well as an avid urban gardener with 5 years of experience and current secretary for Aspen Farms Community Garden. Marisia brings a wealth of knowledge about vegetable and herb growing and has taught for PHS and the Philadelphia Free Library. Her teaching approach is interactive and pragmatic. She is passionate about the transformative power of urban gardening and advocates for its role in fostering community connections and cultivating an abundance mindset through sustainable food and seed production.

November 16 | \$39

Wyck Historic House and Garden,
6026 Germantown Ave.

NEW CREATE YOUR OWN TERRARIUM

Sa from 2:00 PM to 4:00 PM

FH17. In this engaging and hands-on experience, participants will explore the fascinating world of terrariums, learn essential techniques, and create their own unique green havens. Whether you're a nature enthusiast, DIY lover, or simply seeking a creative escape, this workshop is designed for everyone.

Briana Smith-Torres

December 7 | \$54

Mt. Airy Art Garage, 7054 Germantown Ave.

Each student must bring their own glass container 1 gallon or smaller, all other materials and plants will be provided.

NEW GROW SOIL-FREE VEGGIES THROUGH SPROUTING

Su from 2:00 PM to 3:30 PM

FH16. Join Kitty to discover how you can easily grow substantial quantities of nutritious, budget-friendly veggies in the form of sprouts right on your kitchen counter. All it takes are some seeds, a glass jar, some water and a piece of cheesecloth. Growing your own is as fresh and local as it gets. Learn to grow salad sprouts, protein sprouts and omega-3 sprouts, and how to use them to prepare delicious recipes for main meals, sides, snacks and beverages. Bring along a clean glass jar and lid so that you can leave class with your first harvest ready to go!

Kitty Kaar is a retired educator and corporate trainer who has been enjoying the empowerment of growing her own fresh, nutritious veggies for the past three years.

November 3 | \$39

Mt. Airy Axis, 520 Carpenter Lane

GREENER LIVING: INTRODUCTION TO HOUSEPLANTS AND REPOTTING WORKSHOP

F from 4:00 PM to 7:00 PM

FH18. Join us for a journey into houseplant care! Discover essential insights on proper lighting, watering, soil, and repotting techniques. Learn to recognize when your plant needs repotting, how to safely remove it from its current pot, and gain valuable knowledge for the general care of your repotted plant. Additionally, explore the fascinating world of different houseplant varieties, understanding the specific needs of each to elevate your indoor gardening skills with this enriching experience! Bring one or two plants with you to replant and discuss in class.

Erica Johnson's passion for plants has roots that extend beyond memory, nurtured by the influence of her mother and grandmother. Since 2019, she has been sharing her horticultural expertise through teaching. Erica also owned a plant store, "Collective Artistry," located in Maplewood Mall, where she imparted her knowledge to the community. She has also conducted plant care workshops across the city in collaboration with the Free Library of Philadelphia.

October 18 | \$39

Mt. Airy Axis, 520 Carpenter Lane

There is a \$12 materials fee payable to the instructor.



Learn to grow delicious sprouts with Kitty Kaar

NEW HOW COUPLES CAN AVOID/RESOLVE CONFLICT: LEARN 3 SIMPLE SKILLS

Tu from 6:30 PM to 8:30 PM

FH03. All couples have disagreements, but why? The best indicator of divorce is how a couple communicates with each other. In this class, we'll explain what causes conflict and teach you easy-to-learn techniques that can transform 80% of potential arguments into opportunities for greater intimacy. We'll share our skills as professional couple's mediators and NVC* instructors, providing you with valuable tools to enhance your relationship. Whether you bring your spouse or come alone, this class is also beneficial for individuals between relationships looking to improve their partnership skills. Learn simple yet effective techniques to turn recurring arguments into chances for your relationship to grow deeper.

Max Rivers is the lead mediator at Two Rivers Mediation where he is a professional couple's mediator. He is the author of "Loving Conflict."

October 22 | \$39

Mt. Airy Axis, 520 Carpenter Lane

SIT, STAY, AND CONNECT: BASIC MANNERS FOR DOGS

Sa from 3:00 PM to 4:00 PM

FH01. 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. 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" registration option.

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. For more information about Chris and his philosophies on dog training, please visit positivecanineconcepts.com.

October 12 - November 16
6 sessions

Course Fee | \$175

Couples Fee | \$199

Additional family members (with NO additional dogs) can register with the primary registrant using the "couples fee" registration option.

Mt. Airy Art Garage (MAAG)
7054 Germantown Ave

First class is for people only, dogs stay home. Please bring proof of rabies vaccination to the first class.



The Gift Everyone Will Love!

MALT has 250 classes in our Fall term.

MALT classes in cooking, yoga, pilates and dancing will give you and yours healthier bodies all year long. Our classes in financial planning can give your family peace of mind for years to come. Our music and art classes make the world a better place in which to live. With such a variety of offerings the possibilities are endless!



Jo Anna Turner

NEW CAREGIVERS SELF-CARE

M from 6:30 PM to 8:00 PM

FH02. Self-care is not selfish; it's essential for providing the best care to others. Research on caregiving reveals that within five years of caring for an older adult, caregivers are at high risk of experiencing a significant health crisis due to neglecting their own health while focusing on their loved ones. Utilizing a Self-Care Wheel, this program encourages caregivers to establish personal routines and rituals to prioritize their well-being. Caregivers must be reminded and supported in caring for themselves beyond superficial solutions and common clichés. In this class, participants will define what self-care means to them, learn effective coping mechanisms, and develop strategies to integrate self-care into their daily lives consistently. This is a nurturing class, and is limited to six attendees.

Jo Anna Turner holds a Master's degree in Creative Arts Therapy and is a Board-Certified Dance/Movement Therapist specializing in geriatrics. Her thesis focused on the daily challenges faced by caregivers of adults. Since 2012, Jo Anna has worked as a caregiver consultant, offering education, guidance, and support to those in need. She has maintained a parallel career as a dance teacher and performer on both national and international stages.

October 21-28 | \$39
2 sessions

Mt. Airy CDC, 6703 Germantown Ave # 200

There is a \$5 materials fee payable to the instructor.

HABIT TRACKING WITH BULLET JOURNALING

Sa from 12 N to 1:30 PM

FH11. 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 wellbeing, which inspires their commitment to bullet journaling. Kellen taught high school equivalency courses for over 10 years in the Philadelphia area and is looking forward to teaching again.

December 7 | \$34

MALT Office, 6601 Greene St.

Students can purchase a bullet journal kit from the instructor at the time of the class for \$10.

DEBUNKING CURL MYTHS

Su from 12 N to 2:00 PM

FH10. Looking to learn more about your hair's texture? From "S" waves to bouncy curls to coils, we're going to debunk the myths and send you in the right direction for what you need for your daily routines. We'll also talk about the ways our culture has influenced hair styles and attitudes and what we need to do to regain our power to make our own choices. We'll have a live demo model and tips on styling from wet to dry. Bring your questions and let's get to the root!

Brianna Redner and **Coette Heard** are the co-owners of **Natural State**. At Natural State Our Mission Is You: No matter who you are, or how you identify. We are committed to offering a safe and welcoming home for the community, where individuality can flourish and self-expression is celebrated. We invite you to use these four walls as a space to showcase your creativity and discover your most natural state.

September 29 | \$39

Natural State, 709 Bethlehem Pike 19038



Kellen Sines

NEW PREPARING FOR THE END OF LIFE: CREATING A DEATH FILE

Th from 6:30 PM to 8:30 PM

FH12. You do not need a terminal diagnosis to think about and plan for the end of your life. There are many things you can do right now to prepare yourself and loved ones for before and after your death. This class is designed to educate you on decisions you can make right now, how to document them, and ways to communicate them with loved ones. Together, we will work on creating a "Death File" - a collection of documents that contains everything your loved ones will need if/when you are ready to choose hospice if you face a terminal illness, or should you die unexpectedly. How we live is how we die. These decisions and conversations are crucial to cultivating peace in your relationship with death, an end we will all eventually face. Cultivating awareness around death can help inspire us to live our lives with a greater sense of ease and purpose, and to ensure that no matter how the end of our life comes, we will feel prepared.

Lexie Ruth Mitchell is an end-of-life doula, hospice volunteer, and teacher passionate about living intentionally and dying consciously.

November 7-14 | \$44
2 sessions

Mt. Airy CDC, 6703 Germantown Ave # 200

There is a \$15 materials fee for an expanding file folder and document print-outs payable to the instructor.

NEW YOUR TIME TO SHINE: FREE AND LOW-COST MARKETING ONLINE

Th from 12 N to 1:30 PM

FC01. When you're an entrepreneur or a small nonprofit, you have myriad competing priorities. But you always need cashflow! So how do you bring in more clients and funders? By marketing yourself to the right people, at the right time, with the right message. Students will learn to create a communication strategy that includes free and low-cost easy-to-implement tactics to increase awareness and funding, like how to segment your audiences, build relationships with the right people, and market smarter, not harder.

Stef Arck-Baynes is a mission-driven communications professional with over 20 years of experience developing strategy, relationships, and compelling content for nonprofit brands and socially responsible for-profits. As the founder and CEO of Achieving Good Communications Co., clients have included: The Conferences for Women; Bucks County United Way; Atlanta Habitat for Humanity; and The Jewish Relief Agency. Prior to Achieving Good, she directed in-house communications at organizations such as Philabundance and Brooklyn Public Library. A born-and-bred Philadelphian, Stef attended Central High School (25!) and lives happily in Mt. Airy with her husband, their daughter, and dog.

October 17 | \$39
The Comfort of Your Own Home

Northwest Village Network (NVN) and Shtetl 2.0™ members receive up to 10% off two MALT classes per term.

MALT, NVN and Shtetl 2.0™ are nonprofits, and members of Mt. Airy Community Services Corporation.

Are you a nonprofit and interested in learning more about how MACSC can support your organization?

Visit www.macscorp.org

NEW MAXIMIZING YOUR SOCIAL SECURITY

W from 6:30 PM to 8:30 PM

FC19. For many Americans, Social Security is the single largest asset they have in retirement. Yet, over 90% of recipients do not maximize their Social Security benefits. Advanced planning is essential, and the decisions you make today can have a tremendous impact on the total amount of benefits you receive over your lifetime. This workshop will provide the essential information you need to understand the system, coordinate spousal and survivor benefits, minimize taxes, and maximize your personal benefits. You will learn how Social Security works, potentially putting additional money in your pocket during your retirement years.

Larry W. Farmbry, CFP®, ChFC® started in the financial planning business Farmbry & Associates 43 years ago. He helps his clients understand and develop realistic, secure streams of income during their retirement years and methods for passing their wealth on to their loved ones.

November 13 | \$39

Mt Airy Axis, 520 Carpenter Lane

ULTRA-INVESTING USING OPTIONS ONLINE

W 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 safe 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

December 11 | \$49

The Comfort of Your Own Home

\$10 materials fee for software payable to instructor.

STOCKS AND BONDS 101 ONLINE

W from 6:30 PM to 8:00 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 9-16 | \$39

2 sessions

The Comfort of Your Own Home

\$50 WEALTH BUILDER ONLINE

Th from 6:30 PM to 9:00 PM

FC03. 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

December 5 | \$49

The Comfort of Your Own Home

Optional \$10 materials fee payable to the instructor for resource-packed DVD.



Eric Moore

NEW FIRST TIME HOME BUYER CRASH COURSE

Tu from 5:30 PM to 7:30 PM

FC11. Buying your first home can be an intimidating process, but beyond that it can also be educational, fun, and most importantly, rewarding. In this class, we will explore questions such as: How much house can I afford? How do I choose a lender? How do I select a Realtor? Is it the right time to buy? What should I expect from an inspection? What is a buyer's market and what is a seller's market? What are the most important things to look for when shopping for a home? By the end of the evening, you'll have answers to all these and more and you'll be ready to begin your house search with confidence.

Eric Moore, Realtor, Elfant Wissahickon Realtors, is an experienced real estate professional who has sold houses for the past eight years. Before that he was a co-founder and chief technology officer at TLA Video for 32 years. He loves Philadelphia with a passion.

October 15 | \$39

MALT Office, 6601 Greene St.

BUDGETING BASICS ONLINE

Th from 7:00 PM to 8:00 PM

FCo5. 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.

October 24

Individual | \$29

Take with a family member | \$39

The Comfort of Your Own Home

NEW MYSTERY SHOPPING – GET PAID TO SHOP! ONLINE

W from 6:30 PM to 9:00 PM

FCo7. Do you like to shop? Who doesn't! You can get paid to shop at almost every local store in your area, or even from your own home! Mystery shopping has become the most cost-efficient way for stores and businesses to know their customers and stay in business. And you can even mystery shop on vacation to get perks while you travel! You will learn how to avoid scam companies and work for the best mystery shopping companies that pay the most, and we will review actual shopping assignments and paperwork so you know exactly how it works. Get ready to shop 'til you drop!

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 16 | \$39

The Comfort of Your Own Home

A \$15 materials fee will be added to your course fee for instructor's 100-page digital book “Mystery Shopping - Get Paid to Shop” (a \$39.95 value).

WORK REMOTELY & BECOME A DIGITAL NOMAD ONLINE

M from 6:30 PM to 9:00 PM

FCo8. Working remotely is in vogue. Why not add travel into the mix? Join thousands of individuals who are taking their work with them and hitting the road! Make your travels sustainable by earning a living as you explore the world. Professional traveler Gina Henry has been doing this for years and shares her wealth of knowledge. Get the “how to” of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a “physical address”, the RV lifestyle, timeshares, international living, long-term rentals, housesitting, and more. Learn the best ways to set up your remote office and get quality wifi in your hotel, long-term rental, or vehicle. Plus, learn about the many options for remote jobs that are available.

Gina Henry

October 7 | \$39

The Comfort of Your Own Home

A \$15 materials fee includes instructor's 100-page digital book “Work Remotely and Become a Digital Nomad” (a \$39.95 value).

NEW BEYOND BUDGETING: MASTERING THE ART OF FINANCIAL FITNESS ONLINE

Th from 7:00 PM to 8:00 PM

FCo6. Beyond Budgeting is a transformative class designed for the ambitious person ready to take control of their financial future. In this class we will dive into the heart of financial management by going beyond the budget, which is the foundation for measuring financial performance. You will learn how to use your budget to align with your personal goals and explore strategic retirement planning to secure your financial future. This class will empower you with the knowledge to make informed decisions, ensuring your lifestyle thrives today and you prosper tomorrow.

Ericka Neville

December 12

Individual | \$29

Take with a family member | \$39

The Comfort of Your Own Home



MALT has a dedicated Board of Governors who volunteer their time to support our mission of “neighbors teaching neighbors.” Our Executive Committee, L to R, Lanina Nelson-Cavicchio, Vice President; Janet Hoffman, Secretary; Rene Vargas, President; and Bob Rossman, Treasurer.

EFFECTIVE PUBLIC SPEAKING

W 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.

Marci 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 comedienne.

November 6 - December 4 | \$89

4 sessions (no class 11/27)

United Lutheran Seminary, 7301 Germantown Ave.

RETIRE EARLY: MASTERING TOP 10 TOOLS FOR FINANCIAL SUCCESS ONLINE

Tu from 7:00 PM to 9:00 PM

FCo9. Unlock the secrets to retiring early and achieving financial freedom with Vanessa as she shares her journey to becoming an “Early retiree pursuing passion projects.” In this empowering class, you'll discover the essential tools for building wealth and securing your financial future. Starting with the fundamentals, Vanessa will guide you through creating a solid budget and net worth statement. From there, delve into the key strategies for maximizing wealth-building, including leveraging employer-sponsored retirement accounts, IRAs, IDAs, flexible spending, and health savings accounts. But that's not all – learn how to effectively manage credit and debt while still prioritizing savings. Vanessa will show you that it's possible to save while paying off debt, paving the way for a brighter financial future. With core templates and valuable resources provided, this interactive class offers a practical roadmap to financial success. Come prepared to share your own wealth-building ideas and join the journey towards early retirement and financial empowerment!

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.

October 8 | \$39

The Comfort of Your Own Home

THE SECRETS OF TRAVEL-HACKING: FREE AIR, HOTELS, & CASH BACK ONLINE

M from 6:30 PM to 9:00 PM

FC10. 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 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 28 | \$39

The Comfort of Your Own Home

A \$15 materials fee will be added to your course fee for instructor’s 100-page digital book “The Secrets of Traveling Hacking - Free Air, Hotels & Cash Back” (a \$39.95 value).

GETTING READY TO RETIRE: WHAT SHOULD YOU DO ABOUT MEDICARE? ONLINE

Th from 7:00 PM to 9:00 PM

FC12. If you are working and over 65, you are probably covered by your employer’s Group Health Plan. This means that you do not have to be enrolled in Medicare until you are ready to retire and your Health Plan ends. This class will help you get ready for retirement Medicare coverage and help make a smooth transition. We will discuss how to sign up for Medicare, Part A & B, costs, plans, low-income programs, high income adjustments, and more. If you have some sort of retirement coverage, we will explain how that works with Medicare.

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.

November 7 | \$34

The Comfort of Your Own Home

WORK FROM HOME AS A MEDICAL TRANSCRIPTIONIST ONLINE

Th from 6:00 PM to 9:00 PM

FC16. If you want to choose your own hours, have a business at home, find clients easily and make great money, this class will get you started. It offers a comprehensive step-by-step guide to starting a career in medical transcription, covering everything from marketing your business and setting prices to handling collections, acquiring the necessary equipment and software, managing electronic files, and understanding business taxes. You’ll also learn about professional organizations, networking, the differences between employees and sub-contractors, and strategies for expanding your business nationwide. Additionally, the class provides insights on gaining hands-on work experience and working for transcription services, and much more.

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 24 | \$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.

START YOUR OWN HANDMADE PRODUCT SMALL BUSINESS

W from 6:00 PM to 8:00 PM

FC17. 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 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.

December 4 | \$44

United Lutheran Seminary, 7301 Germantown Ave.

\$3 materials fee payable to the instructor for workbook.

RETIREMENT PLANNING TODAY

Tu from 6:30 PM to 9:00 PM

FC23. 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 8-15 | \$34

2 sessions

LaSalle University, 1900 West Olney Ave., Holroyd Hall. Room number confirmed with registration.

B. October 22-29 | \$34

2 sessions

Community College of Philadelphia, 1700 Spring Garden, Winnet Building. Room number confirmed with registration.

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

UNDERSTANDING MEDICARE CHOICES ONLINE

M from 1:30 PM to 3:30 PM

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 unwary. 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

October 14 | \$34

The Comfort of Your Own Home

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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 in 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 ADA accessible MALT locations:

- Center on the Hill
- Church of St. Martin-in-the-Fields
- Cliveden Carriage House
- Grace Epiphany Church
- NewCourtland-Germantown Campus, Eisenhardt Building
- Mt. Airy Axis
- Presbyterian Church of Chestnut Hill
- St. Paul's Episcopal Church
- Summit Presbyterian Church (gym)
- Unitarian Society of Germantown
- United Lutheran Seminary
- Wesley Enhanced Living
- Woodmere Art Museum
- Wyck Historic House and Garden

Very Important, Please Check Your Email!

If there is a change to your class we will notify students by email. This could be due to weather or if we have to schedule a make-up class.

4 Easy Ways to Register

- 1. Online:** 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 on Monday - Friday, from 9 AM to 2 PM. We may work remotely on Fridays.

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

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.

Withdrawals If you cannot attend a course, you can receive a refund, less the \$6 registration fee, by notifying us **no later than** 2 days (48 hours) before the first class begins.

- 4. Mail:** Fill out registration form on the next page. Enclose a check, money order or MasterCard/Visa number (with expiration date) and mail to:

Mt. Airy Learning Tree
6601 Greene Street, Philadelphia, PA 19119

Refunds Refunds will be issued if MALT cancels a course. Refunds or credits 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. Not available online, please call our office to register.

- **WHYY Discount*:** 10% off up to two classes per term. Member number required.
- **Northwest Village Network and Shtetl 2.0™ Discount*:** 10% off up to two classes per term.
- **Fern Bell Scholarship Fund*:** Need-based scholarships are available; call to request financial assistance.

REGISTRATION FORM

name

address

city

zip code

day tel.#

eve.#

email

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:		
Add non-refundable \$6 registration fee per person, per term.		\$6
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As of 8/1/24: Check our website www.mtairylearningtree.org for the most up-to-date COVID-19 policy.

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Questions: call **MALT** at **215.843.6333**

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

LOCATIONS

We are thankful for the support of our neighborhood venues that host our classes each term!

Action Karate

11 W Mt Airy Ave.
Philadelphia, PA 19119

Chestnut Hill Music Academy

22 East Chestnut Hill Ave.
Philadelphia, PA 19119

Center on the Hill Presbyterian Church of Chestnut Hill

8855 Germantown Ave.
Philadelphia, PA 19118

Church of

St. Martin-in-the-Fields
8000 St. Martin's Lane
Philadelphia, PA 19118

Chestnut Hill United Church

8812 Germantown Ave.
Philadelphia, PA 19118

Cliveden Carriage House

6401 Germantown Ave.
Philadelphia, PA 19144

Commodore Barry Arts and Cultural Center

6815 Emlen Street
Philadelphia, PA 19119

Flaco's Dance Factory

411 Old York Rd.
Jenkintown, PA 19046

Fergie's Instructional Training

47 E High St,
Philadelphia, PA 19144

Grace Epiphany Church

224 East Gowen Ave.
Philadelphia, PA 19119

Hilltop Books

84 Bethlehem Pike Rear,
Philadelphia, PA 19118

Lest We Forget Slavery Museum

5501 Germantown Ave
Philadelphia, PA 19144

MALT Office

6601 Greene Street
Philadelphia, PA 19119

Mt. Airy Art Garage

7054 Germantown Ave

Mt Airy Axis

520 Carpenter Lane
Philadelphia, PA 19119

Mt. Airy CDC

6703 Germantown Ave
200, Phila., PA 19119

Mt. Airy Performing Arts Academy

230 E Gowen Avenue
Philadelphia, PA 19119

NewCourtland's

Germantown Campus
Eisenhardt Bldg.
6950 Germantown Ave.

Northlight

Community Center
175 Green Lane
Philadelphia, PA 19127

Philadelphia Guild of Handweavers

3705 Main St.
Philadelphia, PA 19127

Philadelphia School of Circus Arts

6452 Greene St.
Philadelphia, PA 19119

Rittenhouse Town

208 Lincoln Drive

St. Paul's Episcopal Church

22 E. Chestnut Hill Avenue
Philadelphia, PA 19118

Summit Presbyterian Church

6757 Greene St.
Philadelphia, PA 19119

Trolley Car

Table Tennis Club

3300 Henry Ave
Philadelphia, PA 19129

Unitarian Society of Germantown

6511 Lincoln Drive,
Philadelphia, PA 19119

Unitarian Universalists of Mt. Airy

6900 Stenton Ave.
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

38 E School House Lane
Philadelphia, PA 19144

Woodmere Art Museum

9201 Germantown Ave.
Philadelphia, PA 19118

Wyck Historic House and Garden

6026 Germantown Avenue
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