

Mt. Airy Learning Tree



neighbors teaching neighbors

www.mtairylearningtree.org

215-843-6333



Fall 2019

**Over 275 Courses for September, October,
November and December**

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On the cover:

Clockwise from top left: Senior Ballet (p. 25), Toddler Ballet (p. 45), Boxing Fitness Action (p. 30), Wine Tasting (p. 18)

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MALT MISSION STATEMENT

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

MALT Fall Open House

Join us in the MALT office for an open house. We will have autumn-themed refreshments, demos of upcoming classes, and the opportunity to register for Fall courses in person. Meet other MALT students, teachers, staff, and board members. Bring any MALT-related thoughts, ideas, stories and feedback that you would like to share. We hope you can join us!

Monday, Sept. 23, 5:00- 7:00 PM

6601 Greene Street, 19119
(the MALT office)

~ **Stephanie, Nicki & Nima**
(the MALT staff team)



Join Mt. Airy Learning Tree & Woodmere Art Museum for

Community Night Our Town:

An evening lecture and discussion about Woodmere's fall exhibition, Our Town: A Retrospective of Edith Neff

Thursday, October 17, 6:30 PM

TW15. Join the Mt. Airy Learning Tree and Woodmere's director, **William Valerio**, in a lecture/discussion about Our Town: A Retrospective of *Edith Neff*.

A leading realist painter of her day, Edith Neff (1943–1995) explored questions of race, gender, and identity, probing the social and cultural fabric of Philadelphia. The city itself was central to her work: its public buildings, playgrounds, parks, pools, schools, and beaches were frequent settings.



A facilitated community conversation will follow with **Ebony DeBrest**, a long term MALT instructor. Neff's work touches on important social themes that are central to MALT's mission — Neff's subjects, like MALT teachers and students, are ordinary community members. Just like every MALT class, her scenes depict diverse neighbors in shared experiences, coming together through common interests and social relatedness.

A wine and cheese reception will follow the discussion.

Lecturer: William R. Valerio, Ph.D., The Patricia Van Burgh Allison Director and CEO, Woodmere Art Museum

*Location: Woodmere Art Museum, 9201 Germantown Ave.
Philadelphia, PA 19118*

\$15

(\$10 for Woodmere members)

Woodmere members please call 215-247-0476

T'ai Chi and Art at Woodmere

MB19. Enjoy t'ai chi on the grounds of the Woodmere Art Museum. Vicki will give a demonstration of the Cheng Man Ch'ing Short Form and teach some warm-up exercises that utilize the primary t'ai chi principles. No prior t'ai chi experience needed. After the workshop enjoy a free visit to the museum and explore their exhibits.

Sunday, October 6, 10:00 - 11:00 AM

Woodmere Art Museum, 9201 Germantown Ave., Philadelphia, PA 19118

\$20

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

WoodmereArtMuseum

Woodmere Art Museum: Telling the story of Philadelphia's art and artists

Register at www.mtairylearningtree.org

Arts & Crafts



Marcia helps students of all levels create art in an encouraging, friendly environment.

Watercolor & Drawing

AC01. Join in the fun of learning how to handle materials and process in drawing and watercolor in a supportive, friendly environment. Receive hands-on instruction in basic watercolor washes, color mixing, line drawing and shading techniques. We will begin to understand and apply good composition. We do a few projects together with plenty of hands-on instruction. When you are ready, you are facilitated in your own projects.

EASY ACCESS for parking and handicapped.

Marcia Jones is a teaching artist who works from her home studio in Mt. Airy. She paints in watercolor, acrylic and oils, and passionately believes in sharing the regenerative power of art to anyone who is interested!

*Sa from 1:30 PM to 3:30 PM
October 12 - November 16
6 sessions*

*Allens Lane Art Center
601 W. Allens Lane*

\$104.00

Supply kit available at Artists and Craftsman, in Chestnut Hill. Contact MALT office for Marcia's number before purchasing.

Drawing and Painting for Adults & Teens

AC02. It's never too late to learn realistic drawing and painting! Work from observation to make drawings or paintings of things you choose yourself, with as much guidance as you would like. Learn to use classical techniques of simplifying shapes and using light and shadow to create pictures that really look three-dimensional. Painters will use either acrylic paint or oil paint, which are both very forgiving materials that allow you to make as many changes as you need to. Come enjoy the magic of realism!

Offered by the **staff of Mindy Flexer Art School**. For more info see www.mindyflexerart.com.

A. Tu from 9:00 AM to 12 N

September 24 - October 15

4 sessions **\$108.00**

B. W from 7:00 PM to 9:00 PM

September 25 - October 30 (no class 10/9)

5 sessions **\$89.00**

C. Tu from 9:00 AM to 12 N

October 22 - November 12

4 sessions **\$108.00**

D. W from 7:00 PM to 9:00 PM

November 6 - December 11 (no class 11/27)

5 sessions

Mindy Flexer Art School

5225 Greene St.

\$89.00

\$15 materials fee payable to the instructor if you want to use instructor's paint and materials. Additional dates and sessions available; contact the studio for more information.



Mindy can help you bring out your inner artist.



Create clay pottery and sculpt various other objects using hand building techniques.

Handbuilding with Clay

AC03. Through a series of broadly defined projects, gain skills and insights into working with clay. Instructions are given as a group, and a supportive, companionable environment is fostered, but each student's work is completely unique and independent. All tools, materials and equipment are provided. For all levels.

Meri Adelman is an exhibiting artist and was the Curator of Education at Woodmere Art Museum for 13 years. She has a BFA in painting and an MA in art history. See her work at www.meriadelman.com.

*M from 7:00 PM to 9:00 PM
September 23 - November 11
8 sessions*

*Six Senses Clay Studio
20 E. Mt. Airy Ave. **\$160.00**
\$75 materials fee payable to the instructor.*

Smarter Phone Photography

AC04. Anyone can be a photographer with a smart phone! Want to be a better one? Learn some technological fundamentals, photographic tips and develop a critical eye so you can take AMAZING pictures, no matter what kind of camera you have. No photography experience or special equipment is necessary - just bring your smart phone!

Sarah Claxton has worked in the photo industry as a photo editor, agent and producer. She worked for national magazines, corporations and non-profits and owned a business managing photographers and assisting artists and companies in telling their own stories. Sarah now focuses on her own artwork, and helping others with theirs.

*Th from 7:00 PM to 8:30 PM
November 7 - December 5 (no class 11/28)
4 sessions*

*Our House Culture Center
6380 Germantown Ave. **\$69.00**
\$5 materials fee payable to the instructor.*

Digital Cameras: SLRs

AC05. 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. Gain some composition tips, too. 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 is the Technical Director at MALT. She has loved photography for more than 20 years and enjoys teaching others how to use their cameras.

*A. Th from 7:00 PM to 9:00 PM
September 26 - October 10*

*3 sessions **\$64.00***

*B. M from 7:00 PM to 9:00 PM
October 14-28*

*3 sessions
MALT Office, 6601 Greene St. **\$64.00**
Optional \$20 materials fee for book and handouts payable to the instructor.*

“

The number of things a digital camera can do is immense, but Nicki selected the important essentials to help you get the most out of your camera from the start.

”

Developing Your Photographer's Eye

AC06. 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

*M from 7:00 PM to 9:00 PM
November 4-18*

*3 sessions
MALT Office, 6601 Greene St. **\$59.00***

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

Introduction to Zentangle®

AC07. 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. Learn more at zentangle.com.

Mindy Shapiro's groundbreaking creativity, intricate designs and use of color distinguish her as an artist. Her original designs are sketched by hand and cut with a knife. You can see Mindy's work at www.personalizedpapercuts.com.

Th from 7:00 PM to 9:00 PM

October 24

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$20.00

\$10 materials fee payable to the instructor.

Beyond the Basics: Zentangle® Renaissance Tiles

AC08. During the Renaissance, artists drew on neutral toned paper with white pencils, black ink, graphite and often earthy colors like brown, sepia and terra cotta. We will create Zentangle Renaissance tiles with techniques that will give your work that recognizable Renaissance look and feel. Building on tangles learned in Introduction to Zentangle, learn new tangles using brown, black and white pens to work the surface, and continue to create shadow and highlight with graphite and and white charcoal pencils.

Mindy Shapiro

Th from 7:00 PM to 9:00 PM

November 7

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$20.00

\$10 materials fee payable to the instructor.



Zentangle is a relaxing and fun way to create beautiful images.

Papercut Cards: Christmas, Hanukah and Kwanza

AC09. Create holiday cards using templates provided by the instructor or design your own. Learn how to cut with an X-acto knife and create your own design. Students will craft holiday cards suitable for reproduction. You can choose a particular holiday or make cards for all three. For ages 12 - adult. No prior experience needed.

Mindy Shapiro

Th from 7:00 PM to 9:00 PM

December 5

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$20.00

\$7 materials fee payable to the instructor.

Bring the following supplies if you have them: self-healing cutting mat, #11 X-acto knife.

Etched: Everything but the Wine!

AC10. Learn an easy technique for etching glass! Using your favorite word, a monogram, or your name, create a one-of-a-kind set for your next wine and cheese event. Each participant will etch 2 stemless wine glasses and a cheese plate with their own personal touch. Create easy and inexpensive gifts for family and friends.

Cheri Skipworth has been making and selling handmade products since 1992. She has been facilitating crafting workshops for college students including paint nights, glitter ornaments, cake decorating, beaded jewelry, scrapbooking and card making since 2006.

Sa from 10:30 AM to 12:30 PM

November 23

Mt. Airy Nexus

520 Carpenter Lane

\$20.00

\$8 materials fee payable to the instructor.

Beading & Stringing 101: Jewelry Making Basics

AC11. In this perfect beginner's beading class, create a bracelet with a professional look using stainless steel wire, clasps, crimps, and crimp bead covers. Students will learn the basics of stringing and design, including proper use & application of jewelry tools. You will have access to a wide selection of colors and shapes of semi-precious gemstones to include in your bracelet design.

Shannon Johnson is a certified educator in business and math. She learned jewelry design through classes and her own experimentation. Her knowledge of gemstones comes from years of research and personal relationships with those who have studied in this arena for years.

Th from 7:00 PM to 9:00 PM

November 7

MALT Office, 6601 Greene St. \$29.00

\$25 materials fee payable to the instructor.

Design Your Own Jewelry - Beginners Workshop

AC12. Design beautiful jewelry out of semi-precious stones and freshwater pearls. Learn how to make a pair of earrings, a necklace and a pendant using three essential tools. Afternoon tea and delicious vanilla and chocolate cupcakes will be served. And you'll be dressed for the occasion.

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.

Sa from 1:30 PM to 4:00 PM

September 14

MALT Office, 6601 Greene St. \$39.00

\$29 materials fee payable to the instructor.

Chandelier Earrings

AC13. Make a pair of detailed chandelier earrings while learning basic wire wrapping skills. Create continuous flowing rows using semi-precious stones, freshwater pearls, seed beads, and crystals, creating a full chandelier. Students will work with three essential tools for jewelry making, learn jewelry terminology and what items to buy for basic jewelry making. Please Note: ear wires are 9KT gold and, 925 sterling silver.

Y'vonne Page-Magnus

Sa from 1:30 PM to 4:00 PM

November 2

MALT Office, 6601 Greene St. \$39.00

\$25 materials fee payable to the instructor.

30 Minute Crafts

AC14. These handmade items are super easy, super fast, and make great gifts. In this 3-hour class, you will make a pair of earrings, a pendant, a wire wrapped ring, a pillow cover, a pocket tissue case, and take home a DIY kit for lip balm! No previous experience required.

Bea Quindlen teaches occasional mini-craft classes at lunch, break, or after work just because people ask "can you show me..." She loves to share what she's "discovered" and pass on the joy of crafting.

Sa from 9:30 AM to 12:30 PM

October 5

MALT Office, 6601 Greene St. \$34.00

\$5 materials fee payable to the instructor.

30 Minute Jewelry Crafts

AC15. While roaming a big craft store you see a string of beads that just calls to you - and you don't have a clue how to turn them into JEWELRY...this class can take care of that! Learn to put together earrings, pendants, bracelets, key chains, and wine glass charms using beads, stones, charms, and wires available at most craft stores. We'll even make a wrapped wire ring!

Bea Quindlen

Sa from 9:30 AM to 12:30 PM

November 2

MALT Office, 6601 Greene St. \$34.00

\$5 materials fee payable to the instructor, plus optional purchase of jewelry pliers for \$5.



HISTORIC GERMANTOWN

Freedom's Backyard

freedombackyard.com

HISTORIC GERMANTOWN is a partnership of 16 extraordinary historical sites, destinations and museums in Northwest Philadelphia that together preserve and share some of the regions's most prized heritage assets.

Sponsored by:



Chestnut Hill Hospital

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**CHESTNUT
HILL
COLLEGE**



WESLEY ENHANCED LIVING



Chestnut Hill
Cat Clinic

Ernst Brothers, Stahl Electric, Center in the Park, Stenton

MALT & HISTORIC GERMANTOWN PRESENT

The Tenth Anniversary OF OUR HISTORIC HOUSE TOUR: **Artists At Home** in the Old German Township

TW01: The Old German Township (Germantown, Mt. Airy & Chestnut Hill) has been justly acclaimed for its history, diversity and creativity. This 10th anniversary of our beloved annual tour presents the rare opportunity to see inside a very special array of private artists' houses. All of the homes on the tour offer a window into the uniquely creative ways buildings have been adapted to serve as artist's homes. The artists include Gina Michaels, Elfie Harris, and Karen Singer among others. The artists work in a variety of mediums, which is reflected in the way they have uniquely adapted their homes.

The Tour is curated and researched by Historic Germantown. For tickets/information, call the MALT Office at (215) 843-6333 or visit www.mtairylearningtree.org.

Sunday from 11:30 AM to 4:30 PM

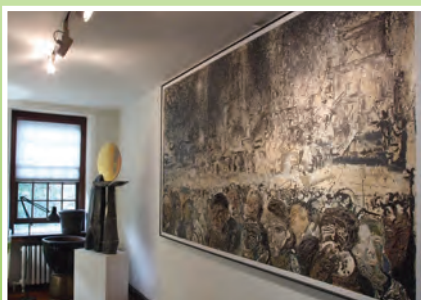
October 27

Meet at MALT Office

6601 Greene St. at Hortter

\$30.00. At the Door \$35.00

Pick up a brochure/map at the MALT office
(6601 Greene Street) on the day of the tour from 11 AM -1:30 PM



NEW! Dust Off Your Sewing Machine!

AC16. 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 to the basics of a sewing machine: threading, tension, needles, thread, and basic maintenance. We'll address simple clothing repairs such as hemming, re-stitching a seam, and making a patch as well as make an easy pillow cover. Please bring your own portable machine (there will be three sewing machines available for sharing if yours isn't portable). Needles, thread, scissors, and fabrics will be provided.

Bea Quindlen

Sa from 9:30 AM to 12:30 PM

November 16

MALT Office, 6601 Greene St. \$24.00

\$5 materials fee payable to the instructor.

Reviving the Drawing Dragon!

AC17. Whether you have never drawn, tried but given up, or have experience and want to practice in a community of artists, come and hone your skills! Learn new ways to see and approach drawing both methodically and metaphorically, using still life, clothed models, the outdoors, and ourselves. You might even take a possible field trip. Note: Returning students will be given advanced, independent assignments.

Zipora Schulz is a New York transplant who left the world of advertising as a sketch artist and began teaching art almost 20 years ago to adults and children. For more information, go to www.ArtRoomPhilly.com.

Tu from 7:00 PM to 9:00 PM

October 1-22

4 sessions

Project Learn School

6525 Germantown Ave. \$74.00

First class bring only a large newsprint pad with several pencils to experiment: 2B, 5B, 8B, etc., a pack of vine charcoal and a kneaded eraser. Available at Artist & Craftsman store in Chestnut Hill.

Creative Drawing & Journaling

AC18. Explore techniques that include imaginative drawing, collage, existing poetry, and our own writing. We will draw inspiration from nature, dream imagery and known artist's works. This pictorial/literacy union enhances the imagination and allows the mind to make mysterious connections. We'll practice drawing techniques along with using other media (collage, paint, fabric, sewing, some simple book-making art, bamboo and sumie ink brush, etc). We will also look at "altered books." At the end, each student will have created a personal art journal. This class is for all levels; adults and teens welcome.

Zipora Schulz

Th from 7:00 PM to 9:00 PM

October 3-24

4 sessions

Project Learn School

6525 Germantown Ave.

\$74.00

Bring a blank journal, and a copy of your favorite poem to the first class.



If you have always wanted to learn how to draw, here's a great opportunity!

**Register by September 30th
for any class marked **NEW!**
and receive 10% off the course
fee. Online, please enter
code **NEW19F**.**

*Cannot be combined with any other offer or discount.
Must be requested at time of registration.*

NEW! Creating A Still-Life

AC21. Learn how to create a successful still-life composition. Beginning with drawing a single subject such as an apple, students will eventually complete an entire drawing and/or painting from life. Students will see demos using pencil, color pencils, oil pastels and watercolors and choose whatever medium they like for their final work of art.

Rebecca Hoenig

Th from 1:00 PM to 3:00 PM

October 3-24

4 sessions

Allens Lane Art Center

601 W. Allens Lane

\$99.00

Fun with Watercolor Techniques

AC20. If you have always wanted to paint with watercolors, but have been afraid to try, this is the perfect place to start. Geared towards beginners, learn several tricks to creating beautiful watercolors even if you have never tried painting before. Each session will begin with a short demo of a different watercolor technique. Students will then have plenty of time to experiment.

Rebecca Hoenig has been an 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.

M from 7:00 PM to 9:00 PM

October 7-28

4 sessions

Allens Lane Art Center

601 W. Allens Lane

\$84.00

BYO materials or buy them from list that will be emailed to you in advance of first class.

Make a Pieced Quilt

AC19. Have you ever wanted to make a quilt but didn't know where to start? Learn the essentials of quilt making and create a small baby or wall-hanging-sized quilt (approximately 27" x33"). This is a pieced quilt workshop: you will be cutting up fabric and sewing it together in a quilt block (not hand sewing or applique). Choose from two classic patterns (Broken Dishes or Rail Fence). Learn how to use a rotary cutter and mat, play with color, and have the option to finish your quilt by tying the layers together doing simple quilting with a sewing machine. Hand quilting will be demonstrated for those who prefer this method. If you have never sewn using a machine, you will learn how to sew simple 1/4" seams as you create your quilt.

Judy Donovan is an award-winning fiber artist, quilter and wearables designer who lives in Mt. Airy. She is part of the Philadelphia Guild of Handweavers.

Tu from 7:00 PM to 9:00 PM

October 1 - November 5

6 sessions

Summit Presbyterian Church

6757 Greene St. at Westview

\$89.00

Materials needed: Cotton Fabric, quilt batting, threads (specifics will be sent to students when they enroll), rotary cutter, quilter's ruler and mat, sewing machine in good working order.



Beginner's Knitting

AC22. Learn the basics of knitting and make your first scarf! Students will learn the cable cast on, knit and purl stitches, binding off, basic knitting fixes, and as applicable for each student project: changing yarn skeins, making tassels and pom poms. Ideal for complete novices.

Dawn Malone learned to knit in 2009 and since then she has made numerous rectangles (scarfs), circles (hats) and triangles.

Tu from 7:00 PM to 8:30 PM

October 15-29

3 sessions

Our House Culture Center

6380 Germantown Ave. \$44.00

Bring in 1 skein of yarn (acrylic or wool, not cotton) and bamboo needles OR \$15 materials fee payable to the instructor.

Beginners Knitting 102

AC23. Students who already know how to perform the basic knit stitch or have experience with crochet should start here. Learn to purl and start learning the basics of reading a pattern. We'll make a scarf from a simple pattern.

Dawn Malone

Tu from 7:00 PM to 8:30 PM

November 12-26

3 sessions

Our House Culture Center

6380 Germantown Ave. \$44.00

\$15 materials fee payable to the instructor.

Adventures in Sewing I

AC24. Start an exciting and rewarding pastime with sewing! Beginners will practice basic sewing skills. Learn about choosing a pattern, buying fabric, interpreting the markings on the pattern pieces, laying out and cutting the pattern, and using a sewing machine. Students will purchase their own patterns, fabric and other sewing materials after our first meeting. Bring cloth tape measure to first class. Students must be at least 18 years old. Bring your own machine.

R. Deborah Taylor, a Germantown resident for over 30 years, has been sewing since junior high school and makes most of her own clothing.

Sa from 9:00 AM to 12 N

September 21 - October 26

6 sessions

Grace Epiphany Church

224 E. Gowen Ave. \$99.00

Limited number of machines are available to share for \$10 for the series, on a first-come, first-served basis - please contact the MALT office for instructor's phone number.



Sewing is both a creative and practical skill, and learning to sew opens a world of possibilities.

Adventures in Sewing 2

AC25. Learn how to sew darts in a garment, set in sleeves, and put in a zipper. Participants will purchase their own patterns, fabric, and sewing materials before class begins. Please get instructor's phone number from MALT for pattern information after you have registered. Class size is limited; register early. Bring your own machine.

R. Deborah Taylor

Sa from 9:00 AM to 12 N

September 21 - October 26

6 sessions

Grace Epiphany Church

224 E. Gowen Ave. \$99.00

Limited number of machines are available to share for \$10, on a first-come, first-served basis; please contact the MALT office for the instructor's phone number.

Candle Making

AC33. 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 gel wax method and why it's so popular. We will also discuss soy and other waxes.

Pamela Lampkin has been making candles for more than 15 years and has learned how to market, sell and profit from the business.

Sa from 10:00 AM to 12 N

October 12

Wesley Enhanced Living

6300 Greene St. \$24.00

\$20 materials fee payable to the instructor. No walk-ins.

Cold Process Soap Making

AC26. Leave with 2 lbs. of your own customized soap incorporating oils such as coconut, olive, palm and cocoa butter with lye and water. The lye goes through a chemical reaction of saponification and is not present in the end product. This hands-on class will give you an overview of the process along with handouts to help you be successful making more in the future. After the soap has “cured,” you will have hard, cleansing, lathering, moisturizing bars of soap. Give as gifts or keep for yourself. No experience required. Due to the use of lye, you must wear a long-sleeved shirt (cotton or natural fiber preferred); instructor will provide all supplies including safety equipment.

Dora Johns is a realtor with Keller Williams Realty and enjoys everything real estate. Her classes help the consumer make informed decisions about their real estate needs. She is also a registered nurse for more than 30 years and uses her science and math skills in her cold process soap making classes.

Sa from 12:30 PM to 4:00 PM

October 12

Project Learn School

6525 Germantown Ave.

\$44.00

\$43 materials fee payable to the instructor.

Bring a sturdy bag to take home your soap.

“ *Dora was engaging, personable, and so generous with her knowledge.* ”

Beginning Mosaics

AC27. Learn the art of mosaic, and make a wall hanging or mirror for your home. Explore the tools and techniques used in this ancient art form. Students will leave with a working knowledge of the art form and be able to do variations of the project at home.

Jessica Liddell, BA Arts Education, has been teaching ceramics to adults and children since 1995. She has exhibited her work nationally and has directed collaborative public arts projects in community centers, camps and schools, including the MALT Mosaic at Lovett Library.

W from 6:30 PM to 9:00 PM

October 16-23

2 sessions

Bella Mosaic

6780 Germantown Ave.

\$55.00

\$25 materials fee payable to the instructor.

Fused Glass Dish

AC28. 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

W from 7:00 PM to 9:00 PM

November 13

Bella Mosaic

6780 Germantown Ave.

\$20.00

\$25 materials fee payable to the instructor.

Fused Glass Jewelry Making

AC29. Fused Glass is a process in which glass is layered and then melted together in a special kiln. Learn how to cut and layer the glass to achieve beautiful results. You will leave the class with pendants, pins, earrings and/or rings. This is a fun and cost-effective way to build up your jewelry collection or make gifts for friends.

Jessica Liddell

Sa from 10:00 AM to 12 N

November 16

Bella Mosaic

6780 Germantown Ave.

\$45.00

\$30 materials fee payable to the instructor.

Fun and Funky Wire Jewelry and Art

AC32. Learn the basics of this fun craft to make hanging, usable, wearable, and funky art with wire, stone, glass, beads, silk flowers, wood, felt, wool, and more. Make pendants, wind-chimes, sculptures, headpieces, magic bubble wands, mirror and photo frames, hair barrettes, zany wine bottle corks, container decorations, centerpieces, eyeglass lanyards, zipper pulls, earrings, whatever you think of, with the piles of things provided for you. Depending on size, take home two personal expressions of your creativity. No experience needed.

Jolie Bookspan's heritage handicrafts have been exhibited in major galleries. For more info, see drbookspan.com/classes.

Sa from 10:00 AM to 12 N

September 28

**Private residence near Paper Mill*

& Cromwell Rds., Wyndmoor

\$29.00

\$15 materials fee payable to the instructor.

Bring wire pliers if you have them.

Weave a Lace Scarf or Cowl

AC30. Are you ready to take your basic weaving skills to the next level? Learn how to warp a rigid heddle loom and make a more complex "lace weave" scarf. Warp your loom in the first class with a yarn of your choice. In the next class weave a scarf or cowl using a variation of the Brooks Bouquet lace pattern. This pattern requires only one color choice-the same yarn for both warp and weft. The pattern combines rows of plain weave with a row of "lace floats" created by wrapping the shuttle around groups of warp threads. It moves quickly because of all the holes! Supply your own yarn (instructions on what type of yarn will be emailed prior to class). Previous weaving on a loom (either rigid heddle or floor loom) is required. This class is taught by the Spider Sisters, Judy Donovan and Sara Robbins, local Mt. Airy residents and fiber artists.

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

Judy Donovan

Sa from 10:00 AM to 1:00 PM

October 26 - November 2

2 sessions

Philadelphia Guild of Handweavers

3705 Main St.

\$59.00

Loom rental fee is \$15 payable to the instructor. You may bring your own rigid heddle/knitters loom if you have one with a minimum of 10" weaving width.



Learn a new weaving pattern, and take a beautiful handmade scarf home at the end of the class.



Learn to weave these beautiful materials into a basket of your own!

Weave a Traditional Appalachian Style Basket

AC31. Traditionally, baskets were made for household and agricultural use but are now also considered decorative items. Learn to weave a melon basket using "ribs" to determine the shape of the basket. This is an adorable basket that is a great next step for those who have taken a beginning basket class. Previous basket weaving experience is preferred but not required.

Sara Robbins

Sa from 12 N to 4:00 PM

November 9

Wesley Enhanced Living

6300 Greene St.

\$44.00

\$15 materials fee payable to the instructor.

Needle Felting Doll/Animal Making

AC34. Needle felting is an easy to learn technique of sculpting wool using barbed needles. Learn the basics as you are guided through unique techniques for making an expressive and relatable doll or an animal. Each session will include a little movement and guided meditation to transition from the outside world to your inner creative world.

Sonia Gordon-Walinsky has taught adults and children in a variety of media: paper, clay, and fabric to name a few. Follow her art journey on [Instagram@SoniagordenWalinsky](https://www.instagram.com/SoniagordenWalinsky).

W from 7:00 PM to 9:00 PM

October 23 - November 6

3 sessions

Summit Presbyterian Church

6757 Greene St. at Westview

\$64.00

\$18 materials fee payable to the instructor.

Computers & Technology

Introduction to Computers/ Windows 10

CC01. This basic PC (not Apple/Mac) course covers: working with desktop icons; managing and organizing files and directories/folders; copying, moving and deleting files and directories/folders; using search features and simple text editing tools. No experience is necessary, and the class is 100% hands-on. You'll definitely feel more comfortable with computers by the end of the course!

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.

Tu from 10:00 AM to 12:30 PM

October 1-22

4 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$104.00

Students will use laptops with Windows 10.

“
*I overcame my fear
of my computer.*
”

Internet & Email

CC02. An excellent follow-up to Introduction to Computers, this class explores the Internet and email in-depth. Find valuable resources on the Internet, learn how to make purchases online, use search engines to locate anything, protect yourself and others while online, create a free email account and learn how to use it. Students are encouraged to bring their email logins to class if they already have one. No experience necessary.

David Grauel

Tu from 10:00 AM to 12 N

November 12-19

2 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$44.00

Students will use laptops with Windows 10.

Introduction to Microsoft Excel

CC03. 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.

David Grauel

W from 7:00 PM to 9:00 PM

October 16-30

3 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$89.00

*Students will use laptops with Windows 10,
Office 2010.*

Getting to Know Your iPhone

CC20. Have you just purchased a new iPhone, which was recommended by your daughter or son who told you that you can't live without it? Or are you seriously considering buying one and want to learn more beforehand? Or as a professional, you were advised that it would help you organize your life? Discover some of the wonders of the iPhone and learn how to become more productive in this hands-on two-part course. Students with an iPhone should bring it to class and are encouraged to discuss their favorite apps.

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

M from 10:00 AM to 12 N

October 7-14

2 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$44.00

*Designed for iPhone 5 or newer. Exception:
iPhone X.*



*Learn to use your iPhone with Nina's expert
and patient help.*

Getting to Know Your iPhone... Better

CC21. This course is designed for anyone who has a basic understanding of the iPhone and wants to learn more. This interactive, fun class will cover tips, tricks, music, photography, apps and more! Designed for iPhone 5 or newer (exception: iPhone X Series).

Nina Epstein

M from 10:00 AM to 12 N

November 18-25

2 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$44.00

Getting to Know Your iPad

CC22. What can you do with an iPad? Should you buy one? Discover some of the wonders of the iPad and learn how to become more productive and more comfortable with this technology. Students with an iPad should bring it to class and are encouraged to discuss their favorite apps.

Nina Epstein

M from 10:00 AM to 12 N

November 4-11

2 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$44.00

Touch Typing/Typewriting

CC23. Touch typing is a lifelong skill. Learn how to type without looking at the keyboard, one patient step at a time. Many people say it was the most practical class they had in school... and yet, it is not offered any longer in many schools. Each week, we learn the parts of typewriters and begin practicing the kinesthetic memory that will forever link your fingers to the right keys. This skill is transferable to computer keyboards but it's more fun to learn on typewriters!

Pamela Rogow owns WPM Typewriter Shop. She took Typing I & II in junior high school and her record Words-Per-Minute was 120 on an IBM Selectric typewriter. Learn more at her website: www.wpmTypewriterShop.com.

Tu from 7:00 PM to 8:00 PM

October 15 - November 5

4 sessions

WPM Typewriter Shop

6819 Greene St. at Carpenter Ln.

\$39.00

Welcome to the Cloud

CC24. "The Cloud" is an increasingly important part of computing, but what IS it? Learn the key concepts, how to set up and make use of several cloud services to access your data, photos and more from any device with an internet connection. Our focus will be on Dropbox and Google Drive. Apple's iCloud and Microsoft's OneDrive services will be touched on briefly, as well as personal clouds.

Fitzgerald Putnam is the founder of Mt. Airy Tech, a local firm that provides IT services, coaching, and consulting to small businesses, nonprofits, and individuals.

Tu from 7:00 PM to 8:30 PM

October 8

Presbyterian Church of Chestnut Hill

8855 Germantown Ave

\$24.00

iCloud Fundamentals: Unlocking the synergy between iPhone, iPad, and Mac

CC25. iCloud is for more than just system backups and document saving. Seamlessly and automatically connect your photos, calls, messages, contacts, and more with this free(ish) service from Apple - start on one device and transfer effortlessly to another.

Fitzgerald Putnam

Tu from 7:00 PM to 8:30 PM

October 29

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$24.00

Bring your iPhone to class; iPad and Mac laptop are encouraged but not required.

Getting to Know Your Android Phone

CC26. Explore how to navigate through your Android phone step-by-step. Save contacts, connect email accounts to your phone, send a text message, download apps, adjust sounds and ringtones and so much more. No experience necessary. Bring your newer model Android to class.

Sederia Brown enjoyed teaching people how to use technology as a hobby, and now it's her business — helping people use their cell phones, tablets and computers.

Sa from 10:00 AM to 11:30 AM

October 12-19

2 sessions

United Lutheran Seminary

7301 Germantown Ave., Rm 301

\$44.00

Cooking & Foods



Cheri's gingerbread class will be fun and delicious for all ages.

Gingerbread Decorating for the Holidays

CK05. Have fun making and decorating a gingerbread house with your kids. Learn how to decorate like a pro with everyday tools and techniques. Take home your masterpiece! Course price is per family.

Cheri Skipworth

Sa from 1:00 PM to 3:00 PM

December 14

Mt. Airy Nexus

520 Carpenter Lane

\$20.00

\$15 materials fee payable to the instructor.

Cake Frosting Techniques

CK02. Want to learn how to decorate cakes like a pro? In this introductory workshop, learn how to use frosting tips to write, decorate and create borders for your cakes. Decorate a cupcake using your newly learned techniques and leave with confidence to frost and decorate a cake at home.

Cheri Skipworth has been making and selling handmade products since 1992. She has been facilitating crafting workshops for college students including paint nights, glitter ornaments, cake decorating, beaded jewelry, scrapbooking and card making since 2006.

W from 7:00 PM to 9:00 PM

November 13

Mt. Airy Nexus

520 Carpenter Lane

\$29.00

\$10 materials fee payable to the instructor.

Dishes of India: Chaat and Savory Street Delicacies

CK16. Enjoy savory Indian street food; it's all about variety and quick bites. Taste 3 appetizers: aloo tikki- a smashed potato patty served with a tangy yogurt sauce; daal chilla- a lentil crepe with a savory paneer filling with cilantro chutney; and tasty shakarkandi- umami-like sweet and savoury sweet potatoes, fried and topped with chaat spices, sev and pomegranate seeds.

Tanya Dhingra was born and raised in India in a military family. As a child she had the opportunity to travel all over and eat yummy food. In America she has learned to use cooking and food as a way to build community and maintain connection with all her familial chefs back home.

Sa from 12 N to 2:00 PM

October 19

Unitarian Society of Germantown

6511 Lincoln Drive

\$29.00

\$15 materials fee payable to the instructor.

Dishes of India: Paranthas

CK17. Paranthas are stuffed punjabi breads that are fun to make and eat! We will make two types: bread stuffed with savory potato and a delicious daikon/radish parantha. Eat them with a knob of butter, cucumber raita and mango pickle.

Tanya Dhingra

Sa from 12 N to 2:00 PM

November 9

Unitarian Society of Germantown

6511 Lincoln Drive

\$29.00

\$15 materials fee payable to the instructor.



Tanya's classes are as instructive as they are delicious.

Wine Tasting: Pennsylvania!

CK01. Over the years, the quality of local wines has noticeably improved and there is now a growing number of wineries that are producing quite respectable European style wines (in addition to the sweet, fruity, native varieties). We'll feature wines from Karamoor, Galen Glen, Penns Woods and Fero. Join us for a relaxed but informative evening of locally produced fruit of the vine — you may be surprised what you discover!

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

A. Tu from 7:00 PM to 9:00 PM
October 29 \$29.00

B. Tu from 7:00 PM to 9:00 PM
November 12
Cliveden Carriage House
6401 Germantown Ave. \$29.00
\$13 materials fee payable to the instructor.

Make Water Kefir (Kombucha's Cousin)

CK06. Learn how to make your own home brew of this tasty probiotic beverage for a fraction of the cost from the store. 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).

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.

Th from 7:00 PM to 9:00 PM
October 10
Mt. Airy Nexus
520 Carpenter Lane \$29.00
\$15 materials fee payable to the instructor.
Bring a container for leftovers.

More Dehydrating

CK07. We'll make artisan crackers, croutons, focaccia bread, cinnamon rolls and more! Everything is dairy and gluten free and low glycemic index. There will be sweet and savory items. Learn the basics but if you have taken Dorothy's dehydrating class before, know that the recipes will be different and there will always be new techniques to share.

Dorothy Bauer

Th from 7:00 PM to 9:00 PM
October 17
Mt. Airy Nexus
520 Carpenter Lane \$29.00
\$20 materials fee payable to the instructor.



Fire cider is a delicious and spicy tonic that's been used for centuries during cold and flu season. It makes a great gift, too!

Fire Tonic for your Health

CK08. Apple cider vinegar has been on the buzz for some time now; Fire Tonic is an amped up version and highly regarded as an immunity booster. The claims run the gamut from warding off colds and flu to dandruff and lack of energy! We can't vouch for the above claims, but we do suggest drinking it regularly because it is delicious and nutritious. Feel like an alchemist when you brew up a batch!

Dorothy Bauer

Th from 7:00 PM to 9:00 PM
November 7
Mt. Airy Nexus
520 Carpenter Lane \$29.00
\$20 materials fee payable to the instructor.

Holiday Fare that WILL do your Body Good!

CK09. Let's put the Thanksgiving back into this holiday season with a sumptuous gluten and dairy free stuffing, un-turkey loaf, desserts to live for (low glycemic index of course!) and a variety of healthy remakes of the traditionals (mashed potatoes, nog and more). There will be a selection of holiday cookies and a cake or pie so those pecans will have somewhere to go!

Dorothy Bauer

Th from 7:00 PM to 9:00 PM
November 14
Mt. Airy Nexus
520 Carpenter Lane \$29.00
\$20 materials fee payable to the instructor.

Introduction to Tea

CK10. Learn about the world of tea. Discuss a brief history and the different types of teas, then talk about how teas are processed, from the time the leaves are plucked until they're shipped. We'll also touch on the primary tea-processing regions from around the world, guidelines for brewing different types of teas, and the health benefits of tea. Brew and taste various types of teas.

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

Th from 6:30 PM to 8:30 PM

October 3

Holistic Health Suite Cafe

6802 Old York Road

\$20.00

\$5 materials fee payable to the instructor.

Call 215-200-5884 for help with directions.

NEW! Shaken, Stirred and Strained: Gin I 01

CK11. Welcome to the world of gin, small batch distilling and the art of cocktail creation. Like many other spirits, gin began life in the alchemist's workshop as a medicinal cure-all, a link it would retain as a mainstay of European battlefields and colonial outposts. Learn how to make gin-centric cocktails to impress your friends, make holiday festivities spirited and satisfy yourself after a long work week. Tastings are included, as are pro-tips and take-home recipes. For ages 21+.

Katy & Walter Palmer are co-owners of Palmer Distilling Company, a small craft distillery in Manayunk making Award winning Liberty Gin & Manayunk Moonshine.

Th from 7:00 PM to 9:00 PM

November 14

Palmer Distilling Company

376 Shurs Ln.

\$20.00

\$5 materials fee payable to the instructor.



Learn the ancient art of distillation and see the traditional copper pot still.

Sausage I01, Making the “Wurst”

CK12. Make your own sausages from scratch and understand a little food science. We'll cover: selecting the proper meats, mixing and grinding, seasoning and salinity, stuffing with natural casings, cooking, and rating the product. Learn how to keep sanitary conditions while prepping and cooking. Bring an apron!

Michael Schneller owned and operated a USDA facility and retail store for 5 years in Kingston, NY. The store developed and manufactured 56 products including 30+ varieties of sausages.

Sa from 12 N to 2:30 PM

October 12

Unitarian Society of Germantown

6511 Lincoln Drive

\$34.00

\$20 materials fee payable to the instructor.

Homemade Soups

CK13. Soups's on! As the weather cools let's create cozy, seasonal soups to nourish our bodies. We'll make vegetable soup and chicken noodle soup with seasonal vegetables with baguettes on the side. Bring containers for leftovers.

Shayla Dorsey is a community-based chef trained by Just Foods and The Free Philadelphia Library. She started her own personal chef/catering business, Shayla's Savour, in April, 2018.

Sa from 6:30 PM to 8:30 PM

October 5

Wesley Enhanced Living

6300 Greene St.

\$29.00

\$15 materials fee payable to the instructor.

Pasta Making I01

CK14. Want to show off a little at your next dinner party or incorporate easily homemade fresh pasta into your weekly planning? We will begin by making the dough, and then use both a mechanical roller and a rolling pin to prepare several batches. Bring containers to take home leftovers!

Tyler Peckham claims no Italian heritage, formal training, or even years of restaurant experience. His wife, **Justina Cwenar**, used to make Sunday dinners with her Italian grandmother from a very young age. Since buying a pasta maker two years ago, they have been making it weekly for regular meals and dinner parties.

W from 6:30 PM to 8:30 PM

October 23

Unitarian Society of Germantown

6511 Lincoln Drive

\$29.00

\$10 materials fee payable to the instructors.

Pasta Making 202: Pierogies

CK15. Oh the pastabilities! We take a detour from Italy to create the Polish delicacy known as the pierogi. We'll make the dough from scratch and then fill, fold and cook these little Polish dumplings. Oh, and we'll eat them, too! Pasta 101 is recommended, but not at all required.

Tyler Peckham and Justina Cwenar

W from 6:30 PM to 8:30 PM

November 6

Unitarian Society of Germantown

6511 Lincoln Drive

\$29.00

\$20 materials fee payable to the instructor.

NEW! Cheese 101: A Taste of Pennsylvania

CK18. The American artisan cheese industry is growing and Pennsylvania is one of the top dairy-producing states in the country. Within just a few hours of Philadelphia come dozens of unique cheeses reflecting the terroir of the area and creativity of local cheesemakers. Join us for a guided tasting, where you'll learn how to describe, taste, and pair cheese. We'll cover the major cheese styles and dive into the cheese-making process, history of cheese and tips for storing and serving. The class will feature a selection that you can find at Weavers Way and other local cheese shops.

Lauren Housman, a cheese lover, left a career in finance to pursue a passion for curd! Working for Murray's Cheese, an iconic NYC cheese shop, Lauren learned about the art and science of affinage in their cheese caves. She then spent time as a cheesemonger at Murray's flagship Greenwich Village shop and taught cheese education classes before moving to Mt. Airy.

Th from 7:00 PM to 9:00 PM

October 24

Mt. Airy Nexus

520 Carpenter Lane

\$29.00

\$12 materials fee payable to the instructor.



Boost your cheese IQ with Lauren.

NEW! The Ultimate Holiday Cheese Board

CK19. Looking to take your holiday appetizer offerings to the next level? Learn how to build a custom cheese board that will be the star of any party! We'll cover pairing principles, cheese styles and seasonality, presentation tips, what tools you'll need, and how much cheese to buy. We'll taste and talk about special extra ingredients that can add visual interest and more snacking options. Start with a tasting of some holiday favorites and then assemble a cheese board together that we'll sample!

Lauren Housman

Th from 7:00 PM to 9:00 PM

November 21

Mt. Airy Nexus

520 Carpenter Lane

\$29.00

\$12 materials fee payable to the instructor.

M-F Daytime Classes

Drawing and Painting for Adults & Teens

A. Tu from 9:00 AM to 12 N
September 24-October 15 pg. 4

C. Tu from 9:00 AM to 12 N
October 22-November 12 pg. 4

Creating A Still-Life

Th from 1:00 PM to 3:00 PM
October 3- 24 pg. 11

Introduction to Computers/Windows 10

Tu from 10:00 AM to 12:30 PM
October 1- 22 pg. 15

Internet & Email

Tu from 10:00 AM to 12 N
November 12-19 pg. 15

Getting to Know Your iPhone

M from 10:00 AM to 12 N
October 7-14 pg. 15

Getting to Know Your iPhone... Better

M from 10:00 AM to 12 N
November 18-25 pg. 16

Getting to Know Your iPad

M from 10:00 AM to 12 N
November 4-11 pg. 16

Nia Holistic Dance

F from 9:30 AM to 10:30 AM
October 4-November 8 pg. 23

Zumba Gold®

Tu from 10:30 AM to 11:20 AM
October 1- December 3 (no class
October 8, November 5) pg. 24

Senior Ballet Class: Pink & Silver Slippers

F from 10:30 AM to 11:30 AM
October 4-December 6
(no class 10/11, 11/29) pg. 25

Fit Possibilities

A. M from 9:00 AM to 9:45 AM
September 23-November 11 pg. 27

B. F from 10:00 AM to 10:45 AM
September 27-November 15 pg. 27

Stretch 4 Life for Seniors

M from 10:00 AM to 10:45 AM
September 23-November 11 pg. 27

Chair Pilates and Stretching

W from 10:00 AM to 11:00 AM
September 25-November 13 pg. 29

Barre Fusion

W from 12 N to 1:00 PM
September 25-October 16 pg. 30

Understanding Medicare:

A Guide to the Choices
W from 1:30 PM to 3:30 PM
September 25 pg. 37

Understanding Long Term Care 101

W from 1:00 PM to 3:00 PM
October 2 pg. 37

Tot Learn To Skate - Ages 3-5 years old (Levels: Intro to the Ice, Parent & Me, Tot 1-Tot 3)

A. Tu from 12:45 PM to 2:45 PM
October 1-November 19 pg. 44

B. Th from 12:45 PM to 2:45 PM
October 3-November 21 pg. 44

Yoga, a Chair and You

F from 11:30 AM to 1:00 PM
September 27-October 25 pg. 46

T'ai Chi - Yang Style: Level One

W from 10:00 AM to 11:00 AM
September 25-November 27 pg. 49

T'ai Chi - Yang Style: Level Two

W from 12:30 PM to 1:30 PM
September 25-November 27 pg. 50

T'ai Chi - Yang Style: Level Three

W from 11:15 AM to 12:15 PM
September 25-November 27 pg. 50

Row the Schuylkill: All Levels

Tu from 8:30 AM to 10:00 AM
September 10-October 15 pg. 57

William Penn's Philadelphia: Rebel with a Cause!

W from 11:00 AM to 1:00 PM
October 16 pg. 62

Beyond the Bell Philadelphia Walking Tour

Tu from 1:00 PM to 3:00 PM
October 22 pg. 64

Dance



Whether you have two left feet or fancy feet, dancing can be a great way to exercise, socialize or just have fun!

Ballroom Dancing: The Basics

DA01. Experience the thrill of swirling around the dance floor with a 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!

Partners recommended; an adult dance partner must accompany students under age 18. We change partners for faster group learning and to get to know one another.

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.

*Th from 7:45 PM to 8:40 PM
September 26 - November 14
8 sessions*

*Summit Presbyterian Church
6757 Greene St. at Westview \$89.00
\$10 materials fee payable to the instructor.
No make-ups will be offered for missed sessions unless cancellation is by instructor or MALT.*

**Class will be held in the Gym, 2nd floor. Enter from Westview St.*

Ballroom Dancing: Beyond the Basics

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.

Partners recommended. We occasionally change partners for faster group learning. This is a continuing beginner level course. Prerequisite: 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.

Debra Klingler

*Th from 8:45 PM to 9:40 PM
September 26 - November 14
8 sessions*

*Summit Presbyterian Church
6757 Greene St. at Westview \$89.00
No make-ups will be offered for missed sessions unless cancellation is by instructor or MALT.
Class will be held in the gym, 2nd floor. Enter from Westview St.

Intermediate Ballroom Dancing

DA03. This course is a continuation class in ballroom dancing, geared toward those who are already comfortable with the core steps of the most common ballroom dances. This season's focus will be on waltz and West Coast swing. As you add 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.

Partners recommended. This is an advanced-beginner level course. Prerequisite: a basic ballroom dancing class taught by Debbie.

Debra Klingler

*Th from 6:45 PM to 7:40 PM
September 26 - November 14
8 sessions*

*Summit Presbyterian Church
6757 Greene St. at Westview \$89.00
No make-ups will be offered for missed sessions unless cancellation is by instructor or MALT.
Class will be held in the Gym, 2nd floor. Enter from Westview St.

Dancing With Soul

DA04. Soul Line Dancing incorporates the mind for memorization, the body for movement and the spirit for excitement and enthusiasm. This is great exercise, and everyone is welcome: men and women of all ages, new and beginning students, and those with past experience in classes. With all the energy that this instructor brings to the table, you will be joining a class where there is enthusiasm and support. We learn NEW dances every term!

Lucia Jones began line dancing in 2001 and teaching in 2007. Lucia won the 2011 Instructor of the Year Award and was designated as a "Master Teacher" by KennyJ. She is considered to be the Philadelphia Region's number one line dance instructor, known for her phenomenal ability to communicate new line dances to her students.

W from 6:30 PM to 7:30 PM

September 25 - November 13

8 sessions

Summit Presbyterian Church

6757 Greene St. at Westview \$94.00

\$10 materials fee payable to the instructor.

**Class will be held in the Gym, 2nd floor. Enter from Westview St.*

Tahitian/Hula Dance Cardio

DA05. Wrapped in fun, this core-strengthening, low-impact cardio uses exciting Tahitian/Hula dance moves to burn calories, reduce stress, tone, and increase energy. No dance experience required in this encouraging environment. You'll laugh and smile your way into great fitness with this total body workout. Strengthen and define your abs, hips, legs and arms as you groove to traditional Polynesian drum beats, funky contemporary, and hip retro music.

Gayle Herbert Robinson is an ACE Certified Group Fitness Instructor. She received a Zumba license and also teaches rebounding (a mini trampoline workout). Gayle has also performed the hula at Marriott's Ko Olina Beach Resort.

Tu from 7:00 PM to 8:00 PM

September 24 - October 29

6 sessions

Chestnut Hill United

8812 Germantown Ave. \$59.00

Bring water, sarong or shawl for your hips.

We dance barefoot.

Dance-It-Out! Fun Fitness

DA06. Stressed? Dance-it-Out! Overwhelmed? Dance-it-Out! Need a fun workout? Dance-It-Out! We'll do Zumba, Retro, a little Hip-Hop and Line — four dance styles in one fun-filled hour. Burn calories, tone, reduce stress and feel energized. You'll have a blast while blasting away those stubborn pounds and stress. No dance experience necessary in this encouraging environment. Wear sneakers and comfortable clothing, so you can "Get Down Tonight." **WARNING:** This class will create lots of smiles and laughter.

Gayle Herbert Robinson

W from 7:00 PM to 8:00 PM

September 25 - October 30

6 sessions

Chestnut Hill United

8812 Germantown Ave.

\$59.00

Bring a bottle of water and towel.

Nia Holistic Dance

DA07. Nia is a tool for accessing the universal human need to move in ways that are joyful and healing using a blend of dance, martial-arts, yoga and other mind-body energy-aligning practices. It is highly adaptable for people of all fitness levels, ages, genders and body types. Every body has a place to discover their joy on this dance floor! We use both guided movements and free dance to notice our patterns and become aware of how we move. Nia is playful and sweaty, done to soulful world music which will take you on a beautiful journey within your home for life: your body.

Lisa Zahren is a Nia Black Belt Instructor who didn't discover her passion for dance until her adult life and has danced daily in the decades since! She is committed to working with people at all wellness levels, based on the Nia principle that "Through Movement We Find Health." Lisa has been teaching Nia through MALT since 2012 and also teaches classes for cancer support groups.

F from 9:30 AM to 10:30 AM

October 4 - November 8

6 sessions

Allens Lane Art Center

601 W. Allens Lane

\$62.00



Nia combines dance, martial arts and mindfulness, addressing body, mind and soul.

Beginning Modern Dance Technique

DA08. This is an ideal dance class for beginners or returning dancers, and will teach movements that are foundational for modern and contemporary dance styles. We will focus on core connection, spirals, contractions, basic floor progressions, and elemental concepts of space, time, weight, and flow in movement. If you currently dance, used to dance, or just love watching So You Think You Can Dance on TV, come join in! All movement levels welcome.

Morgan Rakay holds a BFA in Dance and MA in Dance/Movement Therapy and Counseling, is a certified Pilates instructor, and a Licensed Professional Counselor. Morgan has danced professionally for over 13 years, and currently performs with DanceEthos Performance Company and in monthly improv-based dance performances.

W from 6:00 PM to 7:00 PM

September 25 - November 13

8 sessions

Healing Arts Studio

15 W. Highland Ave.

\$79.00

Beginning Belly Dance with Zoe (Akili) Brown

DA09. This ancient dance is performed in countries bordering the Mediterranean from Northern Africa to Turkey. Students will learn basic hip and arm movements, traveling steps and a short choreography. Belly dancing is a great way to have fun while toning the abdominal muscles and arms. Wear comfortable clothes and bring a scarf to tie around your hips.

Zoe Brown (Akili) has loved dancing most of her life and found a particular resonance with bellydance. She studied extensively with the renowned Artemis Mourat and performed nationally as a former member of Silk Road Dance Co. She is also certified in Zumba®.

W from 7:00 PM to 8:00 PM

September 25 - November 13

8 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$96.00



Take a class with Karen Taylor-Young, and prepare to leave empowered and feeling strong.

Zumba Gold®

DA10. 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 the active older adult as well as beginners. You are welcome to bring your own 1-2 lbs weights to build strength and tone all the target zones. Class includes a great chair workout for those who want it.

Karen Taylor Young is a retired professional dancer with over 35 years of experience who currently teaches and choreographs. She is a founding member of Philadanco, Opera Company of Philadelphia, and a former musical theater choreographer at Germantown Friends School. She holds 9 Zumba® licenses and is a certified Silver Sneaker Boom Mind Instructor.

Tu from 10:30 AM to 11:20 AM

October 1 - December 3 (no class 10/8, 11/5)

8 sessions

Kappa Achievement Center

5521 Germantown Ave.

\$74.00

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

Fewer than 5 – the Class takes a Dive! Please register early.





Why try salsa? It's fun, increases self-confidence, and is danced internationally so it can help you meet people wherever you are!

Core Fusion: Barre & Mat

DA11. The class combines ballet, modern dance, and Afro Caribbean techniques. This full-body workout focuses on the core and core strength. Moving from the barre to the mat, we will work on balance, breathing, posture, toning, flexibility, and the ability to support your own body strength. The class will conclude with relaxation exercises. No previous experience required.

Karen Taylor Young

Tu from 7:15 PM to 8:30 PM

*October 1 - December 3 (no class 10/8, 11/5)
8 sessions*

Allens Lane Art Center

601 W. Allens Lane

\$124.00

Wear comfortable exercise clothing, bring yoga/exercise mat, socks or bare feet, and bottled water.

Senior Ballet Class: Pink & Silver Slippers

DA12. 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.

Karen Taylor Young

F from 10:30 AM to 11:30 AM

October 4 - December 6 (no class 10/11, 11/29)

8 sessions

Studio of Danse4Nia

143 W. Walnut Ln. #106 rear bldg **\$79.00**

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

Beginning Salsa

DA13. Mt. Airy's Salsa literacy has gone through the roof since 2002, and here's a night dedicated to you! Come learn the basics from Maestro Flaco, known for his patient, novice-friendly style of teaching.

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, Perkins Center for the Arts, Appel Farm and Arts Horizons, and has a long-standing relationship with The Painted Bride Art Center, where he appears frequently. His passion lies in teaching men to dance with the women in their lives.

Sa from 7:00 PM to 8:00 PM

September 28 - November 16

8 sessions

St. Paul's Episcopal Church

22 E. Chestnut Hill Ave.

\$94.00

Bop I

DA14. Philly Bop is hot right now, and MALT has its hottest teacher. Begin with the basic steps of jitterbug at a slightly slower tempo and with more graceful and fluid movements. Then learn the more challenging part of improvisation. Bringing a partner is optional but always encouraged. This is the real deal, ladies and gents. The success rate of students in this class is astounding! Try it for yourself. You won't believe your feet.

Marck "Flaco" Best

Su from 7:00 PM to 8:00 PM

September 29 - November 17

8 sessions

St. Paul's Episcopal Church

22 E. Chestnut Hill Ave.

\$94.00

Bachata!

DA15. Bachata is a very beautiful partners dance and is quite popular on the Latin dance scene right now. Easier than Salsa, and as sexy as Tango. You're going to love this dance.

Marck "Flaco" Best

Sa from 3:00 PM to 5:00 PM

October 26

St. Paul's Episcopal Church

22 E. Chestnut Hill Ave.

\$24.00



Fitness & Exercise

**All swim classes will be held on Saturdays from
September 21 – November 23**

10 sessions

Mastery Charter School

Picket Campus, 5700 Wayne Avenue

There are open showers but no lockers. Students can leave their belongings poolside.

Learn To Swim

EX01. Whether you're afraid of the water or not, this course offers basic instruction, providing the necessary tools for confident swimming. Step by step, you will forget your hesitation and approach the water in a whole new way!

Ebony DeBrest has been teaching swimming for 10+ years. She is a patient, fun-filled, comforting motivator who sincerely enjoys working with people. She has had students of all ages, from babies as young as 6 months to seniors wanting to conquer their fear of the water.

Gary Smith has numerous swimming certifications. He has worked with all ages from infant to adult for over 30 years.

A. **Ebony DeBrest**

Sa from 9:45 AM to 10:45 AM \$134.00

B. **Gary Smith**

Sa from 1:00 PM to 2:00 PM \$134.00

C. **Gary Smith**

Sa from 2:00 PM to 3:00 PM \$134.00

Learn to Swim: Beyond Beginner

EX02. Go beyond those basic beginner skills and improve your swimming strokes, breathing and endurance. All participants must be able to swim a width of the pool (20 feet) using freestyle, be comfortable in deep water (with or without flotation device), and be interested in improving skills. Looking forward to seeing you at the pool!

Ebony DeBrest

Sa from 8:45 AM to 9:45 AM \$134.00

Improve Your Stroke

EX03. Whether you want to add swimming into your fitness routine or tackle a triathlon, this class is for you. Practice the freestyle stroke to build swim endurance and work on technique. Learn how to swim more efficiently which makes swimming feel easier and ultimately more fun! Other strokes such as backstroke and breaststroke will also be introduced. You must be able to swim, but all levels are welcome.

Ebony DeBrest

Sa from 10:45 AM to 11:45 AM \$134.00

Shallow End Water Aerobics

EX04. Exercising in water is one of the most effective and gentle ways of giving yourself a healthier heart and stronger, more flexible muscles. And it's fun! Do a warm-up followed by aerobics and calisthenics. Because water absorbs impact, this form of aerobics is a gentle, safe exercise especially if you have arthritis. This class involves no swimming and will take place in the shallow end of the pool.

Ebony DeBrest

Sa from 11:45 AM to 12:45 PM \$134.00



Ebony's students rave about her patient teaching style.

Pilates Mat for Beginners

EX05. Want to get in shape? Build strength and flexibility at the same time? Then Pilates is for you! Find out the basic “core” principles of Pilates with this beginners’ course. This is a great workout and you will FEEL it! Please consult with your physician if you have chronic pain or back issues before you register. Please bring a mat to class.

Christina Fanizzi has been teaching Pilates and Movement for 20 years. She has a wealth of knowledge to share with you about feeling great and staying healthy! For more information visit: www.pilatesalchemy.com.

Darcy Soper fell in love with the Pilates method in 2005. After being diagnosed with Rheumatoid Arthritis, Pilates was the only thing that gave her relief. In 2017, Darcy graduated from The Pilates Center Advanced Teacher Training Program in Boulder, CO.

A. Christina Fanizzi

W from 6:30 PM to 7:30 PM

October 2-30

5 sessions

\$59.00

B. Darcy Soper

Th from 5:30 PM to 6:30 PM

October 10 - November 21

7 sessions

Pilates Alchemy

20 E. Mt. Airy Ave, 2nd floor

\$79.00

Fit Boot Camp Challenge

EX06. Come and participate in a fun, extreme workout comparable to crossfit and P90X. The format will vary with jogging, sprinting, lunges, squats, pushups, partner exercises, and much more. We'll vary the routines with challenging bouts of cardio and strength moves. Participants will be encouraged to pace themselves but challenge their bodies. This class is for all levels.

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.

Sa from 7:00 AM to 8:00 AM

September 21 - November 16

9 sessions

Cedars House Cafe

Forbidden Drive at Northwestern Ave

\$89.00

Bring water and a small towel.



Pilates is a wonderful complement to other fitness activities, helping tremendously with flexibility and balance.

Fit Possibilities

EX07. For beginners to intermediate fitness enthusiasts, whether you have never exercised or exercise regularly. The goal is to improve flexibility, balance, joints, core strength and overall ability to be more efficient in your daily activities. The doable, essential exercises will also improve cognition and the overall function of the body systems. This is not for extreme athletes. There will be options to sit or stand throughout the class.

Yvonne Ferguson-Hardin

A. M from 9:00 AM to 9:45 AM

September 23 - November 11

8 sessions

\$79.00

B. F from 10:00 AM to 10:45 AM

September 27 - November 15

8 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$79.00

Bring a small towel and a water bottle.

Instructor will call all participants before the class.

Stretch 4 Life for Seniors

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.

Yvonne Ferguson-Hardin

M from 10:00 AM to 10:45 AM

September 23 - November 11

8 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$89.00

Wear comfortable clothes and shoes and bring a water bottle.



Smile your way through this fun and effective hula hoop workout!

Hula Hoop Dance: Fun Fitness

EX09. Who says fitness can't be fun? Hula hooping can burn up to 600 calories per hour. It tones while creating lots of smiles and laughter. We'll hula-hoop to hot contemporary and retro music with the hoop on and off our bodies. Get a great workout, whether you're a newbie or experienced. De-stress and spend a fun hour off-the-grid - you deserve it.

Gayle Herbert Robinson is an ACE Certified Group Fitness Instructor. She received a Zumba license and also teaches rebounding (a mini trampoline workout). Gayle has also performed the hula at Marriott's Ko Olina Beach Resort.

M from 7:00 PM to 8:00 PM

September 23 - October 28

6 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$64.00

You'll need an adult hula-hoop with grip taping, 38" (petite) to 42" in diameter, 3/4" tubing and 160 psi. Or measure floor to belly button for diameter. Affordable hoops are available online starting at \$18 from Katie Sunshine Hoops or Hoop Mamas.

Kickbox Dance Cardio: Fun Fitness!

EX10. Boxing is like a powerful dance. You bob and weave. You glide and slide. You punch and prance. And yes, you sweat and dance. Add a few kicks and some basic footwork. Now watch your coordination and balance improve. You'll move from high energy to a slower speed in intervals and at your own pace. It combines kickboxing with cardio dance moves - grooving to contemporary and retro beats. Spend your fun fitness hour melting away calories and that nasty thing called stress, while tightening and strengthening your mind and body.

Gayle Herbert Robinson

Th from 7:00 PM to 8:00 PM

September 26 - October 31

6 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$64.00

Bring a towel and plenty of water.

Fix Your Own Neck and Upper Body Pain Without Drugs or Surgery

EX11. Learn why common exercises and treatments don't stop neck and upper body pain, and what does. Includes lecture and in-class practice of evidence-based sports medicine methods to fix and prevent the most common causes of neck pain, upper back pain, top of shoulder pain, upper crossed syndrome, bad discs, impingement, and muscle aches, right in class. More info: www.DrBookspan.com.

Jolie Bookspan, MEd, PhD, FAWM, is a research scientist who developed pioneering advances in sports medicine. Military and university medical departments gave her the toughest assignments to find out why conventional training and rehab methods don't work, and what does.

Sa from 10:00 AM to 1:00 PM

October 12

**Private residence near Paper Mill*

& Cromwell Rds., Wyndmoor

\$59.00

\$20 materials fee payable to the instructor.

Zumba® with Zoe Brown

EX12. This is an energetic blend of Middle Eastern and Latin movements that burn and tone while having fun. Come get your workout on and feel empowered with these exotic movements! Please dress comfortably and bring non-marking, indoor sneakers.

Zoe Brown (Akili) has loved dancing most of her life and found a particular resonance with bellydance. She studied extensively with the renowned Artemis Mourat and performed nationally as a former member of Silk Road Dance Co. She is also certified in Zumba®.

Th from 7:00 PM to 8:00 PM

September 26 - November 14

8 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$96.00

NEW! Chair Pilates and Stretching

EX13. Instead of a traditional beginner Pilates class on the mat, we'll use a chair. Pilates targets the core (abdominals, lower back, and hips) and integrates core support into moving the rest of the body with precision and control. We'll integrate gentle stretching to promote greater flexibility and relaxation of the muscles, as well as faster recovery time.

Morgan Rakay holds a BFA in Dance and MA in Dance/Movement Therapy and Counseling, is a certified Pilates instructor, and a Licensed Professional Counselor. Morgan has danced professionally for over 13 years, and currently performs with DanceEthos Performance Company and in monthly improv-based dance performances.

W from 10:00 AM to 11:00 AM

September 25 - November 13

8 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$79.00

NEW! Change Your Posture, Change Your Pain

EX14. Pain is a symptom of a larger problem, and that problem is often our posture. When we experience pain, that is the body's way of telling us that we are off balance and misaligned. Learn about posture therapy, a proven method that gets to the root of your chronic pain by returning your body to proper alignment through gentle corrective exercises. Pain-free living begins when you stop treating the symptom and start treating the cause.

Nicole Rodriguez is a Postural Alignment Specialist, certified through the Egoscue Institute. She worked as an Egoscue Therapist at Egoscue of Philadelphia before opening Pain Free Philly. She was disabled in a car accident and a chronic pain sufferer for years until she was healed by this type of posture therapy.

Th from 7:00 PM to 8:30 PM

November 7

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$20.00

NEW! Face Sculpting

EX15. Face Sculpting is a comprehensive method of synergistic facial exercises that promise to give you a more youthful, revitalized face feeling tighter, smoother, and more alive! Take years off your looks embracing techniques that promote a natural face-lift. We'll target these areas: under eye bags, corner eye lift, loose neck skin, wrinkles, forehead lift, plumping the cheeks, widening the eyes, firming the neck, and plumping the lips.

Nga El is a Health & Beauty Consultant with a mission to raise holistic literacy for powerful self-healing and growth. She is also a certified personal trainer, certified level 1 pure medicinal plant practitioner, and certificated vinyasa-flow yoga instructor.

Tu from 7:00 PM to 8:00 PM

September 24 - October 15

4 sessions

Cliveden Carriage House

6401 Germantown Ave.

\$44.00



Rediscover joy in movement with help from a MALT class.



Strengthen and tone with Sophie in this low-impact workout.

Fierce and Fit Over 40

EX16. 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 also a Reiki Master. Her website is: www.voilawellness.com.

*W from 6:00 PM to 7:15 PM
October 30 - December 4
6 sessions*

**Private residence near the intersection of Westview St. and Germantown Ave. \$74.00
Wear comfortable clothes, bring a small towel, your own yoga mat and hand weights or rent them for a small fee of \$2 for a mat and \$3 for the weights payable to the instructor at each class.*

NEW! Broadway Body Burn!

EX17. Feel like a Broadway star in no time while enjoying the best of fitness and dance! Appropriate for all levels and showcases a series of basic yet dynamic Lindy Hop, Jive and Jazz movements set to a big band swing style beat! Have fun learning basic dance movements while improving your balance, coordination, and stamina. The class is 30 minutes of dance, 10 minutes of standing abs and cool down.

Ava Adames is a Certified Health Coach, Certified Crystal Energy Worker, and ACE Group Fitness instructor. Her professional credentials include Intrinsic Coaching Solutions, The Love and Light School, American Heart Association and the American Council on Exercise (ACE).

*Sa from 10:00 AM to 10:45 AM
October 5-26
4 sessions*

*Chestnut Hill Friends Meeting
20 E. Mermaid Lane*

\$54.00

NEW! Barre Fusion

EX19. Barre Fusion is a mix of barre, pilates, and yoga, set to driving music. Challenge your muscles with tiny isometric movements at the barre (chair) or on the mat, but also get plenty of time to stretch and lengthen. This low-impact workout is safe, effective, and suitable for all levels. Modifications are given, when necessary.

Jeni Smith, RYT-200, has been teaching yoga throughout Northwest Philadelphia since 2014. She is the owner of Good Wolf Studio in Germantown.

*W from 12 N to 1:00 PM
September 25 - October 16
4 sessions*

Good Wolf Yoga

228 W. Harvey St.

\$49.00

Bring your own yoga mat, if you have one.

Boxing Fitness Action

EX18. 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 Gilken 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.

*W from 7:30 PM to 8:20 PM
October 2-30
5 sessions*

Action Karate

11 W Mt Airy Ave.

\$49.00

\$49 materials fee payable to the instructor for boxing gloves and a t-shirt.



Why not try boxing? It's a fun and challenging workout that works your whole body.

Finance & Careers

ABCs of Estate Planning

FC01. Learn how you can protect your family and assets when you die or become disabled by using wills, trusts, powers of attorney and living wills. Examine how federal estate and Pennsylvania inheritance taxes affect your estate, and review how recent tax changes may impact your estate plan. Explore estate planning techniques to reduce your tax liability and minimize probate costs. Understand the basics of Medicaid planning (how to protect your assets for your heirs in the event you need expensive nursing home care). Find out how to title real estate and other assets. Bring your estate planning questions.

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

Tu from 6:45 PM to 9:00 PM

November 12

United Lutheran Seminary

7301 Germantown Ave., Rm 301 \$20.00

Millionaires in Training

FC02. Learn the tools and principals millionaires use to make something out of nothing and maintain their success when it comes to finances. These include budgeting in categories, shopping around for service prices (insurance, etc.), and putting as much money into retirement savings as possible. Discuss the importance of having multiple streams of income and create individual plans to reach your short term and long term financial goals. You can achieve financial freedom by making wise money decisions!

Rachael Hanible grew up in a poor neighborhood, in a single parent household, and was determined to experience financial freedom. She set and achieved her goals to become completely debt free (including student loans), to save a year's worth of income, and to get her credit score above 800.

Th from 7:00 PM to 9:00 PM

October 17

MALT Office, 6601 Greene St. \$20.00

Stocks and Bonds 101

FC03. 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.

Th from 7:00 PM to 8:00 PM

October 17-24

2 sessions

Edward Jones

7151 Germantown Ave.

\$24.00

Building a Financial Fortress with Apartments

FC04. Are you still working, saving for retirement, and worried that you won't have enough money in your golden years to support your family and lifestyle? Find out how to prepare for retirement and create a stream of income by investing in apartment buildings and you don't have to be a millionaire to get started! Whet your appetite and leave with the resources to further your education.

Eleena De Lisser is a real estate investor who caught the apartment investing bug in 2015. In less than two years, she went from 0 to 1008 units. She is an equity partner/co-owner of four different apartment buildings.

Tu from 7:00 PM to 9:00 PM

September 24 - October 8

3 sessions

United Lutheran Seminary

7301 Germantown Ave., Rm 301

\$69.00

\$5 materials fee payable to the instructor.



\$50 Wealth Builder

FC05. 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 a Certified Financial Planner, teacher, author of "Stock Investing for Dummies" and "Precious Metals Investing for Dummies" and is the editor of the Prosperity Alert newsletter at ProsperityNetwork.net.

Sa from 10:00 AM to 12:30 PM

November 16

United Lutheran Seminary

7301 Germantown Ave., Rm 301 \$59.00

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

Ultra-Investing Using Options

FC06. 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

Sa from 2:00 PM to 4:30 PM

November 16

United Lutheran Seminary

7301 Germantown Ave., Rm 301 \$59.00

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



Eric can teach you how to select investments that match your beliefs and values.

What is Your Social Security Strategy?

FC07. Social Security is fairly simple provided you worked long enough to earn the required number of quarters and were never married. However, when you add two-income couples and/or divorce into the mix, both historically high among baby boomers, the decisions become very complicated. Making the wrong choices can result in less income for the rest of your life. We'll walk you through common, but surprisingly complex situations and provide strategies to maximize your benefits.

Eric Dean is a Wealth Advisor with Risler Financial Management, which is based in Plymouth Meeting. He is a Certified Financial Planner (TM) Professional and helps clients implement roadmaps to preserve and grow assets, while also creating income strategies for a comfortable retirement.

W from 7:00 PM to 9:00 PM

October 2

MALT Office, 6601 Greene St.

\$24.00

\$3 materials fee payable to the instructors.

Values-Based Investing

FC08. Investing with your values in mind is not a new concept. Yet many investors are unaware that they can do so. We'll go over the types of values-based investing and how certain corporations are showing that it's not only good business, but it's good for business. What to look for in an investment to help ensure it aligns with your goals will also be discussed.

Eric Dean

W from 7:00 PM to 8:30 PM

November 13

MALT Office, 6601 Greene St.

\$20.00



Tune in to Vanessa's talk show on Gtown Radio, Vanessa's Money Hour, every 1st and 3rd Saturdays at 1 PM.

Debt-Free Living

FC09. Are you ready to free yourself from the burden of debt? Receive two simple, but critical, tools needed to develop a debt payoff plan: the budget and the net worth statement. With these you'll compile and prioritize your debts, and then create a budget that shows how much you can apply to your debt burden each month. Between classes compile your data and fill in the worksheets. Then we'll discuss a variety of paydown strategies, challenges, and hear insights you've had after compiling your financial statements. Walk away with a debt payoff plan and financial tools for life.

Vanessa Lowe has been hosting personal finance workshops for more than 25 years. She's worked in community development finance for more than 20 years and has an MBA from the Wharton School.

Tu from 7:00 PM to 9:00 PM

October 15-22

2 sessions

Mt. Airy Nexus

520 Carpenter Lane

\$44.00

\$10 materials fee payable to the instructor.

Top 10 Tools for Financial Success

FC10. Today's foundational tools require more understanding and proactive choices to secure our financial futures. We'll cover the emergency fund, budget and net worth statements, employer retirement plans, credit scores, index and life cycle funds, IRA options, and health savings accounts in detail. Bring questions you have about any of these. Leave with an action plan to enhance your financial health along with a customizable personal finance workbook.

Vanessa Lowe

Tu from 7:00 PM to 9:00 PM

November 5-12

2 sessions

MALT Office, 6601 Greene St.

\$59.00

\$10 materials fee payable to the instructor.

Small Business Tax Workshop

FC11. This is a must for anyone who is self-employed or considering starting their own small business. We will cover the start-up tax requirements for a small business.* Become familiar with the forms that are required for the federal return including seeing how all of the pieces fit together. Finally, learn what income must be reported as well as what expenses may be taken to reduce the overall tax liability.

*Please note: We will address the tax issues related to small businesses that are sole proprietorships and LLCs only.

Ellen Russell works as a tax preparer. When not preparing taxes, you can find Ellen knee-deep in mud with her vegetable garden.

W from 6:30 PM to 9:00 PM

October 9

Mt. Airy Nexus

520 Carpenter Lane

\$49.00

\$10 materials fee payable to the instructor.

Getting Paid to Talk: An Introduction to Professional Voice-Overs

FC16. Have you ever been told that you have a great voice? Explore numerous aspects of voice-over work for television, film, radio, audio books and the Internet in your area. We will cover all the basics, including what voices are in demand, how to build success part time, and how to prepare the all-important demo. This class is informative and a great first step for anyone interested in voice acting professionally. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! As with any career, expect to invest in additional training and equipment beyond this workshop.

John Gallogly is a professional voice coach and producer with Creative Voice Development Group. He has instructed and developed voice talent throughout the northeastern U.S. and has an extensive background in radio and DJ work, advertising and professional singing.

Tu from 6:30 PM to 9:00 PM

October 15

United Lutheran Seminary

7301 Germantown Ave., Rm 301

\$34.00

Foundations of Voice Acting

FC17. We'll cover the vast world of voiceovers from commercials, to narrations, to audiobooks. You'll discover your voice and find out which style is the right one for you. Through lecture, critique and lots of practice you'll refine timing, inflection, articulation and emotional techniques. Learn where to find work or an agent, how to prepare and record your professional demo, and understand what is needed for a functional home studio.

Scott Smith has been in the field of voiceovers for over 20 years. You might have heard him as the voice for Lotrimin AF, Halls, Northwest Airlines, Mastercard, Comcast, Hilton Garden Inn, Lutron Electronics, corporate medical narrations, and over 100 audiobooks to date. Scott has guided many aspiring students to success through his simple, thorough and patient approach.

Tu from 7:00 PM to 9:00 PM

September 24 - October 2

3 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$119.00

\$5 materials fee payable to instructor.

Bring a pen and paper for notes.

How to Start a Spare-time Online Business...In One Weekend!

FC18. Gain the knowledge, information, and resources needed to launch a home-based business, full-time or part-time, that is no-cost or low-cost. It is even possible to make a full-time income doing this in your spare time! In this information-packed course, the author of the upcoming book "Affiliate Marketing For Dummies" will share many ways you can earn income online ranging from selling products and services to affiliate marketing. Learn 3 ways to get a business presence online in under 30 minutes, how to find profitable products and services to sell instantly, the latest, easy ways to make money with Amazon and other online giants, and more!

Paul Mladjenovic

Sa from 10:00 AM to 12:30 PM

November 23

United Lutheran Seminary

7301 Germantown Ave., Rm 301

\$59.00

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



Boost your income with Paul's expert help.

\$1000-A-Day Seminar Leader

FC19. Doing seminars and workshops is a great business: profit from sharing something you love and help others; it's a great win-win! Discover how to earn great income, even doing it part-time, in the world of public speaking. The great thing about this business is that you can record yourself, put these video recordings online, and generate passive income. The seminar business (both live & online) has a huge profit potential and a low capital investment. Learn how to choose topics and titles that sell, package your experience, know-how or ideas into seminars or workshops, get corporate, adult education and cruise ship speaking opportunities, and more.

Paul Mladjenovic

Sa from 2:00 PM to 4:30 PM

November 23

United Lutheran Seminary

7301 Germantown Ave., Rm 301

\$59.00

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

Public Speaking for Everyone

FC20. Do you hate getting up to make a speech? Join the crowd — but wait, you can't...you're the speaker! Public speaking is often the stuff of nightmares, but you will see that it can be fun. Moreover, learning to give a speech (formally and informally) can help you advance causes you care about as well as your career. Learn to speak with power and poise, how to write a speech quickly and ways to combat nerves. Join us in a supportive atmosphere to learn this empowering skill.

Brian Foley Esq. has a law practice in Mt. Airy, focusing on civil rights, employment law (including employees in academia) and defamation. He won the teaching award at Drexel's law school and is currently an adjunct professor at Rutgers Law. His website is brianjfoleylaw.com.

W from 7:00 PM to 9:00 PM

October 23-30

2 sessions

United Lutheran Seminary

7301 Germantown Ave., Rm 301

\$49.00

\$10 materials fee payable to the instructor.

NEW! Creativity for Business, Work, and Life

FC21. Stuck? Need to break blocks and move projects forward? Want to be happier? Make more money? The answer may be to strengthen your creativity muscles. Leave with several easy-to-apply tools for increasing creativity - tools to define problems, generate possible solutions, and more. Learn methods for solving problems and generating ideas that can boost job performance, help build your business, develop artistic ideas, and make life more fun. Creativity “isn’t just for artists.” We are ALL creative and can improve our range of possible approaches to “problems” in work and everyday life.

Brian Foley

Geoff Keston is an Adjunct Assistant Professor at Temple University and is currently pursuing a Master's degree in Critical and Creative Thinking at the University of Massachusetts Boston.

W from 7:00 PM to 9:00 PM

November 13

Mt. Airy Nexus

520 Carpenter Lane

\$29.00

Starting Your Own Business

FC22. There is no way to eliminate all the risks associated with starting a small business. However, you can improve your chances of success with good planning and preparation. Learn how to create a business plan and set up tax accounts. Discuss business structures and evaluate the benefits and weaknesses of owning a business. Get practical information on how to start and how to run a small business. Appropriate for anyone thinking of starting a business or those in the first few years of running a business.

Walter Moyer has over 25 years' experience in tax accounting, mortgages, and financial consulting for individuals and small businesses. He has owned and operated his own tax accounting firm since 1987.

W from 7:00 PM to 9:00 PM

October 30 - November 13

3 sessions

Work Mt. Airy

6700 Germantown Ave., Lower Level \$49.00

Design Your ENCORE Career

FC23. This course is for people approaching the conventional retirement age who want a more exhilarating and purposeful next chapter of their lives. An “encore” career — making a difference while making a living — can be that next chapter. People with a higher sense of purpose have been found to have half the mortality rate of those with a lower sense of it and are 2.4 times less likely to develop Alzheimer's. Use “design thinking” to reflect on your passions and interests, imagine what your encore career possibilities might look like and begin developing a strategy for exploring them.

Yosaif August, ACC, has had several encore careers since turning 50: certified life coach, workshop leader, inventor, NIH-funded researcher, published author, speaker, composer and leader of men's retreats. See more at: <http://www.yestolifecoaching.com>.

Th from 6:30 PM to 8:30 PM

November 14-21

2 sessions

Wesley Enhanced Living

6300 Greene St.

\$44.00

\$10 materials fee payable to the instructor.

The Craft Show Hustle

FC24. Have you ever considered selling your handmade goods and arts at a craft show? They can be amazing and enjoyable experiences if you are prepared. Join us to gain some insight into the world of craft shows. We will discuss topics including where to find craft shows, setting up a booth, pricing, creating your traveling show kit, what products are trending at craft shows this year and an opportunity for a peer review of products you want to sell.

Cheri Skipworth has been making and selling handmade products since 1992. She has been facilitating crafting workshops for college students including paint nights, glitter ornaments, cake decorating, beaded jewelry, scrapbooking and card making since 2006.

W from 7:00 PM to 9:00 PM

October 2-9

2 sessions

United Lutheran Seminary

7301 Germantown Ave., Rm 301

\$29.00

\$2 materials fee payable to the instructor.

Family, Home & Garden

NEW! Master the Individualized Education Plan (IEP)

FH01. Learn the various sections of the IEP, the members on your child's IEP team, and create a village of support. We'll also cover how to interpret your child's Individualized Education Plan (IEP) and foster effective communication with team members. Become empowered and own your role on your child's team.

Jamilah Bashir is a certified Life & Career Coach who passionately works with adults to help them improve their time management and work-life balance. She also supports people during personal and professional transition phases in their life, especially a career change and going back to work after having a baby.

Th from 7:00 PM to 8:30 PM

October 3-10

2 sessions

Work Mt. Airy

6700 Germantown Ave., Lower Level \$44.00

\$10 materials fee payable to the instructor.

NEW! Stress-Free Holidays

FH02. The holidays are supposed to be the most wonderful time of the year, but for many of us they are the exact opposite: too much to organize and do, too many people to please, too much food, family drama, gifts... Are you going through the holidays feeling overwhelmed, stressed and counting the days till January comes? Do you find yourself hoping that "this time will be different" but not really knowing what to change and where to start? We will look at the holidays inside-out and you will leave with an action plan that will support you in keeping your sanity and enjoying the most wonderful time of the year again!

Stefania Baita is a certified Life & Career Coach who passionately works with adults to help them improve their time management and work-life balance. She also supports people during personal and professional transition phases in their life, especially a career change and going back to work after having a baby.

Th from 7:00 PM to 9:00 PM

October 24

Work Mt. Airy

6700 Germantown Ave., Lower Level \$24.00

NEW! The Art of Listening

FH03. Learn how to listen more easily to the people you love in your life. Developing listening skills helps partners and children feel understood and enables conflicts to resolve more easily. Participants can bring examples of situations they would like to address. While the focus of this class is interpersonal and family oriented, the skills are also useful and applicable in professional environments.

Claudia Apfelbaum, MSS, LCSW, has more than 25 years' experience as a social worker, therapist and educator. She helps people to improve their relationships through improved listening and communication skills.

Tu from 7:00 PM to 9:00 PM

October 1-8

2 sessions

**Private residence near intersection of Wissahickon Ave & Stafford St.*

\$39.00



Students find Stefania's enthusiasm to be uplifting and contagious.

Advanced Directives and Living Wills

FH05. What if you can no longer speak for yourself? How do you want to spend the last weeks, days, or hours of your life? We will review a standard Living Will/Advanced Directive form, go over terminology, and explanations. By the end of class you should be able to have a conversation with your loved ones about end of life and quality of life concerns, and complete your own living will.

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

Tu from 7:00 PM to 9:00 PM

October 1

MALT Office, 6601 Greene St. \$20.00

\$5 materials fee payable to the instructor.

Making Natural Body Butter

FH06. Make your own natural body butter using organic ingredients such as shea butter, coconut oil and essential oils. Learn the benefits of natural ingredients and find out which toxic ingredients to avoid in your skincare.

Lena Hines is the creator and owner of LeeBee's Natural, a natural and organic bath and body business. She has been researching and making natural bath and body products for 5 years. Lena enjoys teaching and demonstrating her products at workshops, vendor events and home parties.

Sa from 9:30 AM to 12:30 PM

November 2

Wesley Enhanced Living

6300 Greene St. \$39.00

\$24 materials fee payable to the instructor.

Understanding Medicare: A Guide to the Choices

FH07. 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. This course will provide a basic introduction to the choices available to Medicare eligible persons and will provide resources for further information. It will be very interactive and tailored to the needs of students in the class.

Joan Adler is a healthcare professional who is providing Medicare counseling with APPRISE through Philadelphia Corporation for Aging (PCA).

A. W from 1:30 PM to 3:30 PM

September 25

\$20.00

B. Tu from 7:00 PM to 9:00 PM

October 8

Mt. Airy Nexus

520 Carpenter Lane

\$20.00

\$5 materials fee payable to instructor.

Understanding Long Term Care 101

FH08. Learn exactly what long term care means (also known as custodial care), how it works, who needs it, and how to pay for it. You'll learn the differences between home health care, skilled care, custodial care, assisted living nursing home care, and TRICARE. We'll review what the PA LTCP (Long Term Care Partnership) is and how to protect your assets in the event long term care is needed.

Joy Gadson has over 13 years' experience as a licensed insurance agent with Colonial Penn and Bankers Life in PA, NJ, DE, and MD. She has a Certification for Long Term Care (CLTC) and has helped hundreds of families understand how long term care works, specifically as it relates to Medicare, health insurance, and retirement.

A. W from 1:00 PM to 3:00 PM

October 2

\$20.00

B. Th from 7:00 PM to 9:00 PM

November 7

Wesley Enhanced Living

6300 Greene St.

\$20.00

\$8 materials fee payable to the instructor.



Learn to take the best care of your furry family member — even in an emergency situation.

Introduction to Basic Pet First Aid

FH09. Learn basic first aid for cats and dogs, including treating wounds, pet CPR, and emergency protocol. Be prepared should a pet emergency occur. Pet parents (as well as those hoping to get a pet in the near future) and pet care providers are welcome. This is a hands-on course and participants will receive a pet first aid kit upon completion of the course.

Hannah Babcock is the Operations Manager at Queenie's Pets and although she is not a veterinarian, she is certified in pet first aid and has hands-on experience handling injured and ill pets. She has been at Queenie's since 2017 and is excited to share her knowledge.

Th from 7:00 PM to 8:30 PM

September 19

Queenie's Pets

7174 Germantown Ave.

\$20.00

\$10 materials fee payable to the instructor.

Clutter Tonic: The Easy, Refreshing Way to Organize Your Home and Office

FH17. Are you overwhelmed by your belongings? Do you have unpacked boxes from your last move? Are you drowning in papers? Enjoy some Clutter Tonic! Make happy decisions about what to let go of and ways to organize the rest. Do it the green way. Learn where to recycle torn clothes, stained purses, cosmetics and much more. Let go of 30 things in 1 week. Achieve the 33-item wardrobe. Yep, including accessories and shoes. Perform a 15-minute clutter bust. See results and have fun!

Rachel Martin is the founder of Clutter Tonic: The Easy, Refreshing Way to Organize Your Home and Office. She finds tremendous pleasure in teaching people to organize and maintain filing systems, create craft areas, have the clean-lined kitchens they've always craved and more.

M from 7:00 PM to 9:00 PM

September 23 - October 7

3 sessions

Summit Presbyterian Church

6757 Greene St. at Westview

\$59.00

Class will be held upstairs in the Parlor.

Understanding Chronic Disorganization

FH18. Do you wonder why some people have a harder time keeping things together? We'll talk about the fundamentals and underlying causes of chronic disorganization, as well as techniques and strategies to help those challenged by this common issue to make positive changes in their lives and relationships. Receive numerous resources for continued learning and support.

Leslie Robison has provided coaching and organizing services 1999. She is passionate about helping you achieve more ease, credibility and satisfaction at home and at work. Master your day, master your life: Leslie@MasteryConsulting.net.

Tu from 7:00 PM to 8:30 PM

October 22

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$20.00

Speed Cleaning

FH19. Want to spend less time cleaning the house, get it done faster, better, and with less effort? No matter how many years you've been cleaning, you'll be amazed at what you'll learn!

Leslie Robison

W from 7:00 PM to 9:00 PM

November 6

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$24.00

How to Buy a House

FH20. Thinking about buying a home? Walk through the home-buying process step-by-step and discuss the current trends in the real estate market. Uncover how to get started applying for a mortgage, searching for homes, home inspections and the home-buying contract. Whether you're a first time homebuyer or re-entering the market, buying a home is a BIG deal. Come get your questions answered.

Susan Cotteta is a licensed realtor, and has been teaching with MALT since 2002. She works with buyers and sellers in Philadelphia, Delaware, Chester and Montgomery Counties.

Tu from 7:00 PM to 9:00 PM

October 1

Mt. Airy Nexus

520 Carpenter Lane

\$20.00

“

*I feel so much more confident
about buying a house.*

”

Listing Your Home for Sale

FH21. Learn what kind of preparation you can do in order to list your home and get the best price you can. Topics include the best time to list your home, considerations when setting your asking price, how to choose a sales agent, how to improve your home's appeal to the buyer, what repairs you should do if you have a tight budget, and more!

Dora Johns is a realtor with Keller Williams Realty and enjoys everything real estate. Her classes help the consumer make informed decisions about their real estate needs. She is also a registered nurse for more than 30 years and uses her science and math skills in her cold process soap making classes.

Sa from 10:00 AM to 12 N

September 28

MALT Office, 6601 Greene St.

\$20.00

\$5 materials fee payable to the instructor.

So You Want to Flip a House?

FH22. We all enjoy watching the HGTV shows centered around flipping houses and seeing the huge profits that can be earned. Discussion topics will include research, networking, knowing the market, negotiations, financing, and more...

Dora Johns

Sa from 10:00 AM to 12 N

October 26

MALT Office, 6601 Greene St.

\$20.00

Do-It-Yourself Home Repair

FH23. Gain a basic understanding of carpentry, electrical and plumbing systems of the average house. Learn about hand tools, power tools and construction materials. Each week will have a project. We'll start with building a small wall. Learn how to measure, cut, lay out and join wooden studs. Next, install an electrical circuit through the studs and install a receptacle, wall switch and light fixture. Finally, install drywall, apply tape and joint compound/spackle.

Paul Plevakas is a PA licensed remodeling contractor and is knowledgeable in all aspects of home repair and remodeling. He has over 30 years of experience in plumbing, electrical, carpentry, painting, masonry, and other home repair concerns.

Sa from 10:00 AM to 2:00 PM

September 28 - October 12

3 sessions

**Private residence near Paper Mill*

& Cromwell Rds., Wyndmoor

\$250.00

\$25 materials fee payable to the instructor.

Create Your Own Succulent Garden

FH32. Do you love plants but are challenged to keep them alive? Do you have very little space in your home? Learn to create a small succulent pot that you can take home to start your own small container garden. Learn all about the variety of succulents, how they germinate, care and maintenance, plant combining, and the art of small succulent creations. Go home with your very own unique and personalized creation.

Carole Giegerich, a grandmother of 3, has been gardening for over 60 years. She has evolved her love of gardening and taken on succulents since 2008. Carole creates pots and cultivates her own succulents selling them at various locations. Her knowledge is prolific and her passion is contagious.

W from 7:00 PM to 9:00 PM

October 30

Project Learn School

6525 Germantown Ave.

\$20.00

\$20 materials fee payable to the instructor.



Gardener's Calendar

FH30. Is there a rush every spring to get your garden ready? Do you know the best times to start seeds, spread row covers or prune shrubs? Make gardening easier by learning what gardening chores should be done and when. Learn when to schedule seed starting, transplanting, and pruning, and how to plan and organize your chores to have a more successful and productive garden.

Donna Long is a lifelong gardener, birder, and naturalist. She writes about those topics on her popular blog, www.donnalong.com. She has taught workshops on gardening and natural history for the PA Environmental Educators Conference, PA Master Naturalist Program, and Free Library of Philadelphia. Donna holds certifications as a Master Home Gardener and PA Master Naturalist.

Sa from 10:00 AM to 11:30 AM

October 12

Work Mt. Airy

6700 Germantown Ave., Lower Level \$20.00

\$8 materials fee payable to the instructor.

Gardening 101

FH31. We will cover the basics of ornamental gardening in the Delaware Valley. Learn how to choose a healthy plant, decide if a plant is appropriate for your garden, and how to make a garden low-maintenance. We will go over good grooming practices including pruning, weeding, deadheading, and how to prune flowering shrubs like azaleas. We will include flowers, trees, shrubs, fruits, and vegetables.

Donna Long

Sa from 10:00 AM to 11:30 AM

November 2-9

2 sessions

Work Mt. Airy

6700 Germantown Ave., Lower Level \$34.00

\$8 materials fee payable to the instructor.



We love our little free library — and with Paul's help, you can build one of your own!

Build Your Own Little Free Library

FH24. Spend the day assembling and building your own Little Free Library. These little libraries are based on the concept of give-and-take and don't require library cards or late fines. Students will leave class with their own little (unpainted) library to install in their front yard. Does not include mounting pole. Paul can advise on the variety of ways to make, mount, and embed a pole into grass or concrete.

Paul Plevakas

Sa from 10:00 AM to 3:00 PM

November 2

**Private residence near Paper Mill*

& Cromwell Rds., Wyndmoor \$225.00

Course fee includes \$120 for materials.

PLEASE NOTE: Oct. 25 is the last day to register or withdrawal from this class and receive a refund.

Seeds to Live By: Fall/Winter Gardening

FH33. Discover new techniques for extending the life of the plants in your vegetable garden to keep them producing even through the harshest of winters. You can winterize your existing plants so that they stay vibrant through the cold months or bring the plants from your garden inside to “winter over.” Imagine picking tomatoes and peppers in the middle of January! We will also plant fall and winter crops that can be harvested well into December as well as a variety of crops that won’t be ready until the spring. Of course, whatever you plant during the class is yours to take home.

Ellen Russell works as a tax preparer. When not preparing taxes, you can find Ellen knee-deep in mud with her vegetable garden.

*Sa from 1:00 PM to 2:30 PM
October 19*

*Project Learn School
6525 Germantown Ave. \$20.00
\$5 materials fee payable to the instructor.*

Adding Fall and Winter Interest to Your Garden

FH34. Gardening should extend beyond just spring and summer blooms. Late season flowers, foliage, and fruit can be showstoppers in the garden, while also providing important food sources for a variety of wildlife. Get ideas for perennials, shrubs, and trees that flower, turn brilliant colors, and bear fruit late into the year. We’ll review the necessary site conditions for them to thrive, and show you how to create beautiful plant combinations.

Lucy Dinsmore is a horticulturist at Morris Arboretum.

*Tu from 6:30 PM to 8:30 PM
September 24*

*Morris Arboretum
100 E. Northwestern Ave., Visitor Ctr \$30.00
Present your confirmation (printed/email) at the entrance kiosk.*



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www.ULS.edu

Kids & Teens

All swim classes will be held on Saturdays from September 21-November 23

10 sessions

Mastery Charter School

Picket Campus, 5700 Wayne Avenue

There are open showers but no lockers. Students can leave their belongings poolside.

Kids Learn to Swim: Water Babies, 6 mos-3 yrs

KD01. We will provide a safe structure for your little one to begin feeling comfortable in the water. With you in the pool, the teachers will help you learn the proper ways to hold your children in the water, teach the art of blowing bubbles, and will inspire general confidence. Swimming is a lifelong skill so it's never too early to get started.

Jacquelyn Hamilton has a great passion for swimming and sees it as an outstanding life skill to have. She enjoys sharing the happiness and joy that swimming has brought her with younger children.

- A.** Sa from 8:45 AM to 9:15 AM \$119.00
- B.** Sa from 9:15 AM to 9:45 AM \$119.00

Kids Learn to Swim: Ages 3-5

KD02. Teachers will help children conquer any fears about the water, learn to blow bubbles, get their faces and heads wet, glide away from the wall, use their arms, kick and more. Class size is limited.

Ebony DeBrest has been teaching swimming for 10+ years. She is a patient, fun-filled, comforting motivator who sincerely enjoys working with people. She has had students of all ages, from babies as young as 6 months to seniors wanting to conquer their fear of the water.

Jacquelyn Hamilton

- A. Jacquelyn Hamilton - Beginners**
Sa from 9:45 AM to 10:15 AM \$119.00
- B. Jacquelyn Hamilton - Beginners**
Sa from 10:15 AM to 10:45 AM \$119.00
- C. Jacquelyn Hamilton - Beginners**
Sa from 10:45 AM to 11:15 AM \$119.00
- D. Jacquelyn Hamilton - Beginners**
Sa from 11:15 AM to 11:45 AM \$119.00
- E. Ebony DeBrest - Beyond Beginners**
Sa from 2:00 PM to 2:30 PM \$119.00

Kids Learn to Swim: Ages 6-9

KD03. Start or continue your basic swimming. Children will learn to master swimming basics in a fun, interactive group setting. Our experienced teachers work with children who are fearful and negative, those raring to go and everyone in between.

Ebony DeBrest

- A. Beginners**
Sa from 12:45 PM to 1:30 PM \$134.00
- B. Beyond Beginners**
Sa from 1:30 PM to 2:00 PM \$119.00

Kids Learn to Swim: Ages 10-15

KD04. Our teachers will help your child master swimming basics. This course is for older children with more confidence, who are comfortable in the water and who are ready to take on greater swimming challenges. Those in Beyond Beginner will take on more challenging drills, keeping them swimming throughout the session.

Ebony DeBrest

Gary Smith has numerous swimming certifications. He has worked with all ages from infant to adult for over 30 years.

- A. Gary Smith - Beginners**
Sa from 12 N to 12:45 PM \$134.00
- B. Ebony DeBrest - Beyond Beginners**
Sa from 2:30 PM to 3:00 PM

Art for Children

KD05. Children will learn solid art skills, and each one will get to express his or her unique vision. Each series includes 2D projects, like drawing and painting, and 3D projects, like sculpture or sewing. These projects are developmentally appropriate, so they are challenging without being frustrating. Our classes together will be fun and inspiring! For ages 5 and up.

Offered by the **staff of Mindy Flexer Art School**. For more info see www.mindylflexerart.com.

A. Sa from 9:00 AM to 10:30 AM
September 21 - October 12
4 sessions \$68.00

B. Sa from 9:00 AM to 10:30 AM
October 19 - November 9
4 sessions
Mindy Flexer Art School
5225 Greene St. \$68.00
\$10 materials fee payable to the instructor.

NEW! Beginning Basket Weaving for Kids

KD06. Learn the ancient art of basketry and make a small basket using a wooden bottom as a base and a continuous weave pattern. You will be proud of your finished product that will have many fun uses.

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

Sa from 10:00 AM to 12 N
October 12
MALT Office, 6601 Greene St. \$29.00
\$15 material fee payable to the instructor.

NEW! Beginning Songwriting for Teens

KD07. Have you ever wanted to write a song but didn't know where to start? Learn how to write your own lyrics, structure your song, fit your lyrics to music, and find the right melody for your voice. Designed for those who need help improving their songs as well as those who have never written before. Come with ideas or previous pieces of work and we can develop them together!

Adam Kaluzshner, MS, is a professional singer, guitarist, and pianist who has performed solo, in duets, and with bands in NJ and PA. He has been writing for 17 years and teaching for 12+ years. He is currently at work on his debut EP and full length album.

Elise Mark is a professional classically trained soprano singer whose primary mission is to create community through music and storytelling. She maintains a private studio in Fishtown and an online studio teaching students across the country in voice, piano, and guitar.

Th from 7:00 PM to 9:00 PM

October 17-24

2 sessions

Teens Inc, 105 Bethlehem Pike \$49.00

Intro to Piano for Kids

KD08. 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. Ages 5-11 years old.

Offered by the **staff of Chestnut Hill Music Academy** under director Mickey Leone - a full service school in Chestnut Hill providing training on all instruments and voice to all ages. Steps from CH East Train Station. Info at www.chestnuthillmusic.com.

M from 6:30 PM to 7:00 PM

October 28 - November 18

4 sessions

Chestnut Hill Music Academy

22 E. Chestnut Hill Ave. \$39.00

Intro to Violin for Kids

KD10. Introduce your child to the world of music with this fun, interactive violin class. Learn how to hold the violin, use the bow and finger the notes. Explore more musical concepts through rhythm, and other play-based activities. No instrument required. Each child can use a school violin at the lesson. Ages 4-9 years old.

Offered by the **staff of Chestnut Hill Music Academy.**

M from 7:30 PM to 8:00 PM

October 28 - November 18

4 sessions

Chestnut Hill Music Academy

22 E. Chestnut Hill Ave.

\$39.00

Beginning Guitar for Kids

KD09. 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. Ages 5-12 years.

Offered by the **staff of Chestnut Hill Music Academy.**

M from 7:00 PM to 7:30 PM

October 28 - November 18

4 sessions

Chestnut Hill Music Academy

22 E. Chestnut Hill Ave.

\$39.00

Beginning Voice Class for Kids

KD11. Does your child love to sing? It's never too early to encourage them with a few pointers on how to make beautiful music with their voice. In this easy and fun class, kids will learn about breathing, enunciation, range and the importance of posture. Voice lessons are great since you don't need an instrument or even to read music. The group will sing together and even try a little harmony. Students will go home with exercises and songs to practice. Ages 7-11 years old.

Offered by the staff of **Chestnut Hill Music Academy.**

M from 8:00 PM to 8:30 PM

October 28 - November 18

4 sessions

Chestnut Hill Music Academy

22 E. Chestnut Hill Ave.

\$39.00

\$5 materials fee payable to the instructor.



Introduce your child to a new instrument this fall.

Tot Learn To Skate - Ages 3-5 years old (Levels: Intro to the Ice, Parent & Me, Tot I-Tot 3)

KD12. Get an early experience out on the ice! Class is 1/2 hour with practice and warm-up time before and after.

Taught by **instructors from the Wissahickon Skating Club.** Please check directly with the Wissahickon Skating Club for a list of all their classes.

A. Tu from 12:45 PM to 2:45 PM

October 1 - November 19

8 sessions

\$195.00

B. Th from 12:45 PM to 2:45 PM

October 3 - November 21

8 sessions

Wissahickon Skating Club

550 W. Willow Grove Ave.

\$195.00

Bring warm clothing and your own helmet.

Fee includes 30-minute lesson, warm-up and practice time surrounding the lesson and skate rental. Exact time of lesson portion will be announced during the first class. Please arrive before 12:45 on first day. Helmets required.

Learn to Skate - Ages 3-15 (All Levels: Tot or Beginner-Freestyle)

KD13. For the non-skater or new beginner, classes go through basic skating skills such as forward and backward skating, stopping, cross-overs, turns, mohawks, simple jumps, and control and balance moves.

Taught by **instructors from the Wissahickon Skating Club.**

Sa from 11:45 AM to 12:45 AM

September 21 - November 9

8 sessions

Wissahickon Skating Club

550 W. Willow Grove Ave.

\$195.00

Fee includes 30-minute group lesson, 30-minute practice time, skate rental, and free admission to the open skating session at 12:45 pm. Skaters should dress warmly. HELMETS REQUIRED under Level 4 and for ages 7 or younger.

Learn to Skate - Ages 6-Adult (All Levels: beginner-freestyle)

KD14. For the non-skater or new beginner, classes go through basic skating skills such as forward and backward skating, stopping, cross-overs, turns, mohawks, simple jumps, and control and balance moves.

Taught by **instructors from the Wissahickon Skating Club.**

F from 7:30 PM to 8:30 PM

September 13 - November 1

8 sessions

Wissahickon Skating Club

550 W. Willow Grove Ave. \$195.00

Fee includes 30-minute group lesson, 30-minute practice time, skate rental, and free admission to the open skating session at 8:30 pm. Skaters should dress warmly. HELMETS REQUIRED under Level 4 and for ages 7 or younger.

Toddler Ballet/Tap, Ages 3-5

KD15. 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.

Offered by the **staff of Mt. Airy Performing Arts under the Artistic and Managing Director, Kim Williams.** For more information go to: mtairyperformingarts.org.

A. Sa from 9:00 AM to 9:55 AM

September 21 - November 9

8 sessions

\$96.00

B. Th from 5:00 PM to 5:55 PM

September 26 - November 14

8 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$96.00

Dress code: Pink or black tights, pink or black leotard or white t-shirt, tap and ballet shoes. All items available to borrow.



Dance classes are so much fun, and also a great place to develop body-awareness and self-control.

Boys' Tap/Hip-Hop/Step/ Breakdancing

KD16. This exciting, energetic, crazy class is just for boys ages 7-16. There's a little taste of everything while learning rhythm and basic moves. Students learn a dance routine with all the elements included, making them the coolest kids in town. Tap shoes are supplied.

Offered by the **staff of Mt. Airy Performing Arts** under the Artistic and Managing Director, Kim Williams.

M from 6:00 PM to 7:00 PM

September 23 - November 11

8 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$96.00

Performance on the last day of class.

NEW! Conflict Resolution for Kids and Pre-Teens

KD17. This is the coolest way to learn important life skills that apply to every kid to help them navigate challenges in life. Learn martial arts skills for self defense and conflict resolution for real-world issues. This is fun and engaging and can be applied immediately to help in school, at home and other activities.

Amy Cox is a PhD and martial arts student.

Su from 1:00 PM to 3:00 PM

October 13-20

2 sessions

Action Karate

11 W Mt Airy Ave.

\$49.00

\$19 materials fee payable to the instructor.

Mind, Body & Health

Yoga Basics

MB01. Whether you are looking to gain overall flexibility or improve balance, learning yoga basics is of tremendous benefit for the entire body and mind. When the hamstrings and hips are stretched, the lower back loosens and strengthens and stiffness dissipates. Mobilizing and opening the shoulders dissolves neck tension. Remember, yoga is a gradual process. Be patient with yourself.

Bobbi Tighe has been studying and teaching yoga for over 20 years, both in the Philadelphia area and nationally. Bobbi co-founded the Yoga on Main and Main Line Yoga studios, two of the first in Philadelphia. Her Yoga training is in the Viniyoga tradition of TKV Desikachar, emphasizing creative adaptations of yoga poses to meet individuals' needs.

Sa from 9:30 AM to 10:30 AM

September 21 - November 23

10 sessions

Church of St. Martin-in-the-Field

8000 St. Martin's Ln

\$119.00

Bring a yoga mat.



There is a MALT yoga class for every body!

Funky Yoga Dance

MB02. Funky Yoga Dance combines guided dance moves and classic yoga poses to great music on vinyl records. Each class will be a unique experience as the different types of music — funk, jazz, rock, reggae, hip-hop, soul, Afrobeat, disco and Indian Bhangra music — inspire us to move our bodies in different ways. The class is super fun and playful. Great for beginners, this is the yoga and dance for Every Body. Why vinyl? We hear music with our entire body. It has electromagnetic energy. Greater spectrum of sound frequencies, analog sound feels better than digital.

Mary DiMeglio (Mare Bear) is founder and director of Mishana Yoga & Wellness in East Falls, Philadelphia. She is a Yoga Alliance Registered Teacher (500 hours), Certified in Yoga for Recovery, a SpiritDance SoulSong Certified Teacher, Certified Life Coach, and Reiki Master. Learn more on www.mishanayoga.com.

A. *Tu from 6:00 PM to 7:00 PM*

September 24 - October 29

6 sessions

\$59.00

B. *Tu from 6:00 PM to 7:00 PM*

November 5 - December 10

6 sessions

The Preston at Falls Center

3300 Henry Ave.

\$59.00

Yoga, a Chair and You

MB03. Every body 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.

F from 11:30 AM to 1:00 PM

September 27 - October 25

5 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$54.00

Gentle Yoga to Promote Good Sleep with Linda Kish

MB04. We will cover yoga basics, with an emphasis on connecting breath and movement, alignment, and modifications as appropriate. No prior yoga experience is necessary. Students will come away with knowledge of the basic/classic postures of yoga, an understanding of the importance of the breath, and some of the benefits of each pose.

Linda Kish is a Reiki level II practitioner, has ryt 200 hours plus yoga alliance and 20 years' experience in healthcare and oncology research. She has been leading and teaching various yoga disciplines for 12 years and is a helpline volunteer for Living Beyond Breast Cancer for 9 years.

Tu from 6:30 PM to 7:30 PM

September 24 - November 12

8 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$100.00

Bring a yoga mat and a bath size towel or a blanket.

Yoga for Bone Health

MB05. Learn the 12 yoga postures that support bone health. A 10-year-long study through Columbia, NYU, Rockefeller University and Brigham & Women's Hospital proved this sequence supports bone health. Previous experience is helpful but not required.

Linda Kish

W from 5:45 PM to 6:45 PM

September 25 - October 30

6 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$76.00

“

Linda was amazing. She was so knowledgeable about yoga, it did not matter your experience with yoga, first timer or veteran Linda kept you engaged and provided wonderful instruction. Can't wait to take more classes with her.

”

Gentle Awakening Yoga with Linda Kish

MB06. 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

Su from 10:00 AM to 11:00 AM

September 29 - November 3

6 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$76.00

Inner Fire Yoga

MB07. Inner Fire Yoga is designed to create a positive and balanced effect on our physical, mental, emotional and spiritual bodies. The sequencing of classes is designed to work through and open the 7 primary energy centers (called Chakras) of the subtle body. Each class includes a spiritually based intention (appreciation, joy, being in the moment...) with focus on the relationship of the breath and the body. After an hour of sequencing postures based on the intention of the evening, Sophie will guide you through a 30 minute deep relaxation.

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 also a Reiki Master.

Th from 6:15 PM to 7:45 PM

November 7-21

3 sessions

**Private residence near the intersection*

of Westview St., and Germantown Ave. \$44.00

Bring a yoga mat with you to class.

If you wish to rent one, they are available for \$1 from the instructor at each class.



Yoga/Pilates Mix

MB09. 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.

M from 7:00 PM to 8:00 PM

October 14-December 2

8 sessions

Summit Presbyterian Church

6757 Greene St. at Westview \$79.00

NEW! Broga

MB08. Are you a man interested in practicing yoga, but have always felt “not flexible enough”? Then Broga is the course for you! Designed specifically for the beginning male practitioner, this series will take you through all of the fundamental yoga poses, building strength, balance, flexibility, and focus. Appropriate for all fitness levels, modifications and hands-on adjustments will be given, when needed.

Jeni Smith, RYT-200, has been teaching yoga throughout Northwest Philadelphia since 2014. She is the owner of Good Wolf Studio in Germantown.

Sa from 9:30 AM to 10:30 AM

September 21 - October 26

6 sessions

Good Wolf Yoga, 228 W. Harvey St. \$69.00

Bring your own yoga mat, if you have one.

LiquidBody

MB10. Unwind your body and mind exploring movement, touch, breath and posture to create the balance of softness and strength. Release fascial restrictions using foam rollers, balls, chairs, etc. in this therapeutic movement class based on the principles of John F. Barnes’ Myofascial Release Approach™ and original human movement. Restore energy, mobility and stability. Prevent and treat issues in tissues and chronic pain naturally and autonomously. Feel more relaxed understanding how to listen and care for the communication and fluid system, fascia.

Emily Smith, myofascial release, movement and licensed massage therapist is heartfelt in helping others listen to the body’s wisdom to create health and happiness. Emily creatively shares simple and effective skills that treat and prevent chronic pain naturally as well as create resiliency and strength.

A. Su from 3:00 PM to 4:30 PM

October 20

\$24.00

B. Su from 12 N to 1:30 PM

November 17

Healing Arts Studio

15 W. Highland Ave. \$24.00

Foot Reflexology

MB11. Practitioners of this 4,000 year old Egyptian art of healing believe that there is a map of the body on the hands and feet. By pressing the points on this map, improved circulation and relaxation allow the body to heal itself. Find out how this intriguing science was rediscovered in the early 1900s. Learn easy relaxation techniques and points on the hands and feet that have helped others relieve stressful symptoms in their daily lives, in addition to a basic foot session.

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

Tu from 7:00 PM to 9:00 PM

October 22-29

2 sessions

Project Learn School

6525 Germantown Ave. \$39.00

Would you like to share a skill or talent with your neighbors? October 1st is the deadline to submit class proposals for the Winter term.



QiGong for Health and Wellness

MB12. QiGong has roots in ancient China, where adepts explored the inter connectedness of all creation. Developing a system of postures and breathing, they advanced a method known as QiGong - the practice of working with Qi (energy/life force). Regular practice of QiGong has a long history of benefits for the physical, emotional, mental and spiritual aspects of life.

QiGong can be adapted to meet anyone's needs; practice can be done in a bed, sitting or standing; all movements can be modified to accommodate any ability.

Paul Martin has studied with many Masters and Grand Masters, teaching for over 10 years. He has taught several times at the prestigious National QiGong Association Conference with enthusiastically received workshops.

Tu from 7:00 PM to 8:00 PM

September 24 - October 29

6 sessions

Summit Presbyterian Church

6757 Greene St. at Westview \$64.00

**Class will be held downstairs in the Common Room.*

Radiant Lotus Women's Qigong

MB13. Learn gentle, yet powerful exercises for loving and caring for your body, reducing tension, and developing your intuition and personal power. Radiant Lotus Women's Qigong was developed by Daisy Lee, based on practices passed down to her by Chinese, Tibetan, and western master teachers. Qigong (literally, cultivating energy) is an ancient Chinese system for healing and spiritual development. In contrast to general qigong classes, these exercises are specifically designed to support women's bodies and hormonal systems.

Moon Smith is a nurse midwife who has been studying qigong with several master teachers for more than ten years and integrates qigong practice into the support and healing of the female body.

Malkah Binah Klein is a rabbi who has been studying and teaching qigong and other practices for transforming energy, including sacred chant, for over 10 years.

M from 7:00 PM to 8:30 PM

October 28 - November 11

3 sessions

Wesley Enhanced Living

6300 Greene St. \$39.00

T'ai Chi - Yang Style: Level One

MB14. Yang style t'ai chi, in the style of 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, including the improvement of balance, reflexes and strength, lowering blood pressure and stress levels, improving focus and resilience. This class is for those who are new to t'ai chi, or have recently begun to learn the 37 postures of the form. Wear loose, comfortable clothing and flat-soled shoes.

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

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

A. Vicki Mehl

W from 10:00 AM to 11:00 AM

September 25 - November 27

10 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave. \$109.00

B. Kurt Findeisen

Th from 7:00 PM to 8:00 PM

September 26 - December 5 (no class 11/28)

10 sessions

Chestnut Hill United,

8812 Germantown Ave. \$109.00

T'ai Chi Ch'uan: Continuing

MB15. Continue the study of T'ai Chi Ch'uan through the Short Yang solo form. This course is designed for students who have had previous study experience with the Cheng Man-ch'ing short form. The postures reviewed will be commensurate with the knowledge of participating students.

Kurt Findeisen

Th from 8:00 PM to 9:00 PM

September 26 - December 5 (no class 11/28)

10 sessions

Chestnut Hill United,

8812 Germantown Ave. \$109.00

T'ai Chi - Yang Style: Level Two

MB16. See Level One description. Level Two is for students who have learned the First Third of the Cheng Man Ch'ing Short Form, or by permission of the instructor.

Vicki Mehl

W from 12:30 PM to 1:30 PM

September 25 - November 27

10 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$109.00

T'ai Chi - Yang Style: Level Three

MB17. Level Three is for continuing t'ai chi students who want to deepen their study into the true substance of t'ai chi practice - the exploration and development of the chi, the internal energy that makes t'ai chi such a powerful practice. Students will complete the Yang Style Short Form. Classes will include on-going form correction and holding postures to develop root, softness and flexibility.

Vicki Mehl

W from 11:15 AM to 12:15 PM

September 25 - November 27

10 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$109.00

T'ai Chi for Health

MB18. Since ancient times, the soft flowing movements of T'ai Chi have been used to improve and maintain health. Golden Breath is an internal art that uses movement with breath control and adapts easily for those who have trouble standing. This moving meditation is also great for improving general fitness, balance and coordination. 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 currently a senior student of Sibok Robert Kassof. 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.

Tu from 7:30 PM to 8:30 PM

October 15 - December 10 (no class 11/5)

8 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$89.00



Sink deeper into breathing and mindfulness with MALT's T'ai Chi instructors.

Alexander Technique: Returning To Your Essential Nature

MB20. In today's world, it's easy to get pulled away from the very support and balance needed to get through the day, resulting in unnecessary tension and fatigue. The Alexander Technique is a practice of self-care that engages and unifies mind and body to support optimal health. It not only reduces tension and pain, but also improves performance, skill, coordination, flexibility and breathing. Using light touch, the instructor invites you to explore the relationship between your thoughts and your physical body, helping release restrictive habits and embody confidence and a sense of well-being.

Anne Johnson, a Certified Teacher of the Alexander Technique and Art of Running instructor, has been teaching for MALT since 1995. She teaches individuals and groups in her Mt. Airy studio and surrounding areas, as well as at the Boyer College of Music at Temple University. Anne travels worldwide teaching this rich body of work to people of all ages, professions, skill levels and diverse backgrounds.

W from 7:00 PM to 8:30 PM

September 25 - October 9

3 sessions

**Private residence near the intersection of Devon St and E Gowen Ave. \$64.00*

Running and the Alexander Technique

MB21. This one-day workshop teaches you how to access your inner spring when running. Using the body-mind awareness of the Alexander Technique, learn to run efficiently and safely. We will practice dynamic warm up and technique drills that will help prevent injuries and raise your performance. Utilizing hands-on work and video analysis, Anne will address common problems, helping you understand and experience the power of good running form. All levels of runners are welcome.

Anne Johnson

Su from 3:30 PM to 6:00 PM

October 6

New Covenant Church Campus

7500 Germantown Ave. \$34.00

Please come in your running gear.

“

*She made me more aware of how
I hold my body when I run.*

”

NEW! Hott and Steamy for Women Only!

MB22. Vaginal Steaming (also known as Yoni steaming) is one of the hottest new holistic trends to hit Philadelphia. Celebrities like Gwyneth Paltrow and Chrissy Tiegen have been raving about this century old practice for years. Learn the history, health benefits, and how easy it is to do this high-end spa treatment in the privacy of your own home. No walk ins.

Christina Freeman has been a Vaginal Steam Practitioner for many years and currently practices at the V Suite Spa in Bala Cywnd. She is also an Accredited Crystal Healer, Hypnotherapist, and Naturopath.

Sa from 10:00 AM to 12 N

October 19

Wesley Enhanced Living

6300 Greene St.

\$24.00

\$15 material fee payable to the instructor.

Liberate the Power of Your Voice

MB30. We use our voices every day, all day, and take them entirely for granted. We feel that if we were only more assertive, actualized or enlightened we would find a way to express our true selves. Voicework, when done with the intention of encouraging expansion of the person, opens up the areas we have been silencing for so many years and allows us to hear the fullness of ourselves. We will practice voicework techniques that encourage full expression as well as explore the voice and our thoughts and feelings about it in a safe and stress-free environment. The purpose of this work is not to create a 'beautiful voice' but to create freedom in your voice so that you can discover and enjoy its beauty and power.

Deborah Crane has been helping clients "find their voice" for more than 15 years. She is experienced in Voice Movement Therapy, an expressive arts therapy which focuses on the voice as an instrument of self-expression. Her approach to voice is not based in either singing or speaking, but in helping her clients expand their voice for the purpose of living a more expressive and fulfilling life.

Sa from 10:00 AM to 1:00 PM

October 26

Memorial Church of the Good Shepherd

3820 The Oak Rd. \$39.00

Introduction to the World of Reiki

MB33. Reiki is one of the best-known holistic techniques for balancing the interaction of mind, body, and spirit. It is even being used in some hospitals as a supplement to other medical treatments. This introductory overview does not require physical contact or previous knowledge, but does include basic information, fun interaction with others, and a no-nonsense look at some of the science and medical research being done with regard to reiki.

Natalie Bliss is a Reiki Master Teacher in the Usui Shiki Ryoho lineage and also teaches and works with sound and music for wellness. She is certified as a Holistic Healer by the American Association of Drugless Practitioners and is ordained with the PhD.SH in non-denominational spiritual healing ministry. See more about Natalie and her work at <https://nataliebliss.weebly.com>.

*Tu from 7:00 PM to 8:30 PM
October 22*

**Private residence near Germantown Ave and McPherson St. \$24.00
Must be comfortable with two flights of stairs and one indoor cat who may wander through.*



Instructor Karen Bruhin will help you learn to use tarot to shine a light and give clarity to the unknown.

Drawing as Meditation

MB32. This is a lesson in learning to see, combined with a series of guided meditations. Learn to focus on a subject and observe things you've never noticed before. Discover how drawing can actually be a form of meditation, and how meditating can enhance your observational skills. Anyone interested in these two subjects is welcome. No previous experience in either is required.

Debra Kapnek is a professional artist who has been painting for over 40 years. She has taught drawing in high school, community college and privately. Having studied and practiced meditation for many years, Debra developed the concept of Drawing as Meditation gradually through her own experience. You can see her work at www.kapnefinearts.com.

*W from 7:00 PM to 9:00 PM
December 4*

*Chestnut Hill Friends Meeting
20 E. Mermaid Lane \$24.00
Bring your own pencil and drawing pad.*

Learning to Read Tarot

MB31. 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. 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.

Karen Bruhin is a practicing esoteric and has been reading tarot for over 30 years.

*Tu from 7:00 PM to 9:00 PM
October 1-22
4 sessions*

MALT Office, 6601 Greene St. \$49.00

NEW! Dream Big! 2020 Glitz and Glam Vision Board Party

MB34. "Create the highest, grandest vision possible for your life, because you become what you believe," Oprah Winfrey. Transform your life by creating a glitz and glam vision board beyond your wildest dreams (using rhinestones, glitter, feathers, powerful words, and images). Discover your "glambitions"—strong desire for success and achievement. We'll use the power of intention, visualization, and goal settings. The afternoon will end with a toast to our dreams. So grab a friend for and let's get this party started.

JoJo Gass, "the girl with the big dreams," is a motivational speaker and one of the co-creators of the Millionaire's Mind Set-Dream Big Summit that was offered earlier this year in Chestnut Hill.

Christina Sharay is a certified law of attraction coach who uses sound mediation, crystals and aroma therapy. Recently she was featured as one of the guest speakers for The Lord & Taylor 2019 Style Event in New York City.

Sa from 1:30 PM to 3:30 PM

December 7

Mt. Airy Nexus

520 Carpenter Lane \$20.00

\$10 materials fee payable to the instructor.

Deep Relaxation: The Key to Happiness

MB35. If you have difficulty sleeping, feel stressed or over worked, are having hard times in your relationships, or feel overwhelmed, come to this restful guided meditation. Experience a deep relaxation, allowing your body to settle into a state of profound rest. Inner peace will be our focus, where all you need to do is follow the instructor's voice. Each session will be a calming journey designed to reach your subconscious mind and encourage personal empowerment with specific meditations that will focus on different goals, issues and aspirations. Allow 15 minutes before and after the class to get settled.

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 also a Reiki Master. Her website is: www.voilawellness.com.

M from 6:30 PM to 7:30 PM

October 28 - December 2

6 sessions

**Private residence near the intersection of Westview St. & Germantown Ave. \$74.00*

Bring a pillow, mat, and blanket. Instructor has a few on hand. Please wear clothes that will not restrict your comfort as you will be laying down for a minimum of 45 minutes.

Meditating with Rose Quartz Crystals

MB36. Using rose quartz crystals is an excellent way to boost compassion as well as increase your self-care through meditation. Rose quartz can help one enhance a loving heart and achieve more loving abundance. Receive a rough rose quartz crystal (yours to keep) and be led through a semi mantra scripted journey with the ability to instantly use the crystals.

Ava Adames is a Certified Health Coach, Certified Crystal Energy Worker, and ACE Group Fitness instructor. Her professional credentials include Intrinsic Coaching Solutions, The Love and Light School, American Heart Association and the American Council on Exercise (ACE).

W from 7:00 PM to 8:30 PM

October 30

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$24.00

\$10 materials fee payable to the instructor.



Sophie can help you find your inner calm.

Bone Health 101 - Nutrition and Herbal Medicine

MB50. Maintaining healthy bones is essential as we age. Understanding the causes of bone loss and preventative measures can keep you strong and sturdy well into advanced years. We will discuss nutritional and herbal interventions for maintaining healthy bones as well as for slowing bone loss.

Wendy Romig, DCN is a Doctor of Clinical Nutrition and owner of Sage Integrative Health Center in Mt. Airy where she sees a wide range of chronic health issues using functional medicine, nutrition and herbal medicine.

Th from 7:00 PM to 8:30 PM

September 26

*Sage Integrative Health Center
538 Carpenter Lane*

\$20.00



Instructor Wendy Romig has a wealth of knowledge about natural approaches to health and wellness.

Improving Gut Health Naturally

MB51. Gut health is critical for overall health and well-being. If we aren't properly digesting our food, we can have increased risk of chronic health conditions. Learn about food sensitivities, how to know what your body is reacting to, as well as foods and herbs that heal, balance and restore function of the gut. Plus we'll discuss natural approaches to specific conditions like GERD, food sensitivities, IBS and more.

Wendy Romig

Th from 7:00 PM to 8:30 PM

October 10

*Sage Integrative Health Center
538 Carpenter Lane*

\$20.00

Approaching Autoimmune Conditions with Nutrition and Herbal Medicine

MB52. Autoimmune conditions affect more than 23.5 million people in the US and that number is continually growing. We'll discuss possible underlying imbalances that may contribute to autoimmunity as well as nutritional and herbal approaches to help with symptoms and support remission. Learn about the role of inflammation, gut health and diet in autoimmunity, what foods can help bring balance into the body, and discover herbs to support immune balance.

Wendy Romig

Th from 7:00 PM to 8:30 PM

November 7

*Sage Integrative Health Center
538 Carpenter Lane*

\$20.00

Healing without Drugs: A New Wellness Approach

MB53. Have you wondered if your health condition could be improved or resolved without drugs? Have you been looking for a natural approach to proactively optimize your health? Acupuncture may be for you! It has been used by millions for thousands of years to promote wellness and to address acute and chronic conditions such as pain, digestion issues, hormone imbalances, mood disorders and immune dysfunction, to help you get well and stay well! In addition, it is successfully used to deeply relax the body to reduce the negative impact of stress and is powerful at reducing the side effects of Western cancer treatment. In a friendly atmosphere that encourages questions, learn how important it is to be wellness (vs. symptom) oriented, how stress affects our bodies, and find out if it can help your specific condition!

Elise Rivers, Esq., MAc, has been practicing Chinese medicine for more than 20 years and is the founder of Philadelphia's first sliding scale wellness center, Community Acupuncture of Mt. Airy (CAMA), serving the community since 2005. CAMA offers naturopathy, plant based nutrition counseling, cancer support, bodywork and acupuncture with an overall emphasis on lifestyle re-education and stress management.

Th from 7:00 PM to 8:30 PM

November 7

*Community Acupuncture of Mt. Airy
6782 Germantown Ave.*

\$20.00

Receive \$10 off CAMA services for attending.

Adult and Pediatric First Aid/CPR/AED

MB54. Recognize and respond appropriately to cardiac, respiratory breathing and first aid emergencies. The course will teach participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide if advanced medical care is needed. This program offers first aid, CPR and AED to meet various training needs of diverse audiences. Course contents updated to reflect the latest science and American Red Cross Scientific Advisory Council recommendation.

Cindy Greene's desire to teach led her to become an American Red Cross Licensed Provider Instructor. Caring for her father after he had a stroke, Cindy realized she needed some type of emergency rescue training. After her father passed her passion to help people grew even greater. Expanding her knowledge and skills allows Cindy the opportunity to train others how to provide immediate care for loved ones or anyone in need.

Sa from 9:00 AM to 4:00 PM

October 19

Mt. Airy Nexus

520 Carpenter Lane

\$94.00

Course fee includes \$35 materials fee for certificate, printed materials and first aid kit.

Acid Reflux No More!

MB55. Do you suffer from symptoms of acid reflux or gastroesophageal reflux disease (GERD), such as heartburn, acidic burps, food regurgitation, digestive upset, and/or nausea? You may be able to lessen or alleviate these symptoms entirely... without medication. Learn the five principles of managing acid reflux naturally, including foods that trigger, foods that heal, keeping digestion moving, working with gravity, and giving your esophagus room to work. We will also practice stretches and breath work and conclude with guidance on working with your doctor to reduce medications.

Marin Richeson is a self-care junkie who vehemently believes in the power of the body to heal itself. As a certified Holistic Nutritionist, she helps others learn to take control of their health and live better in their bodies. Marin offers private lessons and consultations, and specializes in pain management, injury recovery, mobility/stability issues, and using food as medicine.

Sa from 10:00 AM to 11:30 AM

October 26

Wesley Enhanced Living

6300 Greene St.

\$20.00

\$13 for an illustrated handout and a Coregeous® ball payable to the instructor.

Aromatherapy to Balance Mood and Emotions

MB56. Would you like to embrace the positive emotions of love, gratitude, clarity, harmony and confidence? Or release the negative emotions of worry, sadness, grief, anger or suffering? See how simple and affordable it is to use essential oils to support your moods and the moods of your family and friends. Even experienced users will enjoy discovering new blends and applications for familiar oils. Choose a sample of one of the 10 blend options: five roll-on blends for embracing emotions and five roll-on blends for releasing emotions.

Shannon Johnson is a Certified Essential Oil Therapist. She has conducted individual consultations and workshops in essential oil therapy.

Th from 7:00 PM to 9:00 PM

October 24

MALT Office, 6601 Greene St.

\$20.00

\$10 materials fee payable to the instructor.

NEW! Crushing Unwanted Fat With Keto Done Right!

MB57. Our bodies are conditioned to burning carbohydrates for energy but these carbohydrates become toxic over time, creating a hormonal imbalance and causing an increase in internal and external fat production. Ketosis is another way the body can obtain energy from food. Learn the basic food and drink that make up a keto diet, foods that are not allowed, why sugars cause weight gain, the underlying causes to excessive weight gain, how to exercise with keto and the proper supplements to take while doing keto.

Michael Armstrong has been in the fitness and wellness industry for 17 years. He became an exercise specialist, worked in corporate wellness, later became a licensed health professional, and a certified health coach. He currently designs programs for people to achieve their weight loss goals.

Sa from 1:00 PM to 3:00 PM

October 26

Wesley Enhanced Living

6300 Greene St.

\$20.00



If you want to give keto a try but don't want to waste your time by doing it wrong, come learn from Michael.

Your Diet as Medicine II

MB58. Discover how to use food to heal. Learn how to prepare foods that will warm you, cool you, give you more energy, recover from sports and other injuries, help your arthritis, reduce cholesterol, support cancer treatment and get your best athletic performance. We'll cover a wide variety of foods and plant-based supplements for healing and respond to health needs of the participants, but will NOT include appropriate information for diabetics. Cleansing diets and fasting will also be discussed. Includes a field trip to a medicinal Asian market. Participants who took Your Diet as Medicine will find new information in this course.

Nancy Post, MAC, PhD, has taught health and energy seminars since 1985, is a licensed practitioner of Chinese medicine, executive coach and has taught at Temple, U Penn and the Wharton Schools. She helps individuals and organizations develop their energy.

Su from 7:00 PM to 9:00 PM

October 13 - November 17 (no class 11/10)

Mt. Airy Nexus

520 Carpenter Lane \$99.00

\$20 materials fee payable to the instructor.

Herbs for Colds and Flu

MB59. As winter illnesses starts to spread, tackle them effortlessly from your home pantry! Many common weeds, garden flowers and culinary herbs are powerful cold and flu remedies. Join us for a workshop on treating common winter ailments naturally. We will learn what to have on hand as well as how to prepare and take herbs so you can have a healthy winter season.

Libby Felton is a clinical herbalist in practice for 18 years. She works with all chronic conditions and is known internationally for her work with people with autism.

Th from 6:30 PM to 8:00 PM

November 14

Morris Arboretum

100 E. Northwestern Ave., Visitor Ctr \$35.00

*Present your confirmation (printed/email)
at the entrance kiosk.*

NEW! Intermittent Fasting

MB60. Have you been hearing more and more about intermittent fasting? Have you even perhaps looked into it yourself a bit? Confused by what it is or how to do it "right"? Understand how intermittent fasting is more than just a way to lose weight; you could slow the aging process, lower your risk for cardiovascular disease, improve your quality of sleep, and have more energy.

Dr. Dev Rajhansa has degrees in Psychology and Anatomy as well as a Doctorate in Chiropractic. He is passionate about alternative and complementary medicine and social justice.

Tu from 7:00 PM to 8:30 PM

October 22

United Lutheran Seminary

7301 Germantown Ave., Rm 301 \$20.00



*Learn from Libby about the healing
properties of the plants all around us.*

Sports & Recreation



Rowing is a full body workout. You can improve core strength, posture, endurance - and feel great doing it!

Row the Schuylkill: All Levels

SR01. How many of us have wondered what it must be like to glide effortlessly along the Schuylkill River in a rowing shell? Join MALT on the river to learn how to row, or advance your skills. Open to adults 18 and up, with varying levels of rowing experience, learn the fundamentals of proper sculling technique, safety and boat handling skills. Rowing is a strenuous sport that requires flexibility and stamina, so expect a total body workout. Wear sneakers, close fitting (such as Lycra) shorts or tights and no baggy t-shirts. **YOU MUST BE ABLE TO SWIM TO SIGN UP FOR THE COURSE.** Rowers will be grouped by ability.

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

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

A. Tu from 8:30 AM to 10:00 AM

September 10 - October 15

6 sessions

\$220.00

B. Tu from 5:30 PM to 7:00 PM

September 10 - October 15

6 sessions

\$220.00

C. Th from 5:30 PM to 7:00 PM

September 12 - October 17

6 sessions

Public Dock on Kelly Dr

near Strawberry Mansion Bridge

\$220.00

Rowing at RowZone®

SR02. The RowZone® workout is a unique blend of conventional rowing and full body toning exercises. Change your routine today and see results tomorrow. Besides burning 600-800 calories, the RowZone® workout is low impact so you can get all of the benefits of running, squatting, and lifting without the wear and tear on your body. Feel better and live better.

RowZone instructors are some of the area's most accomplished rowers and coaches. The Philadelphia rowing scene has long been one of the premier hot spots for the sport. RowZone's instructors are drawn from local programs and emphasize proper technique while providing both a challenging and motivating experience.

W from 7:30 PM to 8:15 PM

September 25 - October 30

6 sessions

RowZone, 4401 Main St, Manayunk \$120.00

You are encouraged to arrive 15 minutes early.



Learn to Skate for Adults ages 16+ (Adult Levels 1-6)

SR03. The Wissahickon Skating Club offers basic skating classes that provide the skater with instructions on learning to skate recreationally, as well as learning to progress further in hockey or figure skating. For the beginner, classes go through basic skating skills such as: forward and backward skating, stopping, crossovers, turns, mohawks, simple jumps, and control and balance moves.

Taught by **instructors from the Wissahickon Skating Club**. Please check directly with the Wissahickon Skating Club for a list of all their classes.

A. F from 7:30 PM to 8:30 PM

September 13 - November 1

8 sessions

\$195.00

B. Sa from 11:45 AM to 12:45 PM

September 21 - November 9

8 sessions

Wissahickon Skating Club

550 W. Willow Grove Ave.

\$195.00

Fee includes 30-minute lesson, 30-minute practice time, skate rental and free admission to the open skating session at 12:45 pm. Skaters should dress warmly. Helmet strongly recommended for beginners.

**Register by September 30th
for any class marked **NEW!**
and receive 10% off the course
fee. Online, please enter
code **NEW19F**.**

*Cannot be combined with any other offer or discount.
Must be requested at time of registration.*

Running for Beginners

SR04. Get acquainted with your inner runner!

Learn proper form and breathing technique as you gain strength and cardiovascular conditioning. Students who register receive 10% discount at Philadelphia Runner located on Main Street in Manayunk. Please, no cell phones, iPods, or MP3 players. Students should check with a physician before beginning any exercise program.

Joanne Margolis has been teaching Running For Beginners since 2011. She is an accomplished long distance runner, completing 16 consecutive Philadelphia full and half marathons. She has also completed a 50-mile ultra marathon.

Sa from 9:00 AM to 11:00 AM

September 28 - November 16 (no class 10/19)

7 sessions

United Artists Main Street Theatre

3720 Main St.

\$89.00

Please arrive on time!

Ping Pong: From Basement Hobby to Club Player

SR05. 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.

Helen Wilson began playing table tennis during her college years, and has been on staff at the Trolley Car Table Tennis Club since it opened in 2011. She won the women's singles and women's doubles events for her age group at the 2018 U.S. Open Table Tennis Championships.

Su from 10:00 AM to 11:30 AM

October 27 - November 17

4 sessions

Trolley Car Table Tennis Club

3300 Henry Ave.

\$64.00



Ping pong is a great sport for any age. Learn the basics or practice your pro skills — this class is suitable for players at any level!

Wilderness Backpacking for Everyone

SR06. Do you ever daydream about leaving the city/suburbs behind and venturing into the great outdoors but don't know where to begin? We'll cover topics such as essential gear for backpacking, what to eat, where to go, and where to find low cost gear. Not ready to leave the car yet? We'll also cover some basic tips for car-camping and great local spots. All ages and experience levels are welcome!

Rebecca Pressman recently completed a solo thru-hike of the 2,190.9 mile Appalachian trail from Georgia to Maine in 150 days. She regularly leads backpacking trips for friends and family in the tri-state area and beyond, and is passionate about getting people outside. She has a NOLS Wilderness First Aid certification and a Master's degree in Public Health from Temple University.

W from 7:00 PM to 9:00 PM

September 25

MALT Office, 6601 Greene St. \$24.00

Whip Cracking!

SR07. Explore the exciting art of cracking bullwhips! This beginner workshop will teach you how to wield a whip like Indiana Jones, Zorro or Catwoman in no time at all. Once a few basic cracks are learned, we will venture into advanced techniques (behind the back, under the feet), wrapping and targeting. You'll be surprised how much fun it is! No previous experience required. All whips and safety materials provided.

Kenneth Nicholas is a combat education specialist who has been teaching and choreographing theatrical swordplay and whipcracking for over a decade.

Sa from 9:00 AM to 12 N

September 21

*Memorial Church of the Good Shepherd
3820 The Oak Rd. \$44.00*

*\$10 materials fee payable to the instructor
(covers ear plugs and whip repair/maintenance).*

“

*Kenneth was really personable
and the subject was interesting,
attracting a varied crowd.*

It was so fun!

”

Swordfighting for Stage & Screen

SR08. Ever wonder how actors learn to swordfight for movies like “The Princess Bride” and “Pirates of the Caribbean”? Wonder no more with this comprehensive introductory course into the thrilling art of theatrical swordplay. It's a little bit of fencing, a little bit of acting, and a whole lot of fun! After mastering cuts, thrusts and parries, students will be guided through the rehearsal and performance of a completely SAFE and exciting choreographed duel. Absolutely NO experience in fencing or performing is required. Just bring an openness to learn and the desire to have fun — and you will be “slinging steel” like Errol Flynn or Basil Rathbone in no time. Ages 18+.

Kenneth Nicholas

Sa from 1:00 PM to 5:00 PM

September 21

*Memorial Church of the Good Shepherd
3820 The Oak Rd. \$49.00*

\$10 materials fee payable to the instructor.

Axe Throwing!

SR09. Have you heard about axe throwing? Grab some friends and toss a hatchet at a wooden target. We have teamed up with Throw House where you can learn how to do it safely and have fun. Hope you hit the bullseye!

Offered by the **staff of Throw House.**

Th from 6:30 PM to 8:00 PM

October 10

Throw House, 1121 Ivy Hill Rd. \$34.00



Scrabble Anyone?

SR11. No learning objective, no educational stress...this class is just for fun! Come meet your fellow neighbors for evenings filled with board games and laughter. The first week will feature classic games such as Scrabble and UNO!

Ellen Russell works as a tax preparer. When not preparing taxes, you can find Ellen knee-deep in mud with her vegetable garden.

W from 7:00 PM to 9:00 PM

October 16 - November 6

4 sessions

MALT Office, 6601 Greene St. \$20.00

\$5 materials fee payable to the instructor.

NEW! Introduction to Boomerang Throwing

SR12. Once you've mastered the basics, boomerangs can be a lot of fun to throw and watch. They're not toys, however; you are the target! Learn the history, aerodynamics, etc. of boomerangs, along with safety issues and some practice throwing foam and mini-'rangs at the first class. The second session is outdoors, with the real thing! We'll go over safety techniques again before any throwing. Boomerangs provided.

David Low, MS PhD, made his living as a circus performer (mostly juggling) for his first two years out of college, and still does charity gigs occasionally. See more about him at davidlowm-sphd.com.

Sa from 10:00 AM to 11:30 AM

October 19-26

2 sessions

Memorial Church of the Good Shepherd

3820 The Oak Rd. \$29.00

Tao of Juggling

SR13. Have you ever wanted to do something fun, and also develop discipline and focus? Juggling (and balancing) is the perfect activity with which to do it! Come make more progress in learning the art than you ever thought you could or get back on track learning new tricks if you already know the basics. Appropriate ritual and guided meditations will be part of our sessions. Bring a cushion; practice balls and other props provided. Ages 16+.

David Low

W from 7:00 PM to 8:30 PM

November 6-20

3 sessions

Memorial Church of the Good Shepherd

3820 The Oak Rd. \$44.00



Misty Godfrey's love of horses inspires her students.

Horsemanship 101

SR14. This is a comprehensive intro to the wonderful world of horses, a must for the person who always wanted to own a horse, ride a horse, or just have the chance to be in its magical presence. We will be developing skills in handling, grooming, saddling and, of course, riding. Learning who the horse is and how he thinks will enable students to enter into a partnership that will make handling and riding an absolute joy!

Misty Godfrey is certified by the American Riding Instructors Association and has been teaching riding for over 15 years. She has also been riding competitively since her early teens. She loves teaching riding and is passionate about helping riders to reach their personal goals.

F from 6:00 PM to 8:00 PM

September 13 - October 18

6 sessions

Bill Pickett Riding Academy

2100 Martin Luther King Dr \$219.00

If you have any questions prior to the class, please call Misty at (267) 997-9220.

Talks & Walks

Historic House Tour: Artists At Home in the Old German Township

TW01. The Old German Township (Germantown, Mt. Airy & Chestnut Hill) has been justly acclaimed for its history, diversity and creativity. This 10th anniversary of our beloved annual tour presents the rare opportunity to see inside a very special array of private artists' houses. All of the homes on the tour offer a window into the uniquely creative ways buildings have been adapted to serve as artist's homes. The artists include Gina Michaels, Elfie Harris, and Karen Singer among others. The artists work in a variety of mediums, which is reflected in the way they have uniquely adapted their homes.

If you would like to carpool, we will help arrange on the day of the tour.

Su from 11:30 AM to 4:30 PM

October 27 \$30.00

At the Door \$35.00

Pick up a brochure/map at the MALT office (6601 Greene Street) on the day of the tour from 11 AM-1:30 PM. Tickets are \$35 at the door.

NEW! Stained Glass & Sacred Space Tour

TW02. Rich with history, symbolism, and artistry, the sacred space of Holy Cross Catholic Church comes alive during an intimate tour of this neighborhood gem. Learn about the fascinating Greek, English Gothic and other European influences that have shaped the beautiful sanctuary. Don't miss a unique opportunity to experience this sacred space from a whole new perspective never before offered to the public. Guided tour will be followed by Q&A accompanied by wine & cheese.

Diana Wood is a long-time W. Mt. Airy resident and Holy Cross parishioner who is excited to share her love for art history and the Holy Cross sanctuary.

Sa from 1:00 PM to 3:00 PM

October 12

*Holy Cross Catholic Church
140 E. Mt. Airy Ave.*

\$24.00



Laurel Hill is one of the few cemeteries in the country to be honored with the designation of National Historic Landmark.

Laurel Hill Cemetery: Spiritualists, Spooks & Famous Philadelphians

TW03. Spiritualism was both an extremely popular and fiercely controversial belief in Victorian Philadelphia. Our tour of Laurel Hill Cemetery will visit the tomb of Elisha Kent Kane. We will stop at the grave of Catherine Drinkhouse Smith, whose monument proclaims her one of the best mediums of her time. We will recall the life of Henry Seybert, whose last will and testament left a large sum to the University of Pennsylvania so that it could investigate the truths of spirit communication. Finally, we will stand at the grave of Horace Howard Furness, the Shakespeare scholar who led a formal investigation into spiritualist claims, hoping all the while that they would turn out to be true.

Michael Brooks of West Chester University and the Friends of Laurel Hill Cemetery will be your guide.

Sa from 2:00 PM to 4:00 PM

October 19

Laurel Hill Cemetery, 3822 Ridge Ave. \$20.00

Lost Philadelphia

TW06. Explore Philadelphia's fascinating and forgotten past. Through slides, live commentary, and short videos, learn about the birth of local tv broadcasting, old movie houses in NW neighborhoods, the world beneath Philly streets and local highlights of the last 100 years in the fields of entertainment, sports, food and neighborhood life.

Rick Spector founded Moviehouse Productions in 1983, educating and delighting community groups throughout the Delaware Valley with his multi-media nostalgia programs. His core works includes a multi-part series on the popular history of Philadelphia. His website is www.movie-houseproductions.com.

Sa from 1:00 PM to 4:00 PM

October 5

United Lutheran Seminary

7301 Germantown Ave., Rm 301

\$34.00

William Penn's Philadelphia: Rebel with a Cause!

TW04. Take a walk with William Penn, who valiantly challenged religious and political intolerance in England in the mid-1600s and established his utopian society in Philadelphia in 1682. His appeal reached those who were oppressed in Europe and then oppressed again in the New World. Witness Penn's legacy as you discover what a Quaker meeting house, an Anglican church, a Jewish synagogue, a Catholic church, Welcome Park, and the Liberty Bell have in common. Be prepared to be surprised and inspired.

Elise Bromberg is a retired social worker turned docent/tour guide at the Penn Museum, Mural Arts Program, Philly Touch Tours, and an independent Philadelphia tour guide.

*W from 11:00 AM to 1:00 PM
October 16*

*Independence Visitor Center
6th and Market Sts \$20.00
Expect to walk 2-4 blocks between sites
over the course of 2 hours.*

Cresheim Trail Update

TW05. The Cresheim Trail is moving forward! Hike portions of the trail and learn how the Friends of the Cresheim Trail and neighborhood partners worked for over a decade to acquire access to the right-of-way in Philadelphia and what you can expect to see next. See previews of artwork that will be installed on the train trestle over Germantown Avenue. Let us know what you would like to see included on the Cresheim Trail while the final designs are still in progress. Sturdy shoes and long pants are strongly suggested. The terrain, while not particularly steep, is uneven footing. Hike will be approximately 2 miles total at a leisurely pace.

Susan Dannenberg is a bicycle advocate with a Masters degree in City Planning. She has lived in Mt. Airy for over 30 years.

*Sa from 10:00 AM to 1:00 PM
October 19*

**Meet at Lincoln Drive and
Allens Lane \$20.00*

**Would you like to share a
skill or talent with your
neighbors? October 1st is the
deadline to submit class
proposals for the Winter term.**

Citizen Advocacy and Political Change

TW16. Learn the do's and don'ts of citizen advocacy in this civic dialogue and how to speak with your legislators on causes that are most important to you. This course is designed to create more civically engaged citizens. Laws do not become laws without citizen advocacy, so understanding the role citizens play is necessary.

Art Haywood, PA state senator, represents the 4th Senate district. He has worked to expand funds for affordable housing, require school districts to test for lead in drinking water, and to relocate victims of domestic violence in public housing.

*Th from 7:00 PM to 8:30 PM
October 10*

*United Lutheran Seminary
7301 Germantown Ave., Rm 301 \$15.00
All proceeds from this class benefit MALT.

How a Bill Becomes a Law

TW17. Learn how the legislative process works and how long it may take to get legislation passed into law. This course is designed to help everyday citizens understand what legislators do in the positions they hold and how it affects the Commonwealth as a whole.

Art Haywood

*Th from 7:00 PM to 8:30 PM
November 14*

*United Lutheran Seminary
7301 Germantown Ave., Rm 301 \$15.00
All proceeds from this class benefit MALT.



All ages enjoy the Cresheim trail.



Photo by Deborah MacDonald

This 'Long Fountain' is one of many natural and man-made water features throughout the Arboretum.

Morris Arboretum's Water Features Tour

TW07. Join an experienced guide to explore the beauty of fountains and waterfalls and discuss the evolution of the use of water in gardens. Enjoy the visual impact and calming effect of these delightful garden features. We will be walking over some uneven ground; wear comfortable shoes and dress for the weather! Tours begin at Widener Visitor Center.

Jody Sprague has been learning and teaching at the Morris Arboretum for 20 years. She served as the Chair of the Guides' organization and now serves on the Great Plants committee.

Sa from 11:00 AM to 12:30 PM

September 21

Morris Arboretum

100 E. Northwestern Ave., Visitor Ctr \$20.00

Present your confirmation (printed/email) at the entrance kiosk.

Morris Arboretum's Autumn Magic: Great Trees Tour

TW08. Join an experienced guide to explore the arboretum's collection of magnificent trees. Many of them will be displaying beautiful fall colors. Learn about a selection of champion trees, trees over 100 years old, trees from far away continents, and trees native to southeastern Pennsylvania. We will be walking over some uneven ground. Please wear comfortable shoes and dress for the weather. Tours begin at the Widener Visitor Center.

Jeff Clark worked at Morris Arboretum some years ago. A former teacher, he has been an arboretum guide for four years. He is a member of the volunteer Great Plants Committee that develops tours for adults and also serves on the arboretum's Interpretation Team.

Sa from 11:00 AM to 12:30 PM

October 19

Morris Arboretum

100 E. Northwestern Ave., Visitor Ctr \$20.00

Present your confirmation (printed/email) at the entrance kiosk.

Morris Arboretum's Curious About Conifers Tour

TW09. Bundle up for this special tour highlighting a selection of impressive conifers at Morris Arboretum. These notable specimens provide multi-seasonal interest with an array of forms, foliage, bark, and of course, cones! We will be walking over some uneven ground; wear comfortable shoes and dress for the weather! Tours begin at Widener Visitor Center.

Richard Clark has been a guide at Morris Arboretum for 8 years. He was a docent at Arnold Arboretum before moving to the Philadelphia area. Richard has served on the Great Plants Committee at Morris for years, helping to develop many of the plant tours for adults.

Sa from 11:00 AM to 12:30 PM

November 16

Morris Arboretum

100 E. Northwestern Ave., Visitor Ctr \$20.00

Present your confirmation (printed/email) at the entrance kiosk.

Twilight Garden Stroll

TW10. Enjoy twilight's ebb to night with an evening garden stroll. Share Arboretum stories, explore garden nooks, and investigate plants in the living collection. Enjoy the tree canopy, relieve the day's stress, and celebrate the sights, scents, and sensations of twilight as seasons change. Bid welcome to the night sky in a beautiful setting as the moon waxes full.

Bob Gutowski is the Director of Education and Visitor Experience at Morris Arboretum.

Th from 6:30 PM to 8:30 PM

September 12

Morris Arboretum

100 E. Northwestern Ave., Visitor Ctr \$30.00

Wear your walking shoes and dress for the weather. Present your confirmation (printed/email) at the entrance kiosk.



Photo by Ken Tapp

The Arboretum's Blue Atlas Cedar tree.

NEW! Badass Women of Philadelphia

TW11. Ladies up! Time to hear about cool colonial women, change makers, women in medicine, and more pioneers who have made their mark on this city of brother 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 and **Joey Leroux** founded Beyond the Bell Tours in 2018 to tell stories not being told about the city of Philadelphia. Beyond the Bell centers on stories of women, people of color, indigenous peoples and LGBTQ folks through the medium of tours.

Su from 11:00 AM to 1:00 PM

October 13

**Meet in front of the Liberty Bell
6th and Chestnut*

\$30.00

NEW! Beyond the Bell Philadelphia Walking Tour

TW12. Hit all the main sites in historic Old City and Independence Park, but hear it all from the perspectives often left out of mainstream tourism. This tour includes the controversy of the Presidents House, the legend of the Penn Treaty Elm, Chief Tamanend, cool Colonial women, and more. Tour is approximately 2 miles and ends at Independence Hall Visitor's Center.

Rebecca Fisher and **Joey Leroux**

Tu from 1:00 PM to 3:00 PM

October 22

*Center of Washington Square
at the fountain*

\$30.00



Beyond the Bell tours put the people back into people's history. Their tours highlight marginalized communities, peoples and histories.

NEW! Ancient Egyptian Queens & Kings

TW13. Discover ancient Egyptian queens, kings, and various replicas of pertinent artifacts. You can touch, wear, smell, and feel a selection of objects related to these rulers while learning more about each individual.

Sherin Motawea is originally from Egypt and studied Egyptology. She was the Head of the Egyptian Museums Department at the Supreme Council of Antiquities under the supervision of the renowned Egyptologist, Dr. Hawass.

W from 7:00 PM to 8:30 PM

November 6-13

2 sessions

United Lutheran Seminary

7301 Germantown Ave., Rm 301

\$34.00

NEW! Fall and Winter Birding in the Delaware Valley

TW14. Fall and Winter are some of the best seasons for bird watching in the Delaware Valley. In Fall, numerous species of hawks, eagles, falcons, buteos, and accipiters come south through the area on the way to their winter quarters, sometimes in large numbers. They are accompanied by the passerines like warblers, sparrows and flycatchers. Some of these species stay in the area for the Winter and others continue southward. The Winter season brings large numbers of ducks, geese and other waterfowl to the area and along the coast. Learn where and when to observe these natural phenomena and ways to identify birds using field marks, song and behavior. Optional field Trips will be arranged in class to local hotspots.

Cliff & Nancy Henge are long time birders who have been leading birding trips in the area for over 25 years. They have also traveled throughout the country and abroad to pursue their interest in birds.

W from 7:00 PM to 8:30 PM

September 25 - October 2

2 sessions

Mt. Airy Nexus

520 Carpenter Lane

\$29.00

Words & Music

NEW! Inspired Obituary Writing

WM03. It's time to break the mold on overly formal and dull obituaries! Better to infuse them with personality and a real sense of who the person was. And there's healing to be had in composing a beautiful and apropos encapsulation of a life. Whether writing for another, or your own in advance, we'll review diverse and creative examples, and learn adaptable phrases and easy approaches. We all deserve a worthy obituary that celebrates life.

Kyle Tevlin has a business called I Want a Fun Funeral, helping people plan their own farewell celebrations well in advance and having fun in the process. She's passionate about the benefit of meaningful and creative funerals. She is also a volunteer with the Funeral Consumers Alliance of PA.

W from 7:00 PM to 9:00 PM

November 13

Cliveden Carriage House

6401 Germantown Ave.

\$20.00

50s Paranoia - Hollywood Style

WM02. Take a deep, dark, disturbing look at how films and television promoted paranoia during the fifties. Don't expect to see Old Yeller here. We're talking The Red Menace, The Day the Earth Stood Still, Invasion of the Body Snatchers and lots more big screen terror. 50s Paranoia will take a look at what's behind all the mayhem and see why theatergoers couldn't get enough. A "take-home" list of recommended films and reading references is included.

Brian Reisman has been a fan of films for over 50 years. He has worked in television and advertising as a script writer and producer. Brian has been obsessed with film noir for nearly 20 years, has collected books, magazines, and over 250 film noirs on DVD.

Th from 7:00 PM to 9:00 PM

September 26 - October 17

4 sessions

Mt. Airy Nexus

520 Carpenter Lane

\$69.00



'Porky Pig's Feat' is a one-reel animated cartoon short directed by Frank Tashlin.

Warner Brothers Cartoons: The Forgotten Directors

WM01. Cartoon fans know the names Tex Avery and Chuck Jones. But the Warner Brothers cartoon studio in the 1930s and '40s had some equally talented directors who are not as well-known today. We'll focus on the small but impressive bodies of work of Frank Tashlin and Arthur Davis, who worked with such beloved characters as Bugs Bunny, Daffy Duck and Porky Pig.

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.

M from 5:00 PM to 7:30 PM

October 7 - November 18

7 sessions

** Private residence near the corner*

of Millman and Rex in Chestnut Hill \$64.00



I Should Write a Book

WM04. Have you ever thought, "I have a book in me?" And then you begin the "if only's" - if only I could find the time, the space, the experience in writing, etc. With a format that will engage all participant questions, the workshop will focus on the ways to start the writing process: how do I plan; how much time; how do I design; what shall I write?

Joseph Perrott, a resident of Mt. Airy, has been a teacher/administrator at the William Penn Charter School and a psychotherapist in private practice.

Sa from 9:00 AM to 12 N

November 2

Mt. Airy Nexus

520 Carpenter Lane

\$34.00

Memoirs: More Than Memories

WM05. We often feel an urge to leave an account of our lives for our families or to sort through our life events so we can see them within the whole fabric of our lives. No matter our age or our reason, we must present these life stories in a clear, concise, readable and enjoyable end product - full and focused - so they don't sit, ignored and never read, in a bottom drawer. Learn how to write, and enjoy writing your memoir, through class instruction, exercises and teacher feedback.

Nancy Rasmussen has taught non-fiction writing courses at three universities in addition to her long-running memoir class for MALT. A freelance writer and editor, she has written short pieces for many U.S. magazines and newspapers, including The Philadelphia Inquirer and The Denver Post. Currently, she is writing and compiling her own personal essays in response to prompts she gives her students for their weekly assignments.

W from 7:00 PM to 9:00 PM

October 30 - November 20

4 sessions

Chestnut Hill United,

8812 Germantown Ave.

\$59.00

\$7 materials fee payable to the instructor.

An Actors Life For You?

WM06. Have you ever wondered if you have the chops to make it as an actor? Why not give it a try in a comfortable setting - a fun and informative class at MALT! Learn how to break down scenes, do improv and audition stress-free. Plus get strategies to get noticed by casting directors. Whether you just want to have fun, build confidence, or actually live the actor's life, this class is an easy entry into the wonderful world of performing.

Marjory Silver has a PhD in psychology and an MA in theatre. She has worked in Philadelphia and New York, directing and developing new plays, training professional actors and playwrights and coaching and counseling individuals and groups. www.instagram.com/marjorysilver/

M from 7:00 PM to 8:30 PM

October 7-28

4 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$64.00

\$10 materials fee payable to the instructor.



Tell the story of your life, with Nancy's guidance.

Taking Yourself Seriously as a Writer

WM07. So much in life depends on showing up, so here's your opportunity to do just that. This is for writers at all levels who wish to take themselves seriously. We'll place emphasis on in-class writing assignments to bring out your inner voice and cover the publishing process, both traditional and nontraditional. Set up writing schedules and adhere to your deadlines. We'll also discuss the process of finding a home for your finished work, including information on contacting agents, small presses and self-publishing options.

Janet Mason is a teacher and author. She has written several poetry chapter books (Insight To Riot Press); "Hitching To Nirvana" (a novel from Cycladic Press); and her book "Tea Leaves," a memoir of mother and daughter, published by Bella Books in 2012. Her novel "THEY," a biblical tale of secret genders was published by Adelaide Books in 2018.

Th from 7:00 PM to 9:00 PM

September 26 - October 31

6 sessions

Chestnut Hill United,

8812 Germantown Ave.

\$79.00

Long Form Improv

WM08. Long Form Improv offers an introduction to improvisation as an art form. We will discover the basic principles of how to achieve radical agreement, world building, character work, physical engagement, and emotional truth all while making scenes up on the fly. Students will ultimately learn how to string moments together into scenes, and scenes together into sets - an entire improv show!

Ryan Rebel has been acting for fourteen years, directing for four, and improvising for three. His acting experience gives him insight into performance and empathy, and his directing work has honed his ability to communicate that experience to performers.

W from 7:00 PM to 9:00 PM

October 23 - November 20 (no class 11/13)

4 sessions

Venice Island Performing Arts

7 Lock St.

\$79.00

Beginner Acting for Adults

WM10. Get an introduction to theater terminology and lingo, the history of theater, and performance for stage and auditions using monologues. Learn breathing techniques, exercises for the mouth and body, using your voice in the lower and upper registers, the importance of building as an ensemble and rehearsing together. We'll also cover how to apply stage makeup. The students will participate in Venice Island's 'Black Box Theater Series' to showcase what they have learned.

Shav'on Smith has a Theatre degree from Morgan State University. She is the founder and artistic director of Grounded Theatre Company which specializes in performances of the African Diaspora.

Tu from 7:00 PM to 8:30 PM

October 1 - November 19

8 sessions

Simons Recreation Center

200 Woolston Ave.

\$74.00

Beginning/Intermediate Storytelling

WM09. This class is designed for those who are just beginning to work on their craft as well as for those who have some performance or telling experience. Develop your skills by examining the basic components of a story, learn to connect with the story and with the audience, begin to work on framing a story and making it relevant to your audience. Each week includes instruction, demonstrations and exercises.

Jacqueline Jonas learned to tell stories at her grandmother's knee. She began her storytelling career in 1983 as a member of the Tennessee Griot Society. Since then she has performed in libraries, churches, synagogues, on stage and at private functions.

M from 7:00 PM to 8:30 PM

October 7-28

4 sessions

United Lutheran Seminary

7301 Germantown Ave., Rm 301

\$59.00

**Register by September 30th
for any class marked **NEW!**
and receive 10% off the course
fee. Online, please enter
code **NEW19F**.**

Cannot be combined with any other offer or discount. Must be requested at time of registration.

French for Beginners

WM15. Dive into the French language! This is an introductory course for those who have never taken French before, or for those who need a refresher. We will cover grammatical basics and conversational essentials while we practice speaking, reading, and listening, with an emphasis on comprehension and practicality. You'll also learn a taste of French culture. This is an interactive course.

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 also a Reiki Master. Her website is: www.voilawellness.com.

Tu from 6:30 PM to 8:00 PM

October 29 - December 3

6 sessions

**Private residence near the intersection of Westview St and Germantown Ave. \$89.00*

NEW! Introductory Irish

WM16. Le Chéile Means Together introduces beginners to the Irish language. Learn foundational skills like pronunciation, vocabulary, and basic grammar typically used in a home or close-knit social setting.

Kaytria Stauffer began studying Irish at the University of Limerick and continues her studies online. She has been a collaborator on the Irish Language Learners Facebook page since 2014. Kaytria was awarded a Gaeltacht Summer Award for her Le Chéile Means Together curriculum.

W from 7:00 PM to 8:30 PM

October 9 - November 13

6 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$89.00

\$10 materials fee payable to the instructor.



Kay's introductory course will leave you with "cúpla focal" (a few words) and broaden your interest in Ireland and Irish.



Over 40 million people in the U.S. speak Spanish. Do you want to join them?

Beginning Spanish

WM17. Have you always wanted to learn Spanish? Learn how to make small talk, order a meal and ask how much those authentic crafts cost, in a relaxed, stress-free environment. This class is for absolute novices. It is appropriate for people who have little to no exposure to the Spanish language. The course will require patience and active participation. By the end of the course you will be able to respond appropriately to simple questions, construct questions to satisfy everyday needs and carry on brief conversations.

Teens Inc will provide teen teachers who have been studying Spanish and wish to share their knowledge.

Sa from 9:30 AM to 11:00 AM

October 5 - November 9

6 sessions

Teens Inc, 105 Bethlehem Pike

\$84.00

\$10 materials fee payable to the instructor.

Conversational Spanish

WM18. Here's an opportunity for people with a basic knowledge of Spanish to practice in a relaxed atmosphere. Planning a trip to Latin America? Want to refresh that high school or college Spanish before it's lost forever? Learn to express yourself in everyday situations using vocabulary relevant to practical life situations. Classes will explore a wide variety of topical themes.

Teens Inc

Sa from 11:00 AM to 12:30 PM

October 5 - November 9

6 sessions

Teens Inc, 105 Bethlehem Pike

\$84.00

\$10 materials fee payable to the instructor.

Beginner's Harmonica for Adults (ages 13 and above)

WM30. Learn to play simple traditional folk songs and elementary blues on one of America's most popular, portable instruments, the harmonica. Practice 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, teaching since 1975, and has performed with Muddy Waters, Koko Taylor, Ronnie Earl, Roomful of Blues, Magic Slim & The Teardrops and many others. Seth was inspired to play by (and eventually studied with) the great blues harmonica player Sonny Terry. He currently plays regularly with Stevie and the Bluescasters (and occasionally with other musicians).

M from 6:30 PM to 7:45 PM
September 23 - November 11
8 sessions

Philadelphia Folksong Society
6156 Ridge Ave. \$94.00
\$9 materials fee payable to the instructor in class for a manual on the first night. Students will also need to bring 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. Optional: bring a digital recorder or some other recording device.

Blues Harmonica I

WM31. 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 Adults," 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

M from 8:00 PM to 9:15 PM
September 23 - November 11
8 sessions

Philadelphia Folksong Society
6156 Ridge Ave. \$94.00
\$9 materials fee payable to the instructor in class for a manual on the first night. Bring 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. Optional: bring a digital recorder or some other recording device.

Beginning Guitar

WM32. Are you an absolute beginner? This class will have you playing songs right away! Learn to play by ear and develop your abilities in strumming and finger picking. Start with the basics (strings, frets, fingers, etc.). Then learn strumming patterns and a simple notation system so you can play 4-chord songs. We'll sample various musical styles and what is taught will depend on the interests of the class. Students need to have their own instruments and must arrive on time!

Wanamaker Lewis has been performing and teaching for over 25 years. He has recorded 3 albums and performed at many venues including the Philadelphia Folk Festival and the Keswick Theatre. Mr. Lewis has taught at various adult schools in the area, and many of his students now play professionally.

Th from 7:00 PM to 8:00 PM
October 10 - November 14

6 sessions
Waldorf School of Philadelphia
6000 Wayne Ave. \$69.00
\$10 materials fee payable to the instructor.
Class is held in the Special Subjects Building.

Intro to Ukulele

WM33. Ukulele is fun to learn and play. Learn the names of the strings, how to tune the instrument, chords and different strumming patterns. Incorporate chords by playing different songs. All sizes of ukulele (soprano, concert or tenor) are welcome.

Carol Sandler has been teaching ukulele for several years in private and group classes and has taught workshops for different organizations. She also teaches piano, violin, fiddle and recorder.

W from 7:00 PM to 8:00 PM
September 25 - October 23 (no class 10/9)
4 sessions

**Private residence near the corner of Ridge Ave. and Shawmont, Roxborough \$49.00*
\$2 materials fee payable to the instructor.



Ukulele instructor Carol showed MALT director Stephanie how to play a few simple cords.

African (Djembe) Drumming

WM34. We will be exploring traditional West African polyrhythms on the djembe, dun duns (bass drums), bells and shekere (beaded rattle). All levels of experience welcome; appropriate parts will be given based upon your experience level. We'll also be using elements of improvisation which will allow for access to a fuller spectrum of the traditional sound. This will enable and exercise our ability for creativity to flow. Our goal as a drum ensemble is to become one drummer with as many hands as are playing.

Saantis Fenmu Davis specializes in traditional African music and percussion from all parts of the world. He was raised in Philadelphia in a traditional African culture so is very familiar with these instruments. He has learned from master drummers around the world.

Th from 7:30 PM to 9:00 PM

September 26 - October 31

6 sessions

**Private residence near intersection of Willow Grove and Southampton Aves \$95.00 Djembes will be on hand for class use and will also be available for purchase. Ron Kravitz's home is a fragrance-free environment due to his sensitivity to perfumes, colognes, aftershaves, cigarettes, etc. Therefore we ask that you attend without a presence of those scents on your clothes, body, hair, breath, etc. Also, please remove all rings, bracelets & wrist watches if playing a "house" drum.*

Beginner Accordion

WM35. It has been proven that learning an instrument is very good for your brain, so why not learn the accordion? It is fun and challenging. No music experience needed. The accordion is a very versatile instrument. By the end of the class, you will have learned a song or two or more!

Michelle Cobrin has many years of accordion playing experience. She is currently teaching at Liberty Bellows accordion shop in Philadelphia.

W from 7:00 PM to 8:30 PM

October 2 - November 6

2 sessions

*Waldorf School of Philadelphia
6000 Wayne Ave.*

\$69.00

\$54 materials fee (plus security deposit) payable to Liberty Bellows to rent an accordion. \$10 materials fee payable to the instructor for Palmer Hughes book 1.

Vocal Technique

WM36. Do you LOVE to sing? Have you been told your voice is inconsistent? Off pitch? Lacks range? Is weak? Vocal technique teaches one how to properly sing so such issues don't occur. Explore the mechanics of singing. Delve into how the body produces good singing. Discover your true voice. Challenge yourself. Study, work, and improve. Then go for that solo, audition or competition.

Jean Johnson is a professional voice teacher who has been active in music for over thirty years. She has toured the U.S. and Canada as a soloist and has sung at several Philadelphia venues. In 2011, Ms. Johnson was a vocal coach for "The Gate Called Straight," directed by Broadway star and Grammy winner, Stephanie Mills, and composed by three-time Emmy winner, Bill Jolly.

Th from 6:30 PM to 8:00 PM

October 10 - November 14

6 sessions

*Summit Presbyterian Church
6757 Greene St. at Westview*

\$99.00

\$5 materials fee payable to the instructor.

Songwriting for Beginners

WM37. Have you ever wanted to write a song but didn't know where to start? Learn how to write your own lyrics, structure your song, fit your lyrics to music, and find the right melody for your voice. This course is designed for people who need help improving their songs as well as those who have never written before. Come with ideas or previous pieces of work and we can develop them together!

Adam Kaluzshner, MS, is a professional singer, guitarist, and pianist who has performed solo, in duets, and with bands in NJ and PA. He has been writing for 17 years and teaching for 12+ years. He is currently at work on his debut EP and full length album.

W from 7:00 PM to 9:00 PM

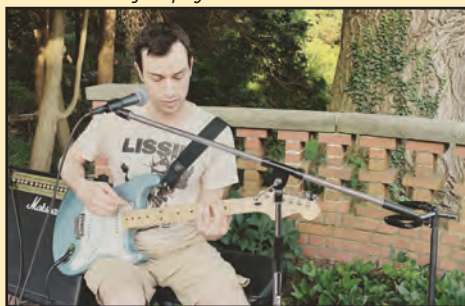
October 23-30

2 sessions

**Home studio near Wayne and
W Walnut Ln.*

\$44.00

\$5 materials fee payable to the instructor.



Songwriting instructor, Adam, played some of his own songs at the MALT teacher appreciation picnic this past spring.

Harmony, Rounds and Choral Singing

WM38. Learn to sing harmony or brush-up your skills. This class is open to everyone who enjoys harmonizing (or would like to) and adds a few tips about diction and music reading. Each class will include a variety of singing styles.

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.

Sa from 9:30 AM to 11:00 AM

September 28 - November 23 (no class 10/12)

8 sessions

FUMCOG, 6001 Germantown Ave. \$96.00

\$5 materials fee payable to the instructor.

For the Love of Singing, Part I

WM39. 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. For those who say, "I cannot sing" I say, "Yes you can!"

Connie Koppe

Sa from 11:15 AM to 12:45 PM

September 28 - November 23 (no class 10/12)

8 sessions

FUMCOG, 6001 Germantown Ave. \$96.00

\$5 materials fee payable to the instructor.

NEW! Program Notes: Mozart Symphonies 35 & 40

WM40. Gain an understanding of the "classical symphony" in general, and these specific works by Mozart in particular, including the historical context, main themes and musical structures. No previous musical training is required. Discount tickets to the concert on Thursday, October 10 are available through the instructor.

David Heitler-Klevans has a degree in composition from Oberlin Conservatory of Music. David is a full-time performing musician, and has taught music to adults and children for over 30 years, including at Settlement Music School, Cheltenham Township Adult School and Temple University Ambler.

Tu from 7:00 PM to 9:00 PM

October 1

Wesley Enhanced Living

6300 Greene St.

\$29.00

NEW! Program Notes: Beethoven's 7th & Violin Concerto

WM41. Learn about Beethoven's 7th Symphony and Violin Concerto, including historical context, main themes and musical structures. No previous musical training is required. Discount tickets to the concert on November 3 or 4 are available through the instructor.

David Heitler-Klevans

Tu from 7:00 PM to 9:00 PM

October 22

Wesley Enhanced Living

6300 Greene St.

\$29.00

NEW! Program Notes: Philip Glass's Akhnaten

WM42. Learn about Philip Glass's opera "Akhnaten", including historical context, main themes and musical structures. No previous musical training is required. Optional field trip to the Metropolitan Opera in HD in movie theaters on Saturday, November 23.

David Heitler-Klevans

Tu from 7:00 PM to 9:00 PM

November 19

Wesley Enhanced Living

6300 Greene St.

\$29.00

Music for Renaissance Cathedrals, Courts and Countryside

WM43. This class will illuminate the musicians and the instruments that provided music for bishops, nobles and peasants alike in 16th century Europe. The artistic directors of Piffaro, The Renaissance Band, will demonstrate their extensive collection of early musical instruments and talk about the music and musicians of the day.

Joan Kimball and **Bob Wiemken** are the artistic directors of Piffaro, the Renaissance Band. Piffaro brings the sounds of the Renaissance to life through research and performance, using an ever-expanding instrumentarium of shawms, dulcians, sackbuts, recorders, krum-horns, bagpipes, lutes, guitars, harps, and a variety of percussion - all careful reconstructions of instruments from the period and the only professional collection of its kind in North America.

Th from 7:00 PM to 8:30 PM

September 26

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$20.00

Students may purchase discounted tickets to the Saturday, October 5th Piffaro performance (7:30pm at the Presbyterian Church of Chestnut Hill).



CHESTNUT HILL HOSPITAL FREE COMMUNITY WELLNESS PROGRAMS

**Chestnut Hill Hospital, Women's Center
8811 Germantown Avenue, Philadelphia**

BREAST CANCER SCREENING

Thursday, October 10 | Call for appointment time

Free screenings for uninsured, or underinsured, women. **Call 215-564-3700** for eligibility and scheduling information. Screening includes: Free mammogram; physical breast exam; instruction in breast self-examination; question and answer session; and a comfortable atmosphere. Sponsored by Linda Creed Foundation.

Center in the Park – 5818 Germantown Avenue, Philadelphia

GET YOUR ZZZZZS

Tuesday, October 15 | 12:15-1:15 p.m.

Sleep deprivation and other sleep disorders can have a serious effect on health. The American Academy of Family Physicians reports over 50 percent of people 65 years old and older live with the effects of sleep disorders, such as sleep deprivation symptoms, sleep apnea and periodic limb movement disorder. Learn the latest news on remedies for sleep disorders from sleep medicine specialist David Cohen, MD. Take a Sleep Risk Assessment and find out how the Sleep Lab at Chestnut Hill Hospital may be able to help. **Registration required. Call 215-753-2000. Free!**

Center on the Hill – 8855 Germantown Avenue, Philadelphia

FEEL DIZZY?

Thursday, September 19 | 12:30-1:30 p.m.

Dizziness is one of the most common symptoms people seek medical attention for, but the causes of dizziness can be complex. During the lecture Dr. James R. Barsky, PT, DPT, advanced vestibular therapist, Chestnut Hill Hospital, will discuss what causes dizziness and balance problems. Find out what may be causing your dizziness and/or imbalance and what treatments options are available. Registration required. **Call 215-753-2000. Free!**

STAND UP TO FOOT PAIN

Thursday, October 24 | 12:30 to 1:30 p.m.

Do your feet bother you and you're not sure why? Have you been meaning to make an appointment to see a podiatrist? Come learn the facts, common causes, symptoms and treatments for foot and ankle conditions, including arthritis from Dr. John Scanlon, DPM, Chestnut Hill Hospital. Foot screenings available after the lecture. Registration required. **Call 215-753-2000. Free!**

**All programs are FREE!
Registration required.**



Chestnut Hill Hospital

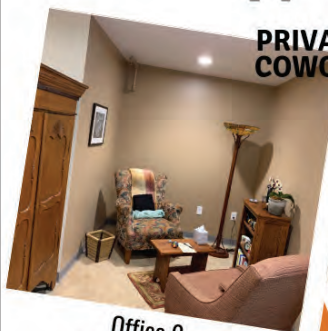
TOWER HEALTH

Advancing Health. Transforming Lives.

ChestnutHill.TowerHealth.org

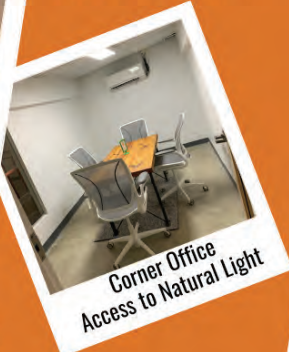
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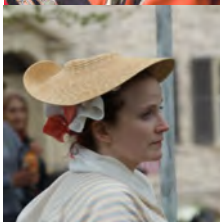
6511 Germantown Avenue, Philadelphia, PA 19119

★ Save the Date! ★



SATURDAY, OCTOBER 5, 2019 ★ 10 AM ~ 4 PM

Cliveden Grounds | 6401 Germantown Avenue



- ★ Battle Reenactments 12 PM & 3 PM ★
- ★ Children's Activities, Beer Garden, Food ★
- ★ Visit Historic Germantown sites ★

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So you want to teach a class at Mt. Airy Learning Tree?

Anyone with passion and knowledge for an interesting subject coupled with a desire to share has the necessary qualifications to teach. You can get information on teaching from our web site at www.mtairylearningtree.org, or call the office Monday to Friday between the hours of 9:00AM and 2:00PM.

Winter Term proposal deadline is October 1st

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 fully accessible MALT locations:

- Allens Lane Art Center
- Center on the Hill
- Chestnut Hill Friends Meeting
- Holy Cross Catholic Church
- Presbyterian Church of Chestnut Hill
- Summit Church (not Common Room)
- United Lutheran Seminary
- Wesley Enhanced Living

5 Easy Ways To Register



1. Online: www.mtairylearningtree.org, by Visa or MC.

2. Mail: Fill out registration form on previous 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 19119-3114

3. Phone: Call us at 215-843-6333 during office hours to register by Visa or MasterCard. **Opens August 15.**

4. Visit: Our office hours are Monday to Friday 9:00 AM-2:00 PM.
Opens August 15.

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.

Withdrawals

If you cannot attend a course, you can receive a refund (less \$5 registration fee) by notifying us 2 days before the first class begins.

Refunds

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

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.

Discounts and Scholarships

Discounts cannot be combined.

- **NEW!** Class Discount: 10% off registration for any class marked **NEW!** Must register by September 30.
- **WHYY** Discount*: 10% off up to two classes per term. Member number required.
- **Fern Bell Scholarship Fund***: Need-based scholarships are available; call to request financial assistance.

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

\$5 non-refundable registration fee per person, per term added to total charges of \$21 or more.

Tips from the Tree

Make Your MALT Class a Satisfactory Experience

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

Registration Form

Name _____

Address _____

City and Zip Code _____

Day Tel.# _____ Eve.# _____

E-mail: _____

☐ I prefer not to receive MALT's bi-monthly e-mail newsletter.

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

1.	
2.	
3.	
4.	
Subtotal:	
NEW! Class discount: Register for any class marked NEW! by September 30th for 10% discount.	
Add non-refundable \$5 registration fee per person, per term for classes totaling \$21 or more.	\$5
Optional donation to the Fern Bell Scholarship Fund.	
Total:	

Make check payable to MALT. **Be sure to include your phone numbers.**

I hereby authorize the use of Mastercard/Visa:

Cardholder _____ CCV _____

Card # _____ Exp.Date _____

Authorized Signature _____

Mail to: MALT, 6601 Greene Street, Phila., PA 19119-3114

Send us a self-addressed stamped envelope or provide your e-mail address, and we'll send you a confirmation.

Questions: call MALT at 215-843-6333.

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

MACSC

Mt. Airy Learning Tree

6601 Greene Street

Philadelphia, PA 19119

www.mtairylearningtree.org

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