

FALL 2020

# MALT

**MT. AIRY LEARNING TREE**



**NEIGHBORS  
TEACHING  
NEIGHBORS**



MT. AIRY  
LEARNING TREE

200+ COURSES  
**SEP.OCT.NOV.DEC.**

# DIRECTOR'S NOTE

Seeing familiar faces in the Co-op, stopping to greet the parent of a childhood friend in the coffee shop, smiling at a former MALT instructor as we pass each other on Forbidden Drive. . . Before the pandemic, I took for granted these small connections throughout my day that helped me engage with our shared community.

How and where are you finding social connection, these days? MALT can help. In this moment of physical distance from our friends, neighbors, and loved ones, MALT's mission-driven work to strengthen and enrich our shared community is more important than ever before. Thanks to the flexibility and quick work of our staff and instructors, we have planned over 200 online courses for this fall term, enabling our neighbors to interact with each other, learn together, and continue to have shared experiences. Virtual learning is different from in-person courses — it's true. But MALT students are giving their virtual MALT courses rave reviews, reporting that their transition to an online platform was smooth, and that they ended their class feeling inspired and engaged.

I'm so excited by our fall offerings, and the way they will help to keep our sense of community connection alive and well. I hope to see you online this fall!

Stephanie Bruneau  
Executive Director

## CONTENTS

Arts & Crafts	4
Computers & Technology	10
Cooking & Foods	13
Dance	16
Fitness & Exercise	19
Finance & Careers	22
Family, Home & Garden	32
Kids & Teens	38
Mind, Body & Health	39
Talks & Walks	55
Words & Music	58
Class Directory	64
General Policies	66
Registration	68

**On the cover:** Clockwise from top left: Beyond the Basics Ukulele (p. 61), Beginning Salsa (p. 18), Design Your Own Jewelry (p. 9), Memoirs: More Than Memories (p. 58).

## MALT Mission Statement

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

## STAFF

**Executive Director**  
Stephanie Bruneau

**Technical Director**  
Nicki Toizer

**Program Director**  
Nima Koliwad

**Graphic Designer**  
Annette Aloe

**Special Projects**  
Sarah Claxton

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## TAKE A WALKING TOUR OF TOURISON

Sa from 11:00 AM to 1:00 PM

**TW01.** Native son Ashton Tourison, Sr. (1851-1944) had a grand vision and confidence in the future of Mt. Airy. In approximately 1904, he purchased 125 acres between Chew and Stenton, from E. Durham Street to E. Gorgas Lane, and advertised his plan for the new Sedgwick Farms as "stone-built homes, planned on an architectural idea that makes each different from the other, yet in perfect harmony with all." Join us for this step back in time to circa 1910 to see the timeless beauty of these homes that reflect core values of "space, air, light, comfort and good taste." Learn about how East Mt. Airy came to be, constructed with a variety of designs, in the form of Tudor Revival, Colonial Revival, Neo-Georgian and Victorian, all built by one family — originally from France! This tour is co-sponsored by Historic Germantown, Mt. Airy Learning Tree and Community Acupuncture of Mt. Airy.

**Elise Rivers** worked in the field of historic preservation as Assistant Director of Preservation Worcester and Executive Director of Landmark West, an historic preservation non-profit representing the Upper West Side of Manhattan. Her passion for beauty in architecture has never waned, and she was inspired to put together this walking tour, after living in and loving her own Tourison home.

**September 26 | \$20.00**

Meet at Lovett Library, 6945 Germantown Ave.

Please arrive at 10:45 AM to check in; tour starts promptly at 11 AM. All attendees must wear a mask throughout the tour. Rain date: Sunday, September 27, same time.

## NEW! ONLINE: ANTI-RACIST PARENTING

Tu from 7:00 PM to 8:30 PM

**FH12.** Let's dig deep, build community, and take action through anti-racist parenting. Learn terminology and discuss examples drawn from the instructors' and students' experiences, media, and reading. Be ready and willing to share and engage deeply with one another. Each week, we will break down racial myths, make commitments to transform our parenting and our lives (in small and big ways) and hold each other accountable to reaching our racial justice goals. Note: we define parenting to include anyone caring for children; all are welcome!

**Mary Hoeffel** is a White mom of two Brown girls, and lives in Mt. Airy with her family. She is a faculty member in the English department of the Community College of Philadelphia where she co-facilitates an ongoing diversity training workshop around white privilege and its role in racism.

**Lauren Silver** is a White, queer, feminist mom who strives to be anti-racist. Lauren and her wife live in Mt. Airy. They became parents through adoption and continue to learn new lessons daily from their spirited Black 4-year-old. She is a faculty member in the Department of Childhood Studies at Rutgers University-Camden, where she has taught for 11 years.

**November 3 - 24 | \$5.00**

4 sessions

The Comfort of Your Own Home

Suggested donation of \$54 will be given to:  
No More Secrets: Mind Body Spirit and EMIR  
Healing Center.

“Mindy was very good at meeting students where they are (a range of ages, talents, personalities)... supporting and encouraging while teaching.”



## ONLINE: ADULT AND TEEN DRAWING AND PAINTING

**ACo2.** It's never too late to learn drawing and painting! You can work from observation to make drawings or paintings of things you choose yourself, with as much guidance as you would like. Or, you can work in a more impressionistic or abstract way. Draw with pencil, charcoal, or any other material. If you choose to paint, receive help figuring out what kind of oil or acrylic paint to use, and where to get it. They are both very forgiving materials that allow you to make as many changes as you want. Beginners, seasoned painters, and everyone in between is welcome. This is also a great place for working on portfolio preparation for Creative and Performing Arts High School or any other art school. Come enjoy the magic of finding your own voice!

**Mindy Flexer** is a professional artist and certified art teacher. She taught elementary, middle, and high school art at numerous local schools. Mindy takes each student seriously as an artist and tries to help each meet their own artistic goals. For more info see [www.mindyflexerart.com](http://www.mindyflexerart.com).

**A. September 24 - October 29 | \$132.00**  
Th from 4:00 PM to 6:00 PM  
6 sessions

**B. September 25 - October 30 | \$174.00**  
F from 9:00 AM to 12 N  
6 sessions

**C. November 5 - December 10**  
**(no class 11/26) | \$110.00**  
Th from 4:00 PM to 6:00 PM  
5 sessions

**D. November 6 - December 11**  
**(no class 11/27) | \$145.00**  
F from 9:00 AM to 12 N  
5 sessions

The Comfort of Your Own Home



give the gift of

**MALT**

**MALT has over 200 classes and every one of them will keep on giving.**

MALT classes in Cooking, Yoga, Pilates and Dancing will give you and yours healthier bodies all year long. Our classes in Financial Planning and Working for a Living can give your family peace of mind for years to come. Our Music and Art classes make the world a better place in which to live. With such a variety of offerings the possibilities are endless!

Purchase online [https://bit.ly/MALT\\_GiftCert](https://bit.ly/MALT_GiftCert)  
for a **MALT gift certificate**



Learn some **FUN**  
watercolor techniques  
with Rebecca.



## ONLINE: FUN WITH WATERCOLOR TECHNIQUES

M from 7:00 PM to 9:00 PM

**ACo3.** 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.

**October 19 - November 9 | \$84.00**  
4 sessions

The Comfort of Your Own Home

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

## NEW! ONLINE: CREATIVE COLLAGE

W from 7:00 PM to 9:00 PM

**ACo4.** This class is for ANYBODY AND EVERYBODY who wants to have fun and play with paper. Absolutely NO previous art experience is necessary. You will be amazed at how easy, relaxing, and rewarding it is to make a collage. Please bring a pair of scissors, some paper (old magazines, wrapping paper, newspaper, calendars etc.), and some form of adhesive such as glue or a gluestick.

**Rebecca Hoenig**

**November 11-18 | \$44.00**  
2 sessions

The Comfort of Your Own Home

## ONLINE: INTRODUCTION TO ZENTANGLE®

Tu from 7:00 PM to 9:00 PM

**ACo5.** 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](http://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](http://www.personalizedpapercuts.com).

**October 20 | \$32.00**

The Comfort of Your Own Home

Includes \$12 materials fee. You can pick up your supplies at the MALT Office.

## ONLINE: DIGITAL CAMERAS: SLRS

W from 7:00 PM to 8:30 PM

**ACo6.** 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? Learn about the different settings, as well as how and why to change them. You'll want your camera with you during class (be sure to charge your battery every week). 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.

**October 7-28 | \$64.00**

4 sessions

The Comfort of Your Own Home

Recommended book: "Digital Photography Basics" by Nicki Toizer, available on Amazon and bookshop.org.

## ONLINE: DEVELOPING YOUR PHOTOGRAPHER'S EYE

M from 7:00 PM to 8:15 PM

**ACo7.** 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. All camera types welcome.

**Nicki Toizer**

**November 2-23 | \$59.00**

4 sessions

The Comfort of Your Own Home

For the first class, be ready to share: 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.

You can learn  
to **DRAW** from home  
with Zipora.



## ONLINE: REVIVING THE DRAWING DRAGON!

W from 7:00 PM to 9:00 PM

**ACo8.** 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. 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.

**September 23 - October 14 | \$74.00**

4 sessions

The Comfort of Your Own Home

First class bring only a large newsprint pad (that can fit on a table top) 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.



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## ONLINE: CREATIVE DRAWING & JOURNALING

Th from 7:00 PM to 9:00 PM

**AC09.** 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**

**November 12 - December 10**  
(no class 11/26) | **\$74.00**

4 sessions

The Comfort of Your Own Home

Bring a blank journal (any size) and a copy of your favorite poem to the first class.



Create a personal art journal and explore  
**CREATIVE**  
journaling techniques!

## ONLINE: WATERCOLOR & DRAWING

Sa from 1:30 PM to 3:00 PM

**AC10.** Our drawing exercises are specific for use in watercolor painting. Instruction includes: basic watercolor techniques, use of proper materials, color mixing, use of photographs as reference, life observation, and imaginative free painting. This is designed for beginners and folks returning who want to refresh their skills.

**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!

**September 26 - October 31 | \$99.00**  
6 sessions

The Comfort of Your Own Home

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

## NEW! ONLINE: HANDMADE HOLIDAY SLIPPERS

Tu from 7:00 PM to 9:00 PM

**AC11.** Make a pair of felted holiday slippers! Start with a kit including component parts: a felted upper and insole, pre-cut insoles and outsoles to your size, and glue. You will fit and adjust your component parts and create your unique upper design using materials that are meaningful to you (fabrics, ribbons, buttons, jewelry, etc.). Then glue your components together and have a fully wearable pair of felted slippers to keep or give!

**Anne Cecil** is a seasoned educator and professor who has worked with children and adults for over 40 years, both in person and online. Currently, an artisan and entrepreneur, with a custom shoe business, Roxannelava, she has always loved shoes and especially loves designing and creating them.

**November 10-17 | \$49.00**  
2 sessions

The Comfort of Your Own Home

REGISTER BY NOVEMBER 5. Order your slipper kit for \$35 online with link in receipt. You supply: scissors, personal decorations, needle and thread and heavy books to apply pressure to slippers as they dry.

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“Thanks for adapting classes to zoom! This is a great time to be learning new things and linking up with interesting people.”

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## ONLINE: MELT AND POUR SOAP

Sa from 10:00 AM to 12 N

**AC12.** Are you looking for an easy way to get started in the soap-making world? Learn about the different types of soap making, we will then create a lavender oatmeal soap together, and leave some time for you to create your own customized soap. Each participant will make about 1 pound of soap. You will need access to a microwave.

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

**October 10 | \$45.00**

The Comfort of Your Own Home

REGISTER BY OCTOBER 5. Includes \$16 materials fee. These materials will be mailed to you prior to the class.

## ONLINE: LEARN HOW TO ETCH GLASS!

Sa from 10:00 AM to 12 N

**AC13.** Learn an easy technique for etching glass! Using your initials or some fun shape stencils, create one-of-a-kind, inexpensive gifts for yourself or for your family and friends. Each participant will receive enough supplies to etch 3 pieces (provide your own clear glass). You will need access to a sink.

**Cheri Skipworth**

**November 14 | \$31.00**

The Comfort of Your Own Home

REGISTER BY NOVEMBER 9. Includes \$11 materials fee. These materials will be mailed to you prior to the class. You will need 1-3 clear glass pieces.

## ONLINE: FABRIC COVERED JEWELRY

Sa from 10:00 AM to 12 N

**AC14.** Do you enjoy unique, fun, fashionable jewelry? Learn how to cover buttons, decoupage on wood, and create easy bows to make 3 different pairs of fabric earrings. Add these stylish pieces to your collection, or give them away as gifts.

**Cheri Skipworth**

**November 21 | \$49.00**

The Comfort of Your Own Home

REGISTER BY NOVEMBER 16. Includes \$20 materials fee. These materials will be mailed to you prior to the class. You will need access to a hot glue gun for one pair of the earrings.

## NEW! ONLINE: MAKE A DIVA WREATH

Sa from 10:00 AM to 12 N

**AC15.** Learn how to make a version of the popular DIVA Wreath. This wreath is beautiful, using the silhouette of a woman's face and holiday ornaments, it makes a bold statement. You will need access to a hot glue gun. Other supplies will be sent to you.

**Cheri Skipworth**

**December 5 | \$44.00**

The Comfort of Your Own Home

REGISTER BY NOVEMBER 30. Includes \$15 materials fee. These materials will be mailed to you prior to the class.



Make a festive  
**DIVA** wreath for  
your door.



## NEW! ONLINE: LET'S MAKE SOME HOLIDAY ORNAMENTS!

W from 7:00 PM to 9:00 PM

**AC16.** Let's make some beautiful ornaments together. Make 4 different ornaments using 3 techniques: a glittery initial ornament, a melted snowman ornament, and a Disney-inspired duo. These ornaments can add a festive touch to your holiday or be given as gifts. You will need access to a glue gun.

**Cheri Skipworth**

December 9 | \$42.00

The Comfort of Your Own Home

REGISTER BY DECEMBER 4. Includes \$13 materials fee. These materials will be mailed to you prior to the class.

## NEW! ONLINE: RELEASING THE ARTIST WITHIN

W from 6:30 PM to 9:00 PM

**AC17.** Experience unique strategies to awaken imagination counterbalanced by the grounding touch of Art History. Each week includes hands-on opportunities for creation. Projects include an experimental collage; an imaginary art piece incorporating techniques with watercolors; pencil drawing in response to light direction to achieve the illusion of depth; and a still life. Open to the novice as well as those who wish to refresh their skills with nurturing guidance.

**Priscilla Shaffer**, BA Art, is an adjunct faculty member in the Department of Landscape Architecture & Horticulture/Tyler School of Art at Temple University, Ambler. She assisted the art director at Artman Home in Ambler, PA, and headed a community project in Lansdale, PA teaching drawing and painting to dementia residents.

October 28 - November 18 | \$99.00

4 sessions

The Comfort of Your Own Home

Attached to your receipt will be 3 handouts including supplies needed.

Make your own  
**BEAUTIFUL** necklace.



## DESIGN YOUR OWN JEWELRY - BEGINNERS WORKSHOP

Su from 1:30 PM to 3:00 PM

**AC18.** Design beautiful jewelry out of semi precious stones, freshwater pearls and crystals. Learn how to make a pair of earrings using three essential tools. You will also learn how to choose the proper beading wire for your necklace, while attaching a clasp. Gain an introduction to basic wire wrapping techniques that can be applied to a variety of jewelry making. Become knowledgeable on jewelry terminology and all you need to know to navigate your way around a bead shop.

**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.

December 6 | \$29.00

MALT Office, 6601 Greene St.

\$29 materials fee payable to the instructor. We anticipate the need for social distancing and wearing a mask will be mandatory.

## INTRODUCTION TO COMPUTERS/WINDOWS 10

Tu from 10:00 AM to 12:30 PM

**CCo1.** 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.

**October 6-27 | \$104.00**

4 sessions

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

Students will use laptops with Windows 10.



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“David was wonderful.... this course was given with focus and patience....it was conducted on zoom, it was the perfect format.”

## INTERNET & EMAIL

Tu from 10:00 AM to 12 N

**CCo2.** 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**

**November 10-17 | \$44.00**

2 sessions

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

Students will use laptops with Windows 10.

## ONLINE: INTRODUCTION TO MICROSOFT EXCEL

W from 7:00 PM to 9:00 PM

**CCo3.** 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**

**October 14-28 | \$89.00**

3 sessions

The Comfort of Your Own Home



## ONLINE: MICROSOFT WORD & POWERPOINT

Th from 6:30 PM to 8:30 PM

**CCo5.** Learn basic skills to operate Microsoft Word and PowerPoint. Two classes will be dedicated to each application. You will create various business documents, insert tables, graphs, and pictures from the web, and insert hyperlinks into a PowerPoint presentation.

**Stacie Sawyer**, M. Ed, is an Accounting instructor with over 20 years experience at the high school and college levels. In her role as property manager & bookkeeper for JTS Real Estate, she currently uses Microsoft Office and Quickbooks on a regular basis.

**September 24 - October 15 | \$89.00**

4 sessions

The Comfort of Your Own Home

\$25 materials fee payable to the instructor for 6 months of online practice for skills taught in class.

## ONLINE: INTRODUCTION TO WORDPRESS

W from 7:00 PM to 9:00 PM

**CCo4.** WordPress makes it possible to have your website up and running in 24 hours. The reason it is the popular choice for website building is that no coding is necessary. We will start from the beginning and gradually build on the previous material. It is recommended (but not required) that you already have a WordPress site.

**David Grauel**

**September 23 - October 7 | \$99.00**

3 sessions

The Comfort of Your Own Home

## NEW! ONLINE: GOOGLE DOCS FOR BEGINNERS

Sa from 10:00 AM to 12 N

**CCo6.** Discover the versatility of Google Docs. We will compare/contrast the difference between Microsoft and Google platforms. Additionally, you will practice how to manipulate text and images by adding, editing, inserting and creating links to the Internet. Time permitting we will take a brief look at other applications in the Google Suite.

**Stacie Sawyer**

**September 26 - October 10 | \$74.00**

3 sessions

The Comfort of Your Own Home



**MALT has over 200 classes and every one of them will keep on giving.**

MALT classes in Cooking, Yoga, Pilates and Dancing will give you and yours healthier bodies all year long. Our classes in Financial Planning and Working for a Living can give your family peace of mind for years to come. Our Music and Art classes make the world a better place in which to live. With such a variety of offerings the possibilities are endless!

Purchase online [https://bit.ly/MALT\\_GiftCert](https://bit.ly/MALT_GiftCert) for a **MALT gift certificate**



Support our  
mission-driven  
non-profit with a  
tax-deductible donation!

Visit: <https://mtairylearningtree.org/donate/>

## ONLINE: A BUSINESS' CRASH-COURSE IN SOCIAL MEDIA

Tu from 7:00 PM to 9:00 PM

**CC07.** The ubiquity of social media websites such as Facebook and Twitter allows consumers to tell their friends about their experiences and make it much easier for word-of-mouth to spread quickly. If you're running a start-up or mid-sized company, discover how to take advantage of this connectivity to your customers. Learn basic social media terminology, how to set up your business account in Facebook and Twitter, how to use those accounts as a business, and when it makes sense to hire a firm to manage your social media. Curriculum has been updated to include recent and ongoing content protection regulations. You must have at least basic knowledge of computers, the Internet, and accounts in Facebook and Twitter before class.

**DeAnn Cox** is the owner of Cox Management and Consulting Firm, Inc. She has successfully directed the company's strategic planning, social media management, business development, resources, quality assurance and customer satisfaction.

**October 6-13 | \$44.00**

2 sessions

The Comfort of Your Own Home

Be sure you know your log-in and passwords for all your social media accounts.

## ONLINE: GETTING TO KNOW YOUR IPHONE

W from 10:00 AM to 12 N

**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, were you advised that it would help you organize your life? Discover some of the wonders of the iPhone and learn how to become more productive in this hands-on two-part course. Students with an iPhone should bring it to class and are encouraged to discuss their favorite apps.

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

**October 7-14 | \$44.00**

2 sessions

The Comfort of Your Own Home

Designed for iPhone 5 or newer.



## ONLINE: GETTING TO KNOW YOUR IPHONE... BETTER

W from 10:00 AM to 12 N

**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!

**Nina Epstein**

**November 11-18 | \$44.00**

2 sessions

The Comfort of Your Own Home

Designed for iPhone 5 or newer.



Navigate your way  
around **HOLIDAY**  
eating and stay healthy!



## ONLINE: NEO VEGETARIAN SOUL

Sa from 10:00 AM to 12 N

**CKo1.** Learn how to make vegetarian Jollof Rice and Ghanaian Red-Red. You will have the opportunity to cook along with Jackie if you like. Early registrants will receive emailed recipes and a shopping list for both of the main dishes. Along the way, get tips on kitchen organization and substitutions.

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

**October 3 | \$29.00**

The Comfort of Your Own Home

## NEW! ONLINE: HEALTHY HOLIDAY EATING

W from 6:30 PM to 7:30 PM

**CKo2.** During the months of October-January is where we see a spike in weight gain. This may be due to the holidays, parties, increase in sweets and alcohol and decrease in exercise with the busyness of the holiday season. Discover ways to navigate a holiday party and learn what dishes to load up on and which to avoid. We'll also review ways to alter recipes to decrease calorie, sugar and fat content. Recipes included!

**Nicole Schillinger** is a Registered and Licensed Dietitian and Personal Trainer with 18+ years of experience. She is also a certified personal trainer and group exercise instructor with years of experience educating and teaching the public about the importance of health and wellness.

**October 28 | \$20.00**

The Comfort of Your Own Home

## NEW! ONLINE: MEAL PREP 101

Th from 6:30 PM to 8:00 PM

**CKo3.** Learn how to become an effective meal prepper! We'll cover the tools needed in the kitchen to make the job easier and save time. Discover what containers to use to store for portion control and easy heating without additional BPA exposure. We'll meal prep for the upcoming week in the second session. See how easy it is to make breakfast, lunch and dinner for the week in less than 1.5 hours.

**Nicole Schillinger**

**November 5-12 | \$39.00**

2 sessions

The Comfort of Your Own Home

Register by  
**September 30** for  
any class marked **NEW!** and  
receive 10% off the course fee.

Online, please enter code **NEW20F**.  
Cannot be combined with any other  
offer or discount. Must be requested  
at time of registration.

**MA  
LT**

## WINE TASTING: CENTRAL AND EASTERN EUROPE

**CKo4.** Although wine making in Central and Eastern Europe dates back as far as, or further than, that in Western Europe, it suffered for many years in obscurity and bad management during the Cold War behind the Iron Curtain. In recent years, however, wines from these regions represent some of the best values on the world market today. We'll sample wines from countries which may include Hungary, Bulgaria, Romania, Slovenia, Croatia, Czech Republic, Slovakia and Bosnia.

**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. November 10 | \$29.00**  
Tu from 7:00 PM to 9:00 PM

**B. November 17 | \$29.00**  
Tu from 7:00 PM to 9:00 PM

Mt. Airy Nexus, 520 Carpenter Lane

\$15 materials fee payable to the instructor. Students are advised to bring 4 glasses to participate in the wine tasting.

## NEW! ONLINE: BASIC SEASONING AND ADOBO

M from 6:00 PM to 8:30 PM

**CKo5.** Spice up your life with basic, all-time favorite Puerto Rican dishes. Let's start with the spice blends used in almost every recipe: sofrito and adobo. Sofrito is a sauce base made with onions, garlic, aji peppers, green bell peppers, and cilantro. Adobo is a dry spice blend of salt, pepper, cumin, paprika, onion powder, and chili powder.

**Melissa Sabater** learned her love of cooking from her grandmother, mother, aunts, and uncles who are all cooks and bakers. She puts a healthy twist to her cooking by adding more veggies and variety in her Puerto Rican dishes.

**September 21 | \$29.00**

The Comfort of Your Own Home

## NEW! ONLINE: AREPAS AND BEANS

M from 6:00 PM to 8:00 PM

**CKo6.** Puerto Ricans call this "comida pobre," meaning "food for the poor." It costs just a few dollars for all the ingredients and can feed the whole family. It not only feeds them, it tastes AMAZING! You can use any bagged, frozen or canned beans such as kidney beans, white beans, mixed beans, pink beans, garbanzo, etc. Prior attendance in Basic Seasoning and Adobo highly recommended.

**Melissa Sabater**

**October 5 | \$29.00**

The Comfort of Your Own Home

## NEW! ONLINE: ARROZ CON GANDULES

M from 6:00 PM to 8:00 PM

**CKo7.** Rice and pigeon peas is a holiday favorite; without it, the holidays are just incomplete! We smelled this dish in the air throughout our mostly Puerto Rican neighborhood. Note: you can add fish, chicken, tofu, pork or ham. Prior attendance in Basic Seasoning and Adobo highly recommended.

**Melissa Sabater**

**October 19 | \$29.00**

The Comfort of Your Own Home

## NEW! ONLINE: BACALAO CON VERDURAS

M from 6:00 PM to 8:00 PM

**CKo8.** Imagine the fisherman, catching cod or pollock, from the beautiful, blue Atlantic Ocean, near the Islands. Now that you've learned the basic and traditional rice and bean dishes from Puerto Rico, here is a fun, authentic salad that you can make (salted codfish or pollock with root vegetables). It's refreshing and you can add your favorites like avocado, tomatoes, capers, and Spanish onion. Prior attendance in Basic Seasoning and Adobo highly recommended.

**Melissa Sabater**

**November 2 | \$29.00**

The Comfort of Your Own Home

## NEW! ONLINE: ARROZ CON DULCE

M from 6:00 PM to 8:00 PM

**CK09.** With all the delicious recipes, we've learned from my Abuelita's recipes, here is HER FAVORITE DESSERT and mine, that she graced us with after our cena (dinner): Arroz con Dulce (rice pudding). This is a very easy recipe. You already have rice?!? You'll need coconut milk, vanilla, sugar and spices. And a lot of amor!

**Melissa Sabater**

**November 16 | \$29.00**

The Comfort of Your Own Home



## ONLINE: FERMENTING FOR FUN AND YOUR HEALTH

W from 7:00 PM to 9:00 PM

**CK10.** Come learn the basics of turning veggies into works of art that work wonders on your intestinal tract! "Probiotic" isn't just a buzz word — probiotics are a key to lasting health and immunity. Students will be amazed at how fun and easy it is to transform the contents of their refrigerator into delicious AND nutritious condiments and sides. This class will cover sauerkraut, kimchi, pickles, rejuvelac and non-dairy cheeses.

**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.

**September 30 | \$29.00**

The Comfort of Your Own Home



## ONLINE: MAKE WATER KEFIR (KOMBUCHA'S COUSIN)

W from 7:00 PM to 9:00 PM

**CK11.** 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**

**October 14 | \$29.00**

The Comfort of Your Own Home

## ONLINE: HOLIDAY FARE THAT WILL DO YOUR BODY GOOD!

W from 7:00 PM to 9:00 PM

**CK12.** 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 no-tatoes, nog and more). There will be a selection of holiday cookies and a cake or pie so those pecans will have somewhere to go!

**Dorothy Bauer**

**November 18 | \$29.00**

The Comfort of Your Own Home

## ONLINE: TAHITIAN/ HULA DANCE CARDIO

Tu from 6:00 PM to 7:00 PM

**DA01.** 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.

**September 22 - October 27 | \$59.00**

6 sessions

The Comfort of Your Own Home

Bring water, sarong or shawl for your hips. We dance barefoot.

## ONLINE: DANCE-IT-OUT! FUN FITNESS

W from 7:00 PM to 8:00 PM

**DA02.** 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**

**September 23 - October 28 | \$59.00**

6 sessions

The Comfort of Your Own Home

“Gayle has an awesome energy! I really enjoyed participating. I sweated and had a lot of fun. It was a high point during my week, especially in the pandemic.”



## ONLINE: CORE FUSION: BARRE & BALANCE - DANCE & FITNESS BARRE

Th from 3:00 PM to 4:00 PM

**DA03.** This class combines the perfect connection with fitness and dance practices; the core conditioning associated with Pilates as well as the flexibility improvements that occur with yoga. Combined with the technique of dance this Barre class is designed to build your core strength, work on balance, breath, flexibility, and toning. Working from barre, center floor, and mat utilizing ballet and modern dance techniques, this class will empower your physical and spiritual strength.

**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, and has performed with Opera Company of Philadelphia, and a former musical theater choreographer at Germantown Friends School. She has been teaching Zumba for 10 years and holds 8 Zumba(R) licenses, a certified Silver Sneaker Boom Mind Instructor, and is Ballet Barre certified.

**October 8 - December 3 | \$120.00**

8 sessions

The Comfort of Your Own Home

Wear comfortable exercise clothing, bring yoga/exercise mat, socks or bare feet, and water. You will also need a barre, chair or something that can offer support.



## ONLINE: SENIOR BALLET I: PINK & SILVER SLIPPERS

W from 10:30 AM to 11:30 AM

**DAo4.** Find your inner ballerina! If you dreamt of being a ballerina, this class is your wish come true. Basic barre, center floor, and choreography to the music of classic ballets. No experience necessary.

**Karen Taylor Young**

**October 7 - December 2**

**(no class 11/25) | \$79.00**

8 sessions

The Comfort of Your Own Home

Wear comfortable clothing or dance wear, ballet slippers (dance shoe) or soft supple shoes. You will also need a barre, chair or something that can offer support.

Fewer than 5,  
the Class takes  
a Dive!

Please  
register  
early.



“Keep up the good work  
of adding alternative  
learning for Philadelphia!”

## ONLINE: SENIOR BALLET II: PINK & SILVER SLIPPERS

F from 10:30 AM to 11:30 AM

**DAo5.** Continue your ballet studies with Karen! Basic barre, center floor, and choreography to the music of classic ballets. Some ballet experience necessary.

**Karen Taylor Young**

**October 9 - December 4**

**(no class 11/27) | \$79.00**

8 sessions

The Comfort of Your Own Home

Wear comfortable clothing or dance wear, ballet slippers (dance shoe) or soft supple shoes. You will also need a barre, chair or something that can offer support.

## VIDEO: BACHATA!

Sa from 4:00 PM to 5:00 PM

**DAo6.** 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. Videos will be available in the exclusive content area of the instructor's YouTube channel.

**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.

**September 26 - November 14 | \$94.00**

8 sessions

The Comfort of Your Own Home



## VIDEO: BEGINNING SALSA

Sa from 7:00 PM to 8:00 PM

**DAo7.** 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. Videos will be available in the exclusive content area of the instructor's YouTube channel.

**Marck "Flaco" Best**

**September 26 - November 14 | \$94.00**

8 sessions

The Comfort of Your Own Home

## ONLINE: EVERYBODY CAN LINE DANCE

Th from 7:00 PM to 8:00 PM

**DAo9.** Everybody Can Line Dance! offers EASY line dance instruction as a form of healthy exercise for you and your family. Enjoy a dance journey while learning the classics as well as the new, EASY, popular, line dances. Learn dances commonly enjoyed on cruises, at weddings, and other festive events. Instruction will be provided via Zoom AND Facebook Live (private group). The instructional videos will remain in the Facebook Live private group for participants to access for practice.

**Audrey Donaldson**, Ed.D/CI, is an educator with over 20 years of teaching experience.

**June Donaldson** began his teaching career in 2003 as a Philly Bop and Cha-Cha instructor. Together they share the joy of dance at a variety of events, such as festivals, dance conventions, school programs, and fundraisers.

**October 22 - November 12 | \$49.00**

4 sessions

The Comfort of Your Own Home

## VIDEO: BOP I

Su from 6:00 PM to 7:00 PM

**DAo8.** 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. Videos will be available in the exclusive content area of the instructor's YouTube channel.

**Marck "Flaco" Best**

**October 4 - November 22 | \$94.00**

8 sessions

The Comfort of Your Own Home

## ONLINE: KICKBOX DANCE CARDIO: FUN FITNESS!

Th from 7:15 PM to 8:15 PM

**EX01.** 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** 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.

**September 24 - October 29 | \$64.00**  
6 sessions

The Comfort of Your Own Home

Bring a towel and plenty of water.

## ONLINE: HULA HOOP DANCE CARDIO

M from 7:00 PM to 8:00 PM

**EX02.** 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**

**October 5 - November 9 | \$64.00**  
6 sessions

The Comfort of Your Own Home

You'll need an adult hula-hoop with grip tapping, 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.

## ONLINE: ZUMBA® GOLD TONING

Th from 11:00 AM to 11:55 AM

**EX03.** 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. The Zumba® Gold-Toning program takes the basic Zumba Gold® dance-fitness party you love at a slower pace with a redefining total body workout using 1-2lbs weights or Zumba® Toning Sticks to shake up those muscles!

**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.

**October 8 - December 3 | \$74.00**  
8 sessions

The Comfort of Your Own Home

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

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“Always take this class. Any class that Karen teaches is worthwhile! She's inspiring and energizing, and keeps me dancing at a very hard time for doing lots of things.”

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## ONLINE: KARIBBEANKRAZE

**EXo4.** KaribbeanKraze is a dance fitness program teaching original Caribbean style dances called KrazeLine, in a fitness format, for land and water. These fat burning aerobic routines incorporate Caribbean dance moves, including afro beats, from various countries. Modifications are also used to accommodate most fitness levels. Our goal is to prepare you for parties, events and carnivals as well as dance yourself healthy in 60 minutes!

**Marcia Moore** is a certified group fitness instructor for land and water. She has taken her journey, love for dancing, and her Jamaican culture and created a fitness program to promote health and wellness for all fitness needs and levels.

**A. September 24 - October 29 | \$74.00**  
Th from 7:00 PM to 8:00 PM  
6 sessions

**B. November 5 - December 17**  
**(no class 11/26) | \$74.00**  
Th from 7:00 PM to 8:00 PM  
6 sessions

The Comfort of Your Own Home

Optional materials: flag or thin hand towel,  
yoga mat, light hand weights

## ONLINE: FACE-LIFT!

Tu from 7:00 PM to 8:00 PM

**EXo6.** Face-LIFT is a holistic technique to tighten the skin, reduce wrinkles, brighten the eyes, and change features of the face WITHOUT money, surgeries, or scars! Learn Nga's 60-second Face-LIFT Method, and other face-sculpting techniques in this fun and user-friendly introductory course.

**Nga El** is a healer, and founder of The Health Warrior; offering private 'healthy choices' coaching, 'functional food' workshops, and high-quality products and services such as cupping for tension relief, ionic foot detox for cleansing, and yoga for balance and stress control. Follow Nga on Instagram @holisticnga.

**November 10 - December 1 | \$54.00**  
4 sessions

The Comfort of Your Own Home

## NEW! ONLINE: THRIVE WITH 5

Th from 10:00 AM to 10:45 AM

**EXo7.** Thrive into your later years with just 5 strengthening exercises a day! For beginners or intermediate exercisers, you will learn combinations of 5 functional exercises that will keep you strong and fit for years to come. Learn how you can modify each exercise to match your fitness level, work around any existing orthopedic limitations, and make these simple yet effective exercises a permanent part of your daily routine. We'll wrap up each class with a relaxing mind-body practice to ensure your mind gets an extra boost.

**Colleen Montgomery** is a Certified Health Coach and Clinical Exercise Physiologist. She has certificates in Plant-Based Nutrition and Stress Management Coaching and has thoroughly enjoyed a decade of working with people with heart disease.

**October 8 - November 12 | \$54.00**  
6 sessions

The Comfort of Your Own Home

## ONLINE: FIERCE AND FIT OVER 40

Th from 6:00 PM to 7:15 PM

**EXo5.** 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](http://www.voilawellness.com).

**September 24 - October 29 | \$74.00**  
6 sessions

The Comfort of Your Own Home

Wear comfortable clothes, bring a small towel, your own yoga mat and hand weights (2 or 3 lb is usually sufficient).





## ONLINE: GYROKINESIS

Tu from 6:00 PM to 7:15 PM

**Exo8.** Gyrokinesis is a fitness modality that is accessible to everyone. Movements are done sitting on a stool or on the floor. Classes start with techniques to awaken the body and prepare it for movement. Movements are gentle, powerful, and build in a natural progression. The body is encouraged to grow strong and supple in a way that it inherently understands. Respect for the integration of strength and balance will promote integrated movement characterized by strength, harmony, and fluidity.

**Joe Tighe** has been involved in the study and teaching of human performance for over three decades. He is a licensed Physical Therapist, a private fitness consultant, and gifted body worker. He started teaching Gyrokinesis in 2004.

**September 29 - November 17 | \$109.00**

8 sessions

The Comfort of Your Own Home

You will need a sit stool about 16 to 20 inches high.

## ONLINE: BOXING FITNESS ACTION

**Ex10.** Do you need stress relief? Looking for fitness that gives you a happy high? Put on boxing gloves and do a fun, challenging workout guided by a National Golden Gloves champion. Learn how to throw a real punch and get in some strong kicks. Boxing is considered by researchers to be one of the most effective workouts you can do for overall toning, strength and conditioning. All levels of fitness.

**Rochelle Brenner** is a Black Belt and full-time martial arts instructor for children and adults. She is also a former amateur boxer and includes training that can challenge every level.

**A. September 25-October 23 | \$60.00**

F from 6:00 PM to 6:40 PM

5 sessions

**B. November 6-December 11 (no class 11/27) | \$60.00**

F from 6:00 PM to 6:40 PM

5 sessions

The Comfort of Your Own Home

## Move to exciting LATIN RHYTHMS in Zumba® class.



## ONLINE: ZUMBA®

Th from 6:45 PM to 7:45 PM

**Exo9.** Zumba® fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness program! Our goal is simple: we want you to want to work out, to love working out, and to get hooked. Zumba® fanatics achieve long term benefits while experiencing an absolute blast in one exhilarating hour of calorie burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! Zumba® is an intense cardio workout that feels less like exercise and more like a party!

**Jada Temple** has been dancing for more than 10 years, with her main concentration in African dance. She took Zumba® classes for 3 years before receiving her instructor's license. She loves to teach and make people happy.

**October 1 - November 19 | \$89.00**

8 sessions

The Comfort of Your Own Home

Bring a towel and water.

## ONLINE: MONEY BASICS FOR LIFE

Th from 7:00 PM to 9:00 PM

**FC01.** This is a fundamental course that teaches students the 3 basic principals of money: earn, save, and invest. Learn how the basic principals of money work together to create generational wealth, increased cash flow, and little to no debt. The principals work for every income range and all education levels. Take control over your financial future and feel like an expert. If you stick to the principals, you will notice an immediate change in your finances.

**Rochelle Thomas** has 10 years of experience working with local non-profits as a consultant and personal financial counselor. She earned a Bachelor of Business Administration & Management with a concentration in Economics along with several other professional certifications in financial literacy, homeownership, and foreclosure prevention.

**September 24 | \$34.00**

The Comfort of Your Own Home

## ONLINE: STOCKS AND BONDS 101

W from 7:00 PM to 8:00 PM

**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.

**October 14-21 | \$24.00**

2 sessions

The Comfort of Your Own Home

Learn what it takes to become a millionaire by being **SMART** with your money.



## ONLINE: MILLIONAIRES IN TRAINING

Th from 7:00 PM to 8:30 PM

**FC02.** Receive the tools and tips you need to reach all of your personal finance goals. Learn about the essentials of effective budgeting, how to reach a perfect credit score, increase your net worth, pay down debt, save for an emergency fund, and much more.

**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.

**November 19 | \$24.00**

The Comfort of Your Own Home

## ONLINE: VALUES-BASED INVESTING

Tu from 7:00 PM to 8:30 PM

**FC04.** 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** is a Wealth Advisor with Risler Financial Management, which is based in Blue Bell. 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.

**October 13 | \$20.00**

The Comfort of Your Own Home

## ONLINE: WHAT IS YOUR SOCIAL SECURITY STRATEGY?

Th from 7:00 PM to 9:00 PM

**FC05.** 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**

**November 5 | \$24.00**

The Comfort of Your Own Home

## Fall 2020 Staff Picks!

### ★ Steph's picks:

#### • **Anti Racist Parenting** (p. 3)

Like many parents, I'm awakening to the important fact that it's simply not enough to teach my kids to be inclusive and kind. I'm looking forward to this class helping me in my shift from "inclusive" parenting to actively anti-racist parenting.

#### • **Water Kefir** (p. 15)

Dorothy's water kefir is slightly tart, slightly sweet, and so delicious and healthful, and she'll teach you how to make it yourself!

#### • **Boxing Fitness Action** (p. 21)

Ms. B has great energy! I recommend this fun, exhilarating and effective form of home fitness. !

### ★ Nima's picks:

#### • **Arepas and Beans** (p. 14)

This class sounds so yummy! I love Arepas! Cannot wait to learn how to make them at home!"

#### • **Yoga Nidra** (p. 44)

Very excited to try this relaxing class!

### ★ Nicki's picks:

#### • **Starting Your Own Business** (p. 29)

If you're thinking about starting your own business, Wally's class will really help you create a workable business plan.

#### • **The Movement for Women's Suffrage** (p. 56)

Celebrate 100 years of women's suffrage by learning about the long journey it took to get here.



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# DAY TIME CLASSES

## MONDAY THROUGH FRIDAY

### ONLINE: ADULT AND TEEN DRAWING AND PAINTING

**A. Th from 4:00 PM to 6:00 PM** page 4

September 24 - October 29

**B. F from 9:00 AM to 12 N**

September 25 - October 30

**C. Th from 4:00 PM to 6:00 PM**

November 5 - December 10 (no class 11/26)

**D. F from 9:00 AM to 12 N**

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

### INTRODUCTION TO COMPUTERS/WINDOWS 10

**Tu from 10:00 AM to 12:30 PM** page 10

October 6 - 27

### INTERNET & EMAIL

**Tu from 10:00 AM to 12 N** page 10

November 10 - 17

### ONLINE: GETTING TO KNOW YOUR IPHONE

**W from 10:00 AM to 12 N** page 12

October 7 - 14

### ONLINE: GETTING TO KNOW YOUR IPHONE...BETTER

**W from 10:00 AM to 12 N** page 12

November 11 - 18

### ONLINE: CORE FUSION: BARRE & BALANCE - DANCE & FITNESS BARRE

**Th from 3:00 PM to 4:00 PM** page 16

October 8 - December 3

### ONLINE: SENIOR BALLET I: PINK & SILVER SLIPPERS

**W from 10:30 AM to 11:30 AM** page 17

October 7 - December 2 (no class 11/25)

### ONLINE: SENIOR BALLET II: PINK & SILVER SLIPPERS

**F from 10:30 AM to 11:30 AM** page 17

October 9 - December 4 (no class 11/27)

### ONLINE: ZUMBA® GOLD TONING

**Th from 11:00 AM to 11:50 AM** page 19

October 8 - December 3

### ONLINE: THRIVE WITH 5

**Th from 10:00 AM to 10:45 AM** page 20

October 8 - November 12

### ONLINE: UNDERSTANDING MEDICARE: A GUIDE TO THE CHOICES

**A. W from 1:30 PM to 3:30 PM** page 33

September 23

### ONLINE: UNDERSTANDING LONG TERM CARE 101

**A. Tu from 1:00 PM to 3:00 PM** page 34

September 29

### ONLINE: SPECIAL NEEDS BENEFITS AND PLANNING

**A. Th from 1:00 PM to 3:00 PM** page 34

September 24

### YOGA, A CHAIR AND YOU

**F from 11:30 AM to 1:00 PM** page 41

October 23 - November 20

### ONLINE: CHAIR VINYASA FLOW

**A. Tu from 1:00 PM to 2:00 PM** page 42

October 6 - November 3

**B. Th from 1:00 PM to 2:00 PM**

October 22 - November 19

### ONLINE: POWER YOGA

**A. W from 10:00 AM to 11:15 AM** page 42

October 7 - November 11

**B. M from 10:00 AM to 11:15 AM**

November 2 - December 7

### T'AI CHI - YANG STYLE: LEVEL ONE

**A. Tu from 10:00 AM to 11:00 AM** page 43

October 6 - December 8

**B. W from 10:00 AM to 11:00 AM**

October 7 - December 9

### T'AI CHI - YANG STYLE: LEVEL TWO

**W from 1:00 PM to 2:00 PM** page 43

October 7 - December 9

### T'AI CHI - YANG STYLE: LEVEL THREE

**W from 11:30 AM to 12:30 PM** page 43

October 7 - December 9

### ONLINE: MINDFULNESS MEDITATION

**A. Th from 1:00 PM to 2:15 PM** page 50

October 1

**B. Th from 1:00 PM to 2:15 PM**

October 15 - November 19



## ONLINE: SECRETS THE USED CAR DEALER DOESN'T WANT YOU TO KNOW

Sa from 9:00 AM to 12 N

**FCo6.** If you're in the market to buy an automobile, you don't want to miss this class! Purchasing a car is often the second most expensive purchase of a person's life (buying a home being number one). It's important to understand the car buying process and avoid the rip-offs and scams. We'll share some of the top 10 secrets that can help save you thousands of dollars and avoid buying a clunker.

**Deric Dandridge** is a business owner with 20 years in the credit repair business and 23 years in the auto sales industry. He is now sharing his experiences across the country through Dandridge Seminars Training Group.

**November 7 | \$49.00**

The Comfort of Your Own Home

Includes \$10 materials fee.

## ONLINE: RESTORE YOUR CREDIT

Sa from 10:00 AM to 12 N

**FCo7.** Learn how to win the credit game! This course will teach you how credit works, how it affects your everyday life and how to restore your credit, settle debts and speak to creditors. Students will finish this course and confidently understand how the credit game works and how to achieve and maintain an excellent credit rating.

**Rachael Knox** is the owner of Credit Groove LLC and a Board Certified Credit Score Coach and a Board Certified Credit Repair Specialist. Author of Credit Groove's Do It Yourself Credit Repair Workbook. Ms. Knox has been repairing credit for 15 years. Her personal financial loss began her passion to help others rebuild their credit rating and understand the power of a great credit score.

**September 26 | \$49.00**

The Comfort of Your Own Home

\$18.95 materials fee payable to the instructor.

## NEW! ONLINE: THE ULTIMATE MONEY CHALLENGES

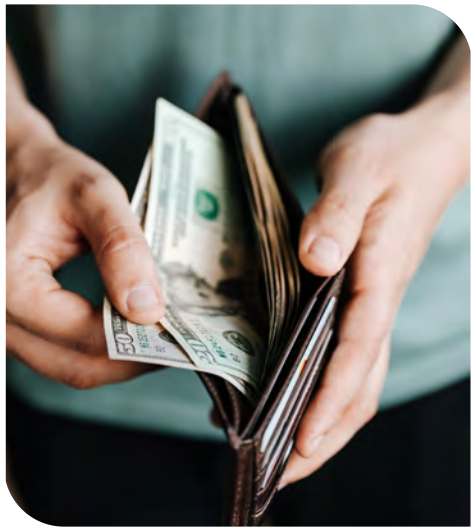
W from 7:00 PM to 9:00 PM

**FCo8.** Interested in putting an extra hundred dollars a month in your pocket without getting another job? Discover 3 money challenges to ensure financial freedom TODAY. The Budget Like a Bo\$\$ Challenge, The Five-Dollar Challenge, and The Spare Change Challenge. You will also learn how to save thousands of dollars on college tuition and student loan debt. Whatever your financial goals are, The Ultimate Money Challenges will get you there faster.

**Erica Neville**, "The Money Coach," went from bankruptcy to becoming an award winning licensed financial expert. She has been conducting money management workshops, seminars and Bo\$\$ Money Challenges for the past 20 years. Erica is co-creator of the Millionaire Mind Set Dream Big Summit that was held in Chestnut Hill in 2019.

**November 11 | \$20.00**

The Comfort of Your Own Home



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“Please continue online video courses. For those of us over 65, these are essential as it is still very risky for us to participate in groups, even with physical distancing”

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## ONLINE: \$50 WEALTH BUILDER

Sa from 10:00 AM to 12:30 PM

**FC09.** 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.

**November 7 | \$59.00**

The Comfort of Your Own Home

## ONLINE: ULTRA-INVESTING USING OPTIONS

Sa from 1:30 PM to 4:00 PM

**FC10.** 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**

**November 7 | \$59.00**

The Comfort of Your Own Home

\$18.95 materials fee payable to the instructor.

## ONLINE: CREATE PASSIVE INCOME IN YOUR SPARE TIME: INVESTING STRATEGIES

Sa from 1:30 PM to 4:00 PM

**FC11.** Are you worried about your retirement income? Concerned about the ugly headlines about Social Security insolvency or pension programs falling short? Instead of worrying, you should be taking action and creating passive income...money that comes in even if you're relaxing on your vacation. Discover how you can build a powerful income-producing portfolio. Learn how you can project your financial cash flow needs, boost income from stocks, bonds and mutual funds by an additional 5-15%, and the pros and cons of reverse annuity mortgages.

**Paul Mladjenovic**

**November 14 | \$59.00**

The Comfort of Your Own Home

## ONLINE: RETIREMENT PLANNING TODAY

**FC12.** Are you worried about your retirement? Do you need some help planning for your future? Explore the many options and decisions regarding retirement needs, expenses, income sources, various kinds of insurance, and estate planning. Whether you are just beginning to develop a retirement plan or rapidly approaching retirement, this class is for you. Learn how to define long-term goals and return from the class with practical information you can apply immediately. Couples may attend together for a single registration fee.

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

**A. October 13-20 | \$49.00**

**Tu from 6:30 PM to 8:45 PM**

2 sessions

**B. October 22-29 | \$49.00**

**Th from 6:30 PM to 8:45 PM**

2 sessions

The Comfort of Your Own Home

Includes \$25 materials fee for a 225-page illustrated textbook.



## ONLINE: GETTING PAID TO TALK

**FC16.** If you've ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this workshop is a great, upbeat, and most importantly, realistic first step. Our easy-to-access remote learning system will take you behind the scenes at Voice Coaches main studios, where we regularly produce voice over content for a variety of clients. From audio books, training material, animation, and commercials to socially relevant content, television, and much, much more: today's voice over field has become a great way to leverage your individual voice qualities and communication skill in a whole new way. This class also includes an opportunity to receive a brief one-on-one voice range and quality assessment with our instructor. 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.

**A. October 12 | \$24.00**  
M from 7:00 PM to 8:30 PM

**B. November 23 | \$24.00**  
M from 7:00 PM to 8:30 PM

The Comfort of Your Own Home

## ONLINE: PROBLEM SOLVING TECHNIQUES TO ACHIEVE GOALS IN WORK AND LIFE

Sa from 11:00 AM to 1:00 PM

**FC17.** Learn how to break through creative blocks or launch your entrepreneurial ideas from a wide variety of experts including authors, entrepreneurs, athletes, artists, and scientists. Learn and try out problem solving strategies such as lateral thinking, oblique strategies, mind mapping, brainstorming, role play, and other tools. These techniques can help you streamline your business and up your performance at work, think up new products, services, and customer bases, save time and money, make art, and have more fun. We will work as a class, individually, and break out into groups. This will be a fast-paced learning experience!

**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.

**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](http://brianjfoleylaw.com).

**October 10 | \$24.00**

The Comfort of Your Own Home

## ONLINE: WORK AT

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## HOME AS A MEDICAL TRANSCRIPTIONIST

**FC18.** Medical transcription is a \$12 billion industry annually in the US! Choose your own hours, have a business at home, find clients and make great money. Discover a step-by-step guide to what medical transcription is, including the many options open such as working as a medical scribe; medical transcription versus medical billing & coding; learning medical transcription simply and cost-effectively; and avoiding expensive and common mistakes. Learn about marketing your business, operating capital and grants, pricing, collections, computers and software, transcription equipment, business taxes, professional organizations, networking, employees vs. subcontractors, how to get hands-on work experience, work for services and much more.

**Deborah Burns** has been a medical transcriptionist for more than 30 years, operates a large MT biz and has taught for many other programs.

**A. September 24 | \$29.00**  
Th from 6:00 PM to 7:00 PM

**B. November 5 | \$29.00**  
Th from 6:00 PM to 7:00 PM

The Comfort of Your Own Home

## ONLINE: HOW TO TRAVEL FREE & SAFELY

**M from 6:30 PM to 9:00 PM**

**FC19.** We're ready to get back to our travels! If you are near retirement, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. Prepare for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Discover over 200 ways to travel free. Earn free airline tickets, hotel nights, tours & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English and remote employment opportunities. Tuition includes Gina's 100-page ebook How to Travel Free & Safely (retail value \$39.95).

**Gina Henry** created Go Global, Inc. to empower people to travel as much as they want. She has been taking FREE vacations for over 25 years, about 10 FREE vacations each year, six months a year. Check out [www.goglobalinc.com](http://www.goglobalinc.com) for more instructor information.

**October 5 | \$49.00, Couples Fee: \$75.00**

The Comfort of Your Own Home

Includes \$15 materials fee.

## ONLINE: NETWORKING FOR SUCCESS

**Th from 7:00 PM to 9:00 PM**

**FC20.** Do you have to attend several social or networking gatherings for your company or to get exposure for your organization? Do you become anxious and uncomfortable having small talk with new people you meet not knowing how to properly share your thoughts and ideas? Gain tips and tools on how to increase your confidence in social gatherings, grow your social capital and network for success.

**Jeffrey Jones** is the Senior Consultant for GDA Consulting, an agency aimed directly at helping people to improve their performance in order to reach their maximum purpose in every area of their life. He is also an author, "Words Of Encouragement" and the host of Community Voice Radio Talk Show on 106.5 FM.

**November 12 | \$29.00**

The Comfort of Your Own Home

## ONLINE: 10 STRATEGIES FOR JOB HUNTING OVER 50

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

**FC21.** Are you 50 or better and frustrated or discouraged by your job search? Develop strategies and tips to energize your job search. Learn how to get past the bots by modernizing your search strategy, resume and interview skills. These are interactive sessions so come ready to explore and discover!

**Robin Wilson-Tolbert** is a certified professional coach who has 25+ years of HR and business experience spanning many industries and functions, from non-profits to Fortune 500s. As a career coach, Robin works with clients from across the globe and from many disciplines (technical to creative).

**October 7-14 | \$44.00**  
2 sessions

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## ONLINE: STARTING YOUR OWN BUSINESS

W from 7:00 PM to 9:00 PM

**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 30 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.

**October 7-21 | \$49.00**

3 sessions

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for a **MALT gift certificate**

## ONLINE: FOLLOW YOUR PASSIONS IN AN ENCORE CAREER

W from 7:00 PM to 8:30 PM

**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: [www.yestolifecoaching.com](http://www.yestolifecoaching.com).

**December 2-9 | \$34.00**

2 sessions

The Comfort of Your Own Home

Recommended reading: Encore Careers Handbook and The Designing Your Life Workbook (available on Amazon).

## NEW! ONLINE: UPDATE & UPGRADE YOUR RESUME

M from 7:00 PM to 8:00 PM

**FC24.** Are you starting a job search? Having trouble getting to that first interview? Or maybe it's just time for a resume update? Learn how to make this somewhat outdated tool work to your advantage. Get all the tips you need to organize, refine, condense, highlight and beautify your existing resume and help put you on the "top of the pile".

**John Autin** is a career educator and currently teaches mathematics online for the School District of Philadelphia. He is a former Human Resources Recruiter and Staffer and has a Master of Science in Human Resource Development from Drexel University.

**October 5-12 | \$29.00**

2 sessions

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## NEW! ONLINE: MASTER ZOOM & GOOGLE MEET

**FC25.** Are you still calling into your work meetings? Are you teaching or presenting? Do you want a better experience to catch up with family and friends? The COVID-19 crisis has changed how we interact with people in large groups for the foreseeable future. Learn the ins and outs of Zoom and/or Google Meet to improve your professional and personal experiences with video conferencing.

**John Autin**

### A. Zoom

Th from 7:00 PM to 8:00 PM

**October 15 | \$15.00**

### B. Google Meet

**October 22 | \$15.00**

Th from 7:00 PM to 8:00 PM

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**September 30** for  
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Cannot be combined with any other  
offer or discount. Must be requested  
at time of registration.



## NEW! ONLINE: MASTERING YOUR JOB INTERVIEW SKILLS

W from 7:00 PM to 8:30 PM

**FC26.** No one looks forward to a job interview but it does not need to be a trial. Learn how to present your professional narratives while using interview questions to your advantage. We will help you calm your nerves by approaching the interview as a conversation between two professionals. And we will also discuss the recent shift to remote interviewing via tools like Zoom or pre-recorded videos due to Covid-19. Open to professionals of all ages and stages.

**Megan Haupt** has over a decade of career coaching experience, working with clients at all stages of their careers. In addition to her coaching work, she is a serial entrepreneur, public speaker, and business consultant.

**September 23 | \$29.00**

The Comfort of Your Own Home



## ONLINE: \$100,000-A-YEAR SELF-PUBLISHER

M from 6:30 PM to 9:00 PM

**FC27.** Make a huge income from publishing & marketing information as an "info-preneur!" There are many people that are putting together simple information products that they sell by mail order or the Internet. This is a low-cost, low-risk business. You don't need special skills, expensive equipment or writing expertise. Do it part-time or full-time. This class will show you where and how to find information on your chosen topic, create your own book, report, software, audio, video or newsletter in as little as 2 weeks.

**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.

**November 2 | \$59.00**

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## ONLINE: HOME BUSINESS GOLDMINE: TURN YOUR TALENTS, HOBBIES, AND SKILLS INTO BIG PROFITS

Sa from 10:00 AM to 12:30 PM

**FC28.** Do you want another source of income without leaving your job? Are you worried about your position, your company or your financial security? Use the same techniques and strategies that have been used by millionaires! Find out how to start and operate from home, part-time or full-time. You do not need capital to get started, just a desire to succeed. You will learn specific ways to earn money in hot areas such as factoring, brokering, finder fees, liquidating, etc. Imagine earning \$50,000 by bringing money to businesses! Or find over 2,000 sources of wholesale products to earn big re-sale profits. Start a low-risk, high-potential journey to financial security.

**Paul Mladjenovic**

**November 14 | \$59.00**

The Comfort of Your Own Home

## ONLINE: TURBO CHARGE YOUR LINKEDIN PROFILE

Th from 7:00 PM to 9:00 PM

**FC29.** Find out how to translate your skills into a profile that tells a compelling business story and increases your chances of getting hired for a career or industry change. You'll learn the do's and don'ts of LinkedIn profiles; implement what you've learned with the professional feedback you need to turn your profile into a career changer. We'll cover your personal brand statement, header, banner image, about section, experience section, recommendations, testimonials, and on-going maintenance.

**Orly Zeewy** has 25+ years of experience as an educator and as a brand and marketing consultant. She has worked with dozens of professionals to re-purpose their skills and build a LinkedIn profile to prepare for their job search. On average, recent college graduates who've gone through her training have been contacted by a recruiter within days of changing their profile.

**October 8-22 | \$89.00**

3 sessions

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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**



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## ONLINE: TOOLS FOR TIME MANAGEMENT

W from 7:00 PM to 9:00 PM

**FHo1.** Does time always get ahead of you? Are you often late with assignments, for appointments and meetings? Learn the key tools necessary to help manage your time, scheduling things on your calendar, and actually being able to accomplish them without feeling rushed or hurried. So whether it's for work or personal use, get better at prioritizing, discover successful scheduling techniques, and tips to be and stay on time.

**Jeffrey Jones** is the Senior Consultant for GDA Consulting, an agency aimed directly at helping people to improve their performance in order to reach their maximum purpose in every area of their life. He is also is an author, "Words Of Encouragement" and the host of Community Voice Radio Talk Show on 106.5 FM.

**October 14 | \$29.00**

The Comfort of Your Own Home

## ONLINE: KNOW YOUR RIGHTS: DEALING WITH THE POLICE

Tu from 7:00 PM to 9:00 PM

**FHo4.** Police encounters are scary for civilians and police alike, and can turn tragic. Part of the problem is that citizens don't know their rights. Learn how to "deal professionally" with police if they stop you: when, if ever, to consent to a search, how to answer police questions, how to "arrest proof" yourself, and maintain your most important freedoms. New for 2020: Protect your rights and yourself when you protest, including if you are arrested (against your will or by choice). This isn't intended to help people commit and get away with crimes; it's to help all of us achieve better relations with police in the critical moments when it matters most.

**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 [brianfoleylaw.com](http://brianfoleylaw.com).

**September 29 | \$20.00**

The Comfort of Your Own Home

## ONLINE: FUNDAMENTALS OF DIVORCE, CUSTODY AND SUPPORT

Th from 7:00 PM to 8:30 PM

**FHo3.** Obtain a working knowledge of divorce law in Pennsylvania from filing for divorce to the distribution of your assets and liabilities. Gain an understanding about physical and legal custody and what guides the courts in making custody decisions. Grasp the essentials of the types and determination of support. Examine alternatives to litigation.

**Jeannie Fridey, Esq.** has been a licensed attorney, practicing matrimonial and family law in Pennsylvania since 1994. Prior to opening her own practice, she served as the chief litigator, oversaw the complex cases and trained the new associates for a matrimonial and family law firm for approximately 15 years.

**October 8-15 | \$34.00**

2 sessions

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“Thanks so very much for providing this wonderful selection of online classes during the time when we all need to practice social distancing during the coronavirus pandemic!”

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# ONLINE: I WANT A FUN FUNERAL, EVEN NOW

Tu from 7:00 PM to 9:00 PM

**FH05.** It's time to take our funerals up a notch! Let's become more involved in our Goodbye Celebrations. We'll discuss new alternatives, green burials, creating "Pay It Forward" life celebrations, and other ways to transform a generic ritual into something unforgettable. And given the conditions that Covid-19 imposed, we'll share alternative ways to honor and celebrate someone during restrictions. As always, in an upbeat and light-hearted conversation.

**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.

**November 10 | \$20.00**

The Comfort of Your Own Home



# ONLINE: 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 the former Director of APPRISE at the Mayor's Commission on Aging in Philadelphia. She is now working through the APPRISE program at the Einstein Medical Center.

**A. September 23 | \$20.00**

W from 1:30 PM to 3:30 PM

**B. October 12 | \$20.00**

M from 7:00 PM to 9:00 PM

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the Class takes  
a Dive!

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early.



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## ONLINE: UNDERSTANDING LONG TERM CARE 101

**FHo8.** 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 14 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. September 29 | \$20.00**

Tu from 1:00 PM to 3:00 PM

**B. October 17 | \$20.00**

Sa from 10:00 AM to 12 N

**C. November 5 | \$20.00**

Th from 7:00 PM to 9:00 PM

The Comfort of Your Own Home

## ONLINE: SPECIAL NEEDS BENEFITS AND PLANNING

**FHo9.** Government benefits programs provide critical monthly income and medical insurance for people with chronic disabilities; however, many of these programs require recipients to have very little money — as little as \$2,000. Learn legal strategies family members and people receiving disability benefits can use to set aside additional money without affecting needed benefits. Discover which benefits have financial criteria, and how strategies such as purchases of noncountable assets, special needs trusts, and ABLE accounts can make the most of gifts, awards and settlements, inheritances, and excess savings.

**Anna Sappington, Esq.** is an attorney in Jenkintown, PA. Her practice areas include special needs planning, guardianship, and estate planning. She is the author of the Pennsylvania Special Needs Planning Guide: A Handbook for Attorneys and Trustees of Special Needs Trusts.

**A. September 24 | \$20.00**

Th from 1:00 PM to 3:00 PM

**B. October 27 | \$20.00**

Tu from 7:00 PM to 9:00 PM

The Comfort of Your Own Home

## ONLINE: FUNERAL PRE-PLANNING

M from 7:00 PM to 9:00 PM

**FH10.** When is the best time to plan your funeral? Anytime but at the time of your death! Why leave the ultimate celebration of your life until the last minute? Here's your opportunity to ask a funeral director anything; no question is too little or silly. We will also present the Federal and Pennsylvania laws associated with burial, cremation and making a funeral purchase.

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

**October 19 | \$20.00**

The Comfort of Your Own Home

## ONLINE: GREEN BURIAL

Tu from 7:00 PM to 9:00 PM

**FH11.** Are you interested in being "Green," even in death? Have you ever seen all natural burial grounds, where you can be buried in a wicker basket, shroud or mushroom suit? Would you like your family to be involved in the burial process, either digging or back filling your grave? Learn more if you are curious about exploring all natural funeral and burial options, rather than more traditional funeral and burial options that include embalming, metal caskets and concrete vaults.

**Patricia Quigley**

**October 27 | \$20.00**

The Comfort of Your Own Home

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“This is a complex subject, and the slides the instructor had prepared were a significant help in understanding what options are available to the caregiver of a special needs person.”

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## ONLINE: HOW TO BUY A HOUSE

Tu from 7:00 PM to 9:00 PM

**FH16.** 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.

**October 6 | \$20.00**

The Comfort of Your Own Home

## ONLINE: LISTING YOUR HOME FOR SALE

Sa from 10:00 AM to 12 N

**FH17.** 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 has also been a registered nurse for more than 30 years.

**October 3 | \$20.00**

The Comfort of Your Own Home

## ONLINE: SO YOU WANT TO FLIP A HOUSE?

Sa from 10:00 AM to 12 N

**FH18.** 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**

**October 10 | \$20.00**

The Comfort of Your Own Home

## ONLINE: UNDERSTANDING CHRONIC DISORGANIZATION

Tu from 7:00 PM to 8:30 PM

**FH19.** 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: [www.MasteryConsulting.net](http://www.MasteryConsulting.net).

**October 6 | \$20.00**

The Comfort of Your Own Home

## ONLINE: SPEED CLEANING

W from 7:00 PM to 9:00 PM

**FH20.** 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**

**November 4 | \$24.00**

The Comfort of Your Own Home

Discover the  
TRICKS to cleaning  
more efficiently.



## ONLINE: UNDERSTANDING YOUR HOMEOWNERS INSURANCE POLICY

M from 7:00 PM to 9:00 PM

**FH21.** Learn about the various coverages of homeowners insurance, the benefits of each one, certain terms found in a policy and their meaning. What are some of the responsibilities the homeowner should not ignore? What is expected from the insurance company when a loss occurs?

**Steven Wolbach** is a public adjuster and has been helping clients for over five years. He has experience identifying issues common to the homeowner, knows of many misunderstandings held by the typical homeowner, and has the expertise to address those issues.

**October 5 | \$24.00**

The Comfort of Your Own Home

## ONLINE: COMMON HOME REPAIRS AND PROJECTS - PART I

Sa from 10:00 AM to 12:30 PM

**FH22.** Gain confidence and skills to work on your home. You'll save money and maybe even have some fun. The morning's projects includes how to fix a hole in the wall: drywall repair; removing wall paper (you just can't paint over it); and what to spray with WD-40 (or not).

**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.

**November 7 | \$39.00**

The Comfort of Your Own Home

## NEW! ONLINE: COMMON HOME REPAIRS AND PROJECTS - PART II

Sa from 1:00 PM to 3:30 PM

**FH23.** Learn MORE skills and confidence to make your home your dream home. You'll save money and maybe even have some fun. The afternoon's projects includes fixing a dripping faucet: it's not just washers; learn the other parts and what to do. If you're thinking about a new coat of paint inside, we'll cover how to prep, the brushes, kinds of paint, and finishes.

**Paul Plevakas**

**November 7 | \$39.00**

The Comfort of Your Own Home

## NEW! ONLINE: PHILADELPHIA ZONING CODE AND YOUR NEIGHBORHOOD

W from 7:00 PM to 9:00 PM

**FH24.** Are you concerned about development in Northwest Philadelphia? Do you want to participate in the zoning variance review process? Are you a concerned neighbor near a proposed development? Learn the differences between "by right", "use variance", and "dimensional variance". Understand the roles of the local Registered Community Organizations (RCO), the City's Zoning Board of Adjustment (ZBA) and near neighbors in the variance review process. Learn how to use the City's online City Atlas to research your neighborhood and the ZBA online calendar to track zoning variances in your area.

**Kelly O'Day** is a retired professional civil/ environmental engineer, long term Mt Airy resident, and has participated in several local zoning variance cases.

**November 18 | \$24.00**

The Comfort of Your Own Home

Register by  
**September 30** for  
any class marked **NEW!** and  
receive 10% off the course fee.

Online, please enter code **NEW20F**.  
Cannot be combined with any other  
offer or discount. Must be requested  
at time of registration.



## ONLINE: YOUR FIRST ORGANIC VEGETABLE GARDEN

Sa from 10:00 AM to 12 N

**FH30.** Would you like to grow delicious, nutritious, organic fruits, and vegetables for your table? Learn how to turn a rented community garden plot or your own backyard into a productive and money-saving garden. You'll choose the most cost-effective vegetables, herbs, and fruits to grow. At the end of the workshop, you will have a garden designed, planned, and mapped out using square foot gardening, the best modular planting system in use today.

**Donna Long** is a lifelong gardener, birder, and naturalist. She writes about those topics on her popular blog, [www.donnallong.com](http://www.donnallong.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.

**October 24 - 31 | \$39.00**

2 sessions

The Comfort of Your Own Home



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**

## FALL CONTAINER GARDENING

Sa from 10:00 AM to 12 N

**FH31.** Learn the basics of design and care for a beautiful potted display to last through the fall and into the winter months. A large selection of plants will be provided, both annuals and perennials, shade and sun. Please specify the light conditions where you will be placing your container. While there is not a size limit on the container, remember you will be carrying it back home, filled with soil and plants! Please bring gardening gloves and dress appropriately.

**Margaret Wilmerding** recently transplanted from Brooklyn, NY where she started a garden design and installation business, Gardens of Grace. She volunteered for nearly a decade at the Brooklyn Botanic Garden, teaching the children's programs in their education department and also served as president of the Auxiliary, where she remains an active volunteer.

**September 26 | \$79.00**

\*Private home near Greene and Coulter Sts.

Includes \$55 materials fee. Bring your own container. Rain date: Sunday, September 27, same time.

In accordance with safety concerns during this time of Covid 19, all participants will be required to wear a mask. Hand sanitizer will be provided and students will be spaced at least 6 feet apart. Please be mindful and respectful of social distancing.



## ONLINE: ART FOR CHILDREN, AGES 5+

**KDo1.** Express your own unique vision. Starting with inspiring artwork, each student artist gets help developing their own ideas and art skills. They will have plenty of time to go where their curiosity, artistic inspiration, and desire for mastery lead them. We will use simple materials you may already have at home, or that you can order online. Most important, we'll get to enjoy being artists together! This class will be online, with plenty of interaction. There will be a structured curriculum for younger artists, and older artists are welcome to do their independent work.

**Mindy Flexer** is a professional artist and certified art teacher. She taught elementary, middle, and high school art at numerous local schools. Mindy takes each student seriously as an artist and tries to help each meet their own artistic goals. For more info see [www.mindyflexerart.com](http://www.mindyflexerart.com).

**A. September 25 - October 30 | \$90.00**  
F from 4:00 PM to 5:00 PM  
6 sessions

**B. September 26 - October 31 | \$90.00**  
Sa from 9:45 AM to 10:45 AM  
6 sessions

**C. November 6 - December 11  
(no class 11/26) | \$75.00**  
F from 4:00 PM to 5:00 PM  
5 sessions

**D. November 7 - December 12  
(no class 11/27) | \$75.00**  
Sa from 9:45 AM to 10:45 AM  
5 sessions

The Comfort of Your Own Home

## ONLINE: TODDLER BALLET/TAP, AGES 3-5

Sa from 9:00 AM to 10:00 AM

**KDo2.** 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](http://mtairyperformingarts.org).

**September 19 - November 7 | \$100.00**  
8 sessions

The Comfort of Your Own Home

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

## NEW! ONLINE: ROBOT BASICS: LET'S BUILD A ROBOT

Sa from 10:30 AM to 11:30 AM

**KDo3.** Thought about making a robot? Not sure where to begin? Explore the basics and build a working autonomous robot. By the end of the course you will have experienced simple robot design and assembly, some basic electronics, and general IO (input/output) software programming. When properly programmed, robot will move about on its' own without running into things (an avoidance robot). The robot is a three wheeled Smart Car equipped with ultrasonic sensor. Mobility is by motorized wheels.

**Cordell Steward** is a self-employed Technologies Prototype Technician. He has over forty years' experience in the fields of electronics, computer hardware, software programming, and embedded software applications. Cordell is a Robotics Consultant and Saturday Robotics Workshop instructor for Franklin Institute Science Museum's PACTS youth program.

**October 3 - November 7 | \$99.00**  
6 sessions

The Comfort of Your Own Home

Includes \$35 materials fee.

Support our  
mission-driven  
non-profit with a  
tax-deductible donation!

Visit: <https://mtairylearningtree.org/donate/>



The instructor's knowledge of Qigong traditions goes ABOVE and BEYOND the poses and movements



## ONLINE: QIGONG FOR HEALTH AND WELLNESS

Tu from 7:00 PM to 8:00 PM

**MB01.** 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 15 years. He has taught several times at the prestigious National QiGong Association Conference with enthusiastically received workshops.

**September 22 - October 27 | \$64.00**  
6 sessions

The Comfort of Your Own Home

## ONLINE: RADIANT LOTUS WOMEN'S QIGONG

W from 4:30 PM to 6:00 PM

**MB02.** Learn gentle, yet powerful exercises for loving and caring for your body, reducing tension, strengthening the immune system, and developing intuition and personal power, resilience and creativity. We will practice Daisy Lee's Radiant Lotus Women's Qigong, as well as other qigong practices. Students will be encouraged to develop their own personal study and practice of qigong. All levels are welcome.

**Moon Smith** draws on many years of qigong study and practice. She was a nurse midwife for 25 years and is a community herbalist.

**Malkah Binah Klein** is an artist and rabbi who is a devoted student of qigong, as well as many other spiritual practices.

**September 23 - November 11 | \$119.00**

8 sessions

The Comfort of Your Own Home

“Moon and Malkah Binah were wonderful. They adapted the course well to the Zoom platform and I thoroughly enjoyed it.”

## NEW! ONLINE: HEALING RA QIGONG

M from 7:00 PM to 8:00 PM

**MB03.** Ra QiGong combines powerful healing chants with specific postures to pull energy from the earth and direct them to the 5 major organs considered vital for survival: lungs, kidneys, liver, heart, brain, as well as the gut. Participants can stand or sit, and literally feel the deep healing as we turn our bodies into tuning forks.

**Nga El** is a healer, and founder of The Health Warrior; offering private 'healthy choices' coaching, 'functional food' workshops, and high-quality products and services such as cupping for tension relief, ionic foot detox for cleansing, and yoga for balance and stress control. Follow Nga on Instagram @holisticnga.

**October 12 | \$24.00**

The Comfort of Your Own Home

## ONLINE: MAT PILATES WITH A BALL!

M from 7:00 PM to 8:00 PM

**MBo4.** This Mat Pilates class combines the traditional weight bearing Pilates exercises with highly effective tension release moves using a small inflatable ball. Benefits include improved posture, better coordination and balance, increased lung capacity, improved concentration and focus, increased body awareness, stress management, and injury prevention.

**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).

**October 5-26 | \$59.00**

4 sessions

The Comfort of Your Own Home

\$20 materials fee payable to the instructor for an inflatable ball.

## ONLINE: YOGA/PILATES MIX

M from 7:00 PM to 8:00 PM

**MBo5.** Stretch the muscles of the core with yoga, then strengthen the muscles with Pilates. This is a great combination for the body and mind. Suitable for those familiar with yoga and athletic beginners. Bring a mat.

**Christopher Coan** is a certified Pilates and Kripalu Yoga teacher with nearly a decade of experience. His classes are influenced by martial arts study, Buddhism and various healing modalities such as acupuncture and Ayurveda.

**October 5 - November 23 | \$79.00**

8 sessions

The Comfort of Your Own Home

## ONLINE: YOGA BASICS

**MBo6.** 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.

**A. September 23 - November 25 | \$119.00**

W from 7:00 PM to 8:00 PM

10 sessions

**B. September 27 - December 6  
(no class 11/29) | \$119.00**

Su from 10:00 AM to 11:00 AM

10 sessions

The Comfort of Your Own Home

Bring a yoga mat.



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“Thank you for offering  
online classes.”

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## YOGA, A CHAIR AND YOU

F from 11:30 AM to 1:00 PM

**MB07.** 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.

**October 23 - November 20 | \$54.00**

5 sessions

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

## ONLINE: FUNKY YOGA DANCE

Tu from 6:00 PM to 7:00 PM

**MB08.** Funky Yoga Dance combines guided dance moves and classic yoga poses to the best music ever made! The class is super fun and playful. Great for beginners and everyone, this is yoga and dance for all bodies. Get your groove on, stretch, breathe, meditate and smile to boost your mood and physical health.

**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](http://www.mishanayoga.com).

**October 6 - November 17 | \$79.00**

7 sessions

The Comfort of Your Own Home

## ONLINE: GENTLE YOGA FOR BEGINNERS AND ALL

Th from 6:00 PM to 7:00 PM

**MB09.** Transition into your evening with gentle and meditative all-levels yoga to get energy flowing, open your body, build strength, and calm your mind. Great for beginners and all bodies. You are welcome here, exactly as you are today, to reduce stress and give self-love to your body.

**Mary DiMeglio (Mare Bear)**

**October 8 - November 19 | \$79.00**

7 sessions

The Comfort of Your Own Home

## ONLINE: GENTLE YOGA TO PROMOTE GOOD SLEEP WITH LINDA KISH

Tu from 5:00 PM to 6:15 PM

**MB10.** 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, and 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 15 years and is a helpline volunteer for Living Beyond Breast Cancer for 10 years.

**September 22 - October 27 | \$80.00**

6 sessions

The Comfort of Your Own Home

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

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





## MALT has over 200 classes and every one of them will keep on giving.

MALT classes in Cooking, Yoga, Pilates and Dancing will give you and yours healthier bodies all year long. Our classes in Financial Planning and Working for a Living can give your family peace of mind for years to come. Our Music and Art classes make the world a better place in which to live. With such a variety of offerings the possibilities are endless!

Purchase online [https://bit.ly/MALT\\_GiftCert](https://bit.ly/MALT_GiftCert) for a **MALT gift certificate**

### ONLINE: YOGA FOR BONE HEALTH

W from 5:00 PM to 6:15 PM

**MB11.** 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**

**September 23 - October 28 | \$80.00**  
6 sessions

The Comfort of Your Own Home

### ONLINE: INTRO TO THE 7 CHAKRAS

Su from 10:00 AM to 11:15 AM

**MB12.** Learn about the 7 wheels of energy throughout the body, their colors, sounds and how we can keep them open with breathwork and yoga postures. All you need is a blanket and a yoga mat.

**Linda Kish**

**September 27 - November 8 | \$94.00**  
7 sessions

The Comfort of Your Own Home

Mat, towel or blanket required and notebook (optional).

### ONLINE: CHAIR VINYASA FLOW

**MB13.** Practice a seated and standing vinyasa flow, using a chair as a support. Vinyasa is an invigorating style of yoga where each inhale is a pose and each exhale is a different pose. The result is a continuous flow of movement that works mobility, strength, balance and flexibility. After an energizing flow, we will stretch and lengthen the muscles, before practicing deep relaxation with a guided meditation.

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

**A. October 6 - November 3 | \$59.00**  
Tu from 1:00 PM to 2:00 PM  
5 sessions

**B. October 22 - November 19 | \$59.00**  
Th from 1:00 PM to 2:00 PM  
5 sessions

The Comfort of Your Own Home

### NEW! ONLINE: POWER YOGA

**MB14.** Power through the pandemic with strength, balance, and ease. Breathe and flow through Sun Salutation A and B, before stilling yourself for a powerful Hatha yoga practice, holding standing poses for 5-10 breaths, before coming down onto the mat for backbending, inversions, and hip openers. The practice closes in Savasana. This is for the intermediate to advanced yoga practitioner.

**Jeni Smith**

**A. October 7 - November 11 | \$99.00**  
W from 10:00 AM to 11:15 AM  
6 sessions

**B. November 2 - December 7 | \$99.00**  
M from 10:00 AM to 11:15 AM  
6 sessions

The Comfort of Your Own Home



## T'AI CHI - YANG STYLE: LEVEL ONE

**MB15.** 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, boosting the immune system, 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 Yang Style short form. Wear loose, comfortable clothing and flat-soled shoes.

**Vicki Mehl** has studied the Cheng Man Ching Yang Style Short Form since 1995. She stuck with T'ai Chi because it has innumerable physical and mental health benefits and there is always more to learn.

**A. October 6 - December 8 | \$109.00**  
Tu from 10:00 AM to 11:00 AM  
10 sessions

**B. October 7 - December 9 | \$109.00**  
W from 10:00 AM to 11:00 AM  
10 sessions

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

## T'AI CHI - YANG STYLE: LEVEL TWO

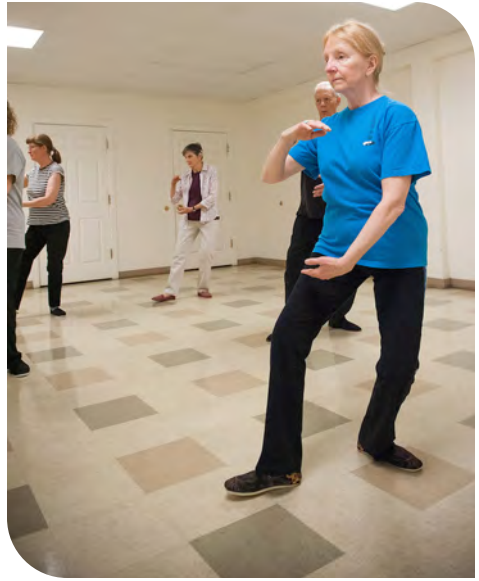
W from 1:00 PM to 2:00 PM

**MB17.** 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**

**October 7 - December 9 | \$109.00**  
10 sessions

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



## T'AI CHI - YANG STYLE: LEVEL THREE

W from 11:30 AM to 12:30 PM

**MB18.** Level Three is for students who have completed Level II and/or have permission of the teacher. We will delve more deeply into the development of chi, the internal energy that is the true source of power in t'ai chi. Classes will include on-going form correction and holding postures to develop root, softness, flexibility and flow.

**Vicki Mehl**

**October 7 - December 9 | \$109.00**  
10 sessions

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



 [mtairylearningtree](#)

 [mtairylearningtree](#)

## ONLINE: T'AI CHI FOR HEALTH

Tu from 7:30 PM to 8:30 PM

**MB19.** 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 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.

**October 6 - November 10 | \$69.00**

6 sessions

The Comfort of Your Own Home

## NEW! ONLINE: YOGA NIDRA

**MB20.** Yoga Nidra is a guided meditation style that encourages deep relaxation of body and mind. You'll be guided through each part of the meditation, which helps the mind focus on relaxing, healing, creating balance and happiness. You can sit or lie down where you are most comfortable, if you prefer not to turn your video on at all that is just fine. You'll want to be in a quiet space, and may need an extra layer as the body tends to cool down during Yoga Nidra.

**Christie Baxter** is a Yoga Alliance registered teacher who has practiced yoga since childhood. Yoga has been invaluable in managing stress and chronic back pain due to Scoliosis. Christie's classes are informal and focus on stress reduction, tapping into intuition, and accepting where you are in the moment. Learn more at [yogasensibility.com](http://yogasensibility.com).

**A. Introduction**

**October 3 | \$15.00**

Sa from 9:30 AM to 10:15 AM

**B. October 17 - November 21 | \$44.00**

Sa from 9:30 AM to 10:15 AM

6 sessions

The Comfort of Your Own Home

## ONLINE: CHANGE YOUR POSTURE, CHANGE YOUR PAIN

**MB25.** 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. Pain-free living begins when you stop treating the symptom and start treating the cause.

**Nicole Rodriguez** is a certified Postural Alignment Specialist. She worked as a Posture 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.

**A. October 14 | \$20.00**

W from 7:00 PM to 8:30 PM

**B. December 3 | \$20.00**

## ONLINE: SELF-CARE IN STRESSFUL TIMES: RETURNING TO BALANCE WITH ALEXANDER TECHNIQUE

Su from 4:00 PM to 5:15 PM

**MB21.** The Alexander technique is a practice of self-care that engages and unifies mind, body and breath to support well-being. It reduces tension and pain, but also helps manage anxiety from the unpredictable times we are living in. Explore the relationship between your thoughts and physical body, helping you feel safe and whole as you reaffirm your adaptable nature. Each participant will receive pdfs and guided audios to support developing a practice of their own.

**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.

**October 4-18 | \$64.00**

3 sessions

The Comfort of Your Own Home

Th from 7:00 PM to 8:30 PM

The Comfort of Your Own Home

## ONLINE: RUNNING AND THE ALEXANDER TECHNIQUE

Su from 4:00 PM to 6:00 PM

**MB22.** Observe and experiment with patterns of movement that contribute to your elastic inner-spring while running. Using the integrated body-mind relationships in the Alexander Technique, learn awareness skills to run efficiently and safely, preventing injuries and raising your performance. Anne will address common issues and questions from participants and utilize video analysis of their running. Before the workshop, each participant is invited to email a 3-second video filmed from the side, and one filmed from the back. Show up on Zoom prepared to be active and with the capability to position your recording device to be seen.

**Anne Johnson**

**October 25 | \$29.00**

The Comfort of Your Own Home



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“It was absolutely the best use of 90 minutes in terms of information and immediate application!”

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## NEW! ONLINE: BODY-EASE FOR ZOOMERS

Sa from 4:00 PM to 5:15 PM

**MB23.** What's your body telling you after you Zoom? This workshop will introduce awareness exercises and stretches that will help prevent the aches and pains that can come from sitting at your device for video meetings.

**Anne Johnson**

**October 3 | \$20.00**

The Comfort of Your Own Home

## ONLINE: 10 THERAPEUTIC WAYS TO USE A FOAM ROLLER

W from 7:00 PM to 8:30 PM

**MB24.** Release fascial restrictions and stress in this therapeutic movement class. Unwind your body and mind exploring movement, touch, breath and posture to create the balance of softness and strength. Learn simple ways to down regulate your nervous system, 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.

**October 7-28 | \$64.00**

4 sessions

The Comfort of Your Own Home

Students will need a full sized foam roller, 2 yoga blocks (or books similarly shaped), blanket or towel and a chair. Individualized Intro sessions with the instructor are available online and highly recommended prior to beginning the group session.

## ONLINE: MEDITATING WITH ROSE QUARTZ CRYSTALS

W from 7:00 PM to 8:30 PM

**MB30.** Using a rose quartz crystal 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-scripted mantra 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).

**October 14 | \$24.00**

The Comfort of Your Own Home

Optional \$12 materials fee for 1 rose quartz tumble and 1 rough rose quartz crystal (mailed).

## ONLINE: EXPLORE CRYSTAL MINERALS AND THEIR ENERGY

W from 7:00 PM to 9:00 PM

**MB31.** Crystals are powerful conduits of energy and light that can enhance us physically and mentally while nurturing our spirits. Beautiful and mysterious, crystal minerals have been used for thousands of years for adornment, protection and healing. Learn about the history and formation of crystal mineral structures then dive into how they can be utilized for energy enhancing and balance. We will also discuss color theory and how the colors of the rainbow can electrify our inner beings and stimulate the world around us.

**Ava Adames**

**October 21 | \$20.00**

The Comfort of Your Own Home

\$15 materials fee payable to the instructor.

## ONLINE: DRAWING AS MEDITATION

Th from 7:00 PM to 9:00 PM

**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](http://www.kapnefinearts.com).

**October 22 | \$24.00**

The Comfort of Your Own Home

Bring your own pencil and drawing pad.

## ONLINE: THE DREAMING PATH

Tu from 7:00 PM to 9:00 PM

**MB33.** Dreams tell us what we need to know. The messages come in upside-down images and riddles, sometimes sweet, sometimes frightening. We will work with dreams in several different ways, exploring a few of the myriad paths to dream wisdom. The class is suitable for those who are long time dreamer explorers and those who are just beginning. You may also find this class helpful if you would like to remember more of your dreams.

**Etja Ruth** works with dreams and Tarotpy®, along with other non-traditional modalities to facilitate organic processes of change or creativity. She is an Embodied Imagination® Coach, a Continuum Practitioner and a Tarotpy® Practitioner.

**October 20-27 | \$39.00**

2 sessions

The Comfort of Your Own Home

## ONLINE: 10 WAYS FOR FEELING GOOD ABOUT YOURSELF

W from 7:00 PM to 9:00 PM

**MB34.** Where do you put your focus for yourself? At the end of the day, do you look only at what you haven't done - instead of all that you have accomplished? Do you only see what you don't have instead of what you do have? Do you appreciate your fine traits? Yes, you. Join us to explore many ways to better reflect the qualities of that cute face in the mirror and to provide loving support for yourself. Class includes discussion, group sharing, experiential.

**Jan Collins**, M.Ed. is owner of Creating Your Positive Life!, LLC. She is completing the requirements for a Doctorate in Spiritual Science, and provides Heart-Centered Counseling and Spiritual Counseling. Jan has presented various Creating Your Positive Life! topics throughout the area and has been a guest on local radio talk shows. The website is [www.creatingpositive.net](http://www.creatingpositive.net).

**October 21 | \$20.00**

The Comfort of Your Own Home

Please bring paper/pen for the exercises.

## ONLINE: LEARNING TO READ TAROT

M from 7:00 PM to 9:00 PM

**MB35.** Just as the decks we use are diverse, so are the ways in which we look at the cards. Examine the cards and ways to interpret them, be it through color, symbolism or sheer instinct. Learn the differences between the major and minor arcana as well as how to interpret simple tarot spreads.

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

**October 5-26 | \$49.00**

4 sessions

The Comfort of Your Own Home

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.

## ONLINE: SMALL ACTS OF COURAGE

W from 7:00 PM to 8:30 PM

**MB36.** Based on Susan David's TED talk "The Gift and Power of Emotional Courage," this class offers participants a chance to look at things they desire to say and/or do and what gets in the way of following through. Before entering into this discussion, participants will be invited to share acts of courage they have already accomplished and explore what made it possible to do those things.

**Claudia Apfelbaum**, LCSW, offers her intelligence, intuition and knowledge for your own re-emergence. She received her master's degree in social work from Bryn Mawr College and has many years of experience and training, including Gestalt, Sand Tray, and Family Systems work. She loves walking in the Wissahickon and doing creative arts projects.

**October 14-21 | \$29.00**

2 sessions

The Comfort of Your Own Home





## ONLINE: PLEASURE, FAITH, AND A BODY-CONFLICTED CULTURE

W from 7:00 PM to 8:30 PM

**MB37.** "If it feels good, it's probably a sin" is a common thought of those who link being religious to the avoidance of pleasure. We will explore the Christian basis for the suspicion of pleasure, body shame and sexual guilt and show why pleasure is both a good and healthy idea and completely consistent with biblical teaching. Learn to jettison guilt, fear, and shame by introducing as a spiritual practice more awareness of sensual joy and pleasure.

**Beverly Dale** is an ordained Christian clergy who teaches sexuality and religion courses at Lancaster Theological Seminary and has authored a text for sexual health professionals and pastors titled, *Advancing Sexual Health for the Christian Client, Data and Dogma* (2019). She currently teaches sexual health professionals and pastors an inclusive, sex-positive Christianity through the non-profit, Incarnation Institute for Sex & Faith.

**October 14-28 | \$44.00**

3 sessions

The Comfort of Your Own Home

Register by **September 30** for any class marked **NEW!** and receive 10% off the course fee.

**Online, please enter code NEW2oF. Cannot be combined with any other offer or discount. Must be requested at time of registration.**

## NEW! ONLINE: SELF CARE 101: MASTERING THE ART OF TUNING IN

Tu from 7:00 PM to 8:30 PM

**MB38.** In today's fast-paced digital world it's so easy to focus on meeting the needs of others while forgetting our own. Self-care practices are necessary now more than ever if we intend to maintain a healthy work-life balance. Learn a five-step verbal prompt to use as a foundation that will help you tune into self, identify and ensure that your own needs are being met. The prompt can be used at home, work or any setting deemed necessary. Receive additional resources that will help you to complete the exercises independently. The 21-day practice workbook is available separately for those who would like to continue practicing the skill at their own pace.

**Kiyona Brown** a Licensed Social Worker with 15 years of experience. She has advanced degrees in Social Work, trained in Cognitive Behavioral Therapy and Dialectical Behavioral Therapy. She has taken various strategies and curated them into experiences that can help others.

**November 10 | \$24.00**

The Comfort of Your Own Home

A workbook will be available separately for \$10, payable to the instructor.



## NEW! ONLINE: LEARNING ABOUT YOUR UNCONSCIOUS MIND

Tu from 7:00 PM to 8:00 PM

**MB39.** Discover how your unconscious mind thinks and learn some skills for using its difference from your conscious thinking to get the benefit of both of your minds! We'll be learning some of the fun ideas and techniques of NLP: Neuro-Linguistic Programming which can help you change your own habits, communicate better with people who are different than you, and make friends and influence people. We'll end with a light hypnotic trance designed to help you sleep better and receive a message from your unconscious.

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

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

**October 6 | \$20.00**

The Comfort of Your Own Home



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## NEW! ONLINE: GUIDED MEDITATION

W from 6:00 PM to 7:00 PM

**MB40.** With the uncertainty and rapid changes that have occurred in the recent past, it can be challenging to feel centered and simply happy and able to cope with the curve balls life throws at us. How would you like to feel calm and collected, rested, centered and creative, unburdened and positively lighter? Join us if you are looking to be more in tune with your deep self and more aligned with core values such as love, serenity, creativity, and release.

**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](http://www.voilawellness.com).

**September 23 - October 28 | \$74.00**  
6 sessions

The Comfort of Your Own Home

The comfort of our own  
homes....can't get more  
**CONVENIENT** than  
that!

## ONLINE: MINDFULNESS MEDITATION

**MB41.** Mindfulness is a state of active, open attention to the present without judgement. It has been shown to be a powerful tool for reducing stress and enhancing emotional and physical wellbeing. The one-day introductory class will provide the student with an opportunity to learn about and experience mindfulness meditation. It may be helpful for those who would like to know more about mindfulness before committing to the longer course. Learn a few simple mindfulness techniques that you can start using in your everyday life. The longer series will include guidance through a new meditation each week, with each one building on the ones before. Because the learning is in the doing, daily meditation at home is recommended.

**Janet Meyers** is an occupational therapist who has been meditating for over 12 years. She received advanced training in mindfulness from the Center for Mindfulness at Thomas Jefferson University Hospital.

### A. Introduction

**October 1 | \$15.00**

Th from 1:00 PM to 2:15 PM

### B. October 15 - November 19 | \$84.00

Th from 1:00 PM to 2:15 PM

6 sessions

The Comfort of Your Own Home

## NEW! ONLINE: UNDERSTANDING THE TASKS OF GRIEF

Sa from 10:00 AM to 1:00 PM

**MB42.** This is for anyone who is bereaved or wishes to be of support to someone who is. We will discuss the experience of grief and why it is so important to understand that grief does not occur in "five stages" as is commonly believed. Learn about the tasks associated with grieving such as finding meaning in the loss and adapting to a "new normal." We will also discuss the factors that can complicate the grief process and when therapeutic intervention may be beneficial.

**Sonya Lott**, Ph.D. is a licensed psychologist and maintains a private practice devoted to helping individuals transform their experience of acute and complicated grief. She completed advanced training in Complicated Grief Therapy (CGT) at the Center for Complicated Grief at Columbia University's School of Social Work, where she is an associate.

**October 10 | \$24.00**

The Comfort of Your Own Home

## NEW! ONLINE: BEFRIENDING DEATH

M from 7:00 PM to 9:00 PM

**MB43.** Living during a pandemic has made us much more aware of our mortality, so let's have an honest conversation about death in our lives. Share your views about death and the emotions associated with it. We'll explore how near-death experiences have shaped a different understanding of this period of life and how "befriending death" may be an important part of a more enriching life. Lastly, discover some resources to help understand death and make it less frightening.

**Thomas Volkert** was a hospice social worker for 13 years and helped patients, their friends, and families deal with death. He has facilitated a "Befriending Death" group in his church, St. Vincent's in Germantown.

**November 9 | \$20.00**

The Comfort of Your Own Home



**MALT has over 200 classes and every one of them will keep on giving.**

MALT classes in Cooking, Yoga, Pilates and Dancing will give you and yours healthier bodies all year long. Our classes in Financial Planning and Working for a Living can give your family peace of mind for years to come. Our Music and Art classes make the world a better place in which to live. With such a variety of offerings the possibilities are endless!

Purchase online

**[https://bit.ly/MALT\\_GiftCert](https://bit.ly/MALT_GiftCert)**  
for a **MALT gift certificate**

## NEW! ONLINE: THE CLEOPATRA CONNECTION

Sa from 10:00 AM to 12:30 PM

**MB44.** Would you like to move from a reactive to a more proactive way of life? Small changes in behavior can have a big impact when you set up SMART goals (specific, measurable, achievable, realistic, and timely). We'll use the life of Pharaoh Cleopatra VII as a model of personal integrity and living your own dharma. Her decisions in uncertain times may inspire you to make some positive changes in your own life.

**Andrea Durham** has been teaching, training and coaching for more than 30 years. She is a graduate of Coach U, Temple University School of Social Work, and Temple University School of Law.

**October 24 | \$34.00**

The Comfort of Your Own Home

## ONLINE: DITCH THE HYPERTENSION, DIABETES AND/OR OBESITY

W from 7:00 PM to 8:30 PM

**MB50.** Have you been diagnosed with diabetes or pre-diabetes? Did you know that in many cases pre-diabetes can be reversed with diet, and sometimes diabetes can be as well? Want to lose weight without counting calories or measuring portions? Want to lower your blood pressure with less or no drugs? The instructors specialize in preventing and reversing these health concerns, making it fun and simple to go plant-based and reclaim your health. Elimination or reduction of medications is a common side-effect of food-as-medicine. Learn how to restore your health in your kitchen! Many insurances accepted.

**Elise Rivers**, Esq., M.Ac., has been practicing Asian medicine for more than 20 years and is the founder of the Northwest Center for Food As Medicine, a division of CAMA, serving the community since 2005.

**Kirsten Puskar**, RDN, a nutritionist at CAMA and owner of Ambler Nutrition, is a diabetes specialist and supports people in reclaiming their health with a whole foods plant-based diet.

**October 28 | \$20.00**

The Comfort of Your Own Home

## ONLINE: DOMINATE DIABETES

Th from 7:00 PM to 9:00 PM

**MB51.** Did you know that type 2 diabetes can be halted and even reversed? The main cause of this disease, although found on your dinner plate, may not be the culprit you expected. Discover how to establish a plant-based eating pattern that can treat the underlying cause. A success kit will be provided including a sample grocery list, recipes, sample menu, tips for success, and more. Achieve your best blood sugars yet!

**Colleen Montgomery** is a Certified Health Coach and Clinical Exercise Physiologist. She has certificates in Plant-Based Nutrition and Stress Management Coaching and has thoroughly enjoyed a decade of working with people with heart disease.

**October 8-15 | \$49.00**

2 sessions

The Comfort of Your Own Home

## ONLINE: AGE LIKE A PRO

Tu from 7:00 PM to 9:00 PM

**MB52.** Thrive into your later years! Learn how to greatly improve your health at any age and prevent and treat today's most common "age-related" chronic diseases. Discover the powerful health-giving effects of food, exercise, and emotional well-being techniques and how to easily implement these healthier habits into your life. Plant-based recipes, sample exercise routines, and stress management techniques will be provided. Goal setting, challenges, and group discussion will help you discover your fullest potential.

**Colleen Montgomery**

**November 10-17 | \$49.00**

2 sessions

The Comfort of Your Own Home

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mission-driven  
non-profit with a  
tax-deductible donation!

Visit: <https://mtairylearningtree.org/donate/>



## ONLINE: WHOLE HEALTH WELLNESS

Th from 7:30 PM to 9:00 PM

**MB53.** We are all complete humans surrounded by peace, joy and love. Yet sometimes we experience life differently. Are you ready to embrace yourself as whole and complete exactly as you are? Explore what whole health wellness means for you; transform your relationship to your health; and create new practices to keep you thriving. We will have questions prepared to provoke transformative thinking; will teach breathing exercises, body movement and acupressure points; and include healthy food samples and recipes to share. Whole Health Wellness, a team of 4 practitioners, is your partnership for a balanced life. Our mission is to empower you and your communities to discover new perspectives to your complete health and well-being.

**Rachel Kriger**, M.Ac., L.Ac., is a pediatric and adult acupuncturist and life cycle ritual consultant. She helps people of all ages feel more ease in their lives physically, mentally, emotionally and spiritually. Learn more at [www.PointsOfReturnAcupuncture.com](http://www.PointsOfReturnAcupuncture.com).

**Hilde Nieuwenhuijsen** has been a Massage Therapist, Body-worker for more than 28 years and still loves every minute of it. She is innovative and present in working with issues due to stress in Fascia, Visceral and Neural Tissue. You will be delighted how quickly improvements will occur and how well they stay in place.

**Kim Engstrom** is a Master's Level Counselor specializing in Anxiety. With 24 years' experience, she is dedicated to people having lives they love with a no nonsense approach and relate-ability in a safe, non judgmental environment.

**Leslie Adams**, RDN, LDN is a Registered Dietitian who is excited about revolutionizing your relationship with food and helping you rediscover your intuitive eater. She is passionate about guiding you on a path to sustained, lifelong changes that can help you take your health to the next level. Visit [www.cultivatenu-tritioncounseling.com](http://www.cultivatenu-tritioncounseling.com) for more information.

**October 15 | \$24.00**

The Comfort of Your Own Home

## ONLINE: EATING HEALTHY ON A BUDGET

Tu from 6:30 PM to 7:30 PM

**MB54.** Does eating healthier cost more? We will review ways to eat healthier and save money. Eating healthy does not need or have to cost more. You will learn how to shop, read labels and eat more whole foods for health. We will review the cheaper options in each food group to buy.

**Nicole Schillinger** is a Registered and Licensed Dietitian and Personal Trainer with 18+ years of experience. She is also a certified personal trainer and group exercise instructor with years of experience educating and teaching the public about the importance of health and wellness.

**September 22 | \$20.00**

The Comfort of Your Own Home

## ONLINE: HEART HEALTHY EATING

Tu from 6:30 PM to 8:30 PM

**MB55.** We'll review cardiac risk factors, lifestyle modifications that positively impact the risk of heart disease, exercise guidelines and dietary fat, fiber and nutrients. Discover what changes will decrease hypertension, cholesterol and minimize plaque build ups. Learn healthy breakfast, lunch, dinner and snack options to help lower cholesterol, hypertension and heart disease risks.

**Nicole Schillinger**

**October 20 | \$20.00**

The Comfort of Your Own Home

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“Nicole was knowledgeable, professional, and personable. She imparted a wealth of invaluable information that I will be able to incorporate into my life, starting immediately — and her friendly demeanor and enthusiasm made the class a lot of fun!”

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## ONLINE: WEIGHT LOSS

Tu from 6:30 PM to 8:30 PM

**MB56.** We'll review current trends with eating, ideal body weights, proven ways to aid in weight loss, discuss what derails weight loss goals and how to stay on track with out regaining the weight back in the first session. Come to the second session to review healthy lower calorie choices for all three meals, lower carb options and snacks, plus taste some great recipes.

**Nicole Schillinger**

**November 17 | \$20.00**

The Comfort of Your Own Home

## ONLINE: EAT RIGHT, DRINK WELL, STRESS LESS

Tu from 6:30 PM to 8:30 PM

**MB57.** Learn how stress affects your health and nutritional status. Find out what nutrients we need more of when stressed, and foods/supplements that can help with stress. Discover what cortisol is and how elevated levels affect your health and weight status.

**Nicole Schillinger**

**December 8 | \$20.00**

The Comfort of Your Own Home

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“So appreciate your staying open and adapting to our current COVID-"normal" situation. I hope others are taking advantage of the remote learning opportunities as well.”

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## NEW! ONLINE: DIY ESSENTIAL LIP CARE

W from 7:00 PM to 9:00 PM

**MB58.** Treat your lips to a little self care! Save money by creating products yourself. We will make a lip scrub, lip moisturizer and some lip gloss. Learn about the ingredients and create spa quality products. You will need access to a microwave.

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

**September 30 | \$44.00**

The Comfort of Your Own Home

REGISTER BY SEPTEMBER 25. Includes \$15 materials fee. These materials will be mailed to you prior to the class.

## ONLINE: INTRO TO HERBAL MEDICINE

Tu from 7:00 PM to 8:30 PM

**MB59.** This is an introduction to the art and science of herbal medicine. Participants will gain practical knowledge that can be applied in daily life, but can also serve as a foundation for deeper studies in the field. Learn the different forms of herbal medicine and the therapeutic applications. Study specific herbs, their qualities, proper dosing and contraindications. Begin building your own materia medica for personal use by understanding the healing power of plant medicine.

**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.

**September 22 - October 6 | \$74.00**

3 sessions

The Comfort of Your Own Home

## NEW! ONLINE: INTRO THE ART OF THE PENDULUM

Tu from 7:00 PM to 8:15 PM

**MB60.** The pendulum is a tool that can be used to access insight into your intuition and what you consciously know about yourself. A pendulum will interact with your own personal energy, your subconscious mind and through involuntary motions, allowing you to gain insight into your life, energy and any events that may transpire. Students will gain understanding around the basic history of pendulums, how to operate, use and experience them in their own lives. Learn to identify with a pendulum that works for you, as well as how to charge and cleanse them.

**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).

**October 20 | \$29.00**

The Comfort of Your Own Home

\$15 material fee payable to the instructor for the pendant.

Register by  
**September 30** for  
any class marked **NEW!** and  
receive 10% off the course fee.

Online, please enter code **NEW20F**.  
Cannot be combined with any other  
offer or discount. Must be requested  
at time of registration.



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## ONLINE: QUENCHING YOUR WANDERLUST: TIPS ON TRAVEL PLANNING

Tu from 7:00 PM to 9:00 PM

**TW02.** Whether a distant blissful beach or a quaint mountain town, have you ever seen a photo of a place near or far and only dreamed that you could visit? Take that journey! Discover tools and tips on how to book transportation, lodging, and experiences, while also being mindful of budgeting, safety, time, language barriers, and cultural norms.

**Cassandra Luberus** is an Aviation Logistician by profession and a world traveler every free chance that she gets. With 20 countries and 35 states under her belt, her travels have exposed her to various cultures, foods, and adventures that have been nothing short of life altering.

**October 20-27 | \$44.00**

2 sessions

The Comfort of Your Own Home

## ONLINE: BLACK TITANS: THE UNTOLD STORIES OF AFRICAN AMERICAN MILLIONAIRES

Sa from 10:00 AM to 12:30 PM

**TW03.** There's a fascinating aspect of American history that receives little mention in traditional history books, and that is the history of African Americans who became millionaires against insurmountable odds. Born at a time when the bitter legacy of slavery and Reconstruction still poisoned the lives of black Americans, these businessmen and women of the late 19th and early 20th centuries established successful businesses that had far reaching impact. This class will be an introduction to the life stories of a few of these groundbreaking entrepreneurs.

**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.

**October 10-17 | \$44.00**

2 sessions

The Comfort of Your Own Home

“Lynn has a deep & broad understanding of art and the art "world". She very knowledgeably led us to a fine PERCEPTION of how to view art and learn from it....She is a joy to learn from!”

## ONLINE: STEPS TO SEEING ART

**TW04.** Learn new strategies for seeing and appreciating art with insights that lead to fun and creative conversations. This fresh approach to active looking can be practiced at home with virtual viewing and in any gallery setting. Through the lens of exciting prompts and activities, you will observe paintings in a decidedly different way. With themes to guide each week's selection of images, works will be drawn from art museums near and far. This series includes an introduction to portraits and land and seascapes. Minimal out-of-class reading is recommended but not required.

**Lynn Berkowitz**, MFA, BFA, was the director of education at museums in Allentown, PA, Tucson, AZ, Sarasota, FL, and Bentonville, AR, before designing and launching the family and community program at the Barnes Foundation. She has developed an array of award-winning gallery games, activities, and apps aimed at helping audiences of all ages and abilities engage with a diversity of art 'isms and approaches.

### A. Faces and Places

**October 13-20 | \$34.00**

Tu from 6:30 PM to 8:00 PM

2 sessions

### B. Light and Living

**November 10-17 | \$34.00**

Tu from 6:30 PM to 8:00 PM

2 sessions

The Comfort of Your Own Home

## ONLINE: LOOK UP: SPOTTING TERRA COTTA TREASURES

W from 7:00 PM to 9:00 PM

**TW05.** Explore the often un-noticed architectural elements on buildings we pass every day. Germantown, Mt. Airy and Chestnut Hill's buildings house many delightful sculptural details that most people never see. We'll focus a spotlight on them and explain aspects of how they were made.

**Karen Singer** owns and operates Karen Singer Tileworks, a nationally known company that specializes in highly custom donor recognition for non-profits. A ceramic sculptor who has worked with people of all ages, Karen specializes in students who believe they are "not creative."

**November 4 | \$20.00**

The Comfort of Your Own Home

## NEW! ONLINE: THE MOVEMENT FOR WOMEN'S SUFFRAGE

M from 7:00 PM to 8:30 PM

**TW06.** Few people today, even few women, know the details of the lengthy battle for the 19th Amendment to the Constitution and why it took so long to succeed. Learn about the setbacks, internal disputes among feminists, and the eventual triumph. The struggles from 100+ years ago have implications for current movements for social change.

**Richard Keiser** has a BA in history from the University of Pennsylvania and a doctorate in history from Oxford University. He retired in 2018 after teaching at the Community College of Philadelphia for 42 years. His research interests include American politics, British colonialism, and movements for social change.

**October 19 | \$15.00**

The Comfort of Your Own Home

## ONLINE: LOST PHILADELPHIA

Sa from 1:00 PM to 4:00 PM

**TW07.** Explore Philadelphia's fascinating and forgotten past. Through the medium of short subject documentary and digital imagery learn about the birth of local broadcasting, Philly's proud business heritage and highlights of the last hundred years in the fields of entertainment, sports, food and neighborhood life. Attention: to those who have previously attended this class, much of the program has been updated with new material.

**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.moviehouseproductions.com](http://www.moviehouseproductions.com).

**October 24 | \$34.00**

The Comfort of Your Own Home

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**



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“I love MALT classes!!!”

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## NEW! ONLINE: PHILADELPHIA BLACK HISTORY

**TW08.** Philadelphia has a long and rich history that African Americans have played a significant role in shaping. Virtually explore the legacies of several key historical figures and sites throughout the city. Part I covers early freedom fighters in the 18th and 19th century such as Octavius Catto, Richard Allen, the abolition movement, and local Underground Railroad stops. Part II will focus on 20th century freedom fighters such as Civil Rights activists, famous political prisoner Mumia Abul Jamal, the MOVE firebombing, the Black Arts Movement and Sonia Sanchez.

**Dr. Christina Harris** is a professor of Africana studies at Stockton University where she teaches classes focused on historical and contemporary issues faced by the diasporic Black community. She received her master's and doctoral degrees in the department of Africology and African American studies at Temple University.

### A. Part I

**September 24 - October 8 | \$44.00**

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

3 sessions

### B. Part II

**October 29 - November 12 | \$44.00**

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

3 sessions

The Comfort of Your Own Home

## NEW! ONLINE: THE JAPANESE PRINT

**M from 7:00 PM to 8:30 PM**

**TW09.** Discover the roughly 300-year long tradition of Japanese woodblock prints that not only influenced the Impressionist artists of the 19th century but also brought us Manga and Anime. We will explore the development of the artform and such topics as the hedonistic world of actors and courtesans in the urban pleasure quarters of major cities, and the landscapes of 19th-century artists like Hiroshige and Hokusai, whose Great Wave off Kanagawa remains a part of our modern culture. Please Note: There will be much R-rated material and the possibility of a few explicit (X-rated) images presented, so please be forewarned.

**Nicole Fabricand-Person** has a PhD in Japanese Art and Archaeology from Princeton University and has taught at Columbia, Rutgers, and University of Pennsylvania. She is currently the Japanese Art Specialist for Marquand Library of Art and Archaeology at Princeton University.

**November 2-16 | \$44.00**

3 sessions

The Comfort of Your Own Home

## NEW! ONLINE: INTRO TO ANIMAL TRACKS AND SIGNS

**Sa from 10:00 AM to 12 N**

**TW10.** Have you ever wondered who shares the world with us? How do you know they are there? Find out how to identify tracks, scat (poop!) and other signs the animals leave behind.

**Christine Smith** is an avid outdoors educator from K to adult. She is a charter member of the International Society of Professional Trackers, a member of the National Organization Of Search and Rescue, and a certified tracker through Joel Hardin Professional Tracking Services.

**October 17 | \$20.00, Parent & Child: \$30.00**

The Comfort of Your Own Home



## ONLINE: TAKING YOURSELF SERIOUSLY AS A WRITER

Th from 7:00 PM to 9:00 PM

**WMo1.** 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.

**September 24 - October 29 | \$109.00**  
6 sessions

The Comfort of Your Own Home

## ONLINE: MEMOIRS: MORE THAN MEMORIES

W from 7:00 PM to 9:00 PM

**WMo2.** 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, weekly writing assignments, 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 US 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.

**October 28 - November 18 | \$86.00**  
4 sessions

The Comfort of Your Own Home

Includes \$7 materials fee.



## ONLINE: INSPIRED OBITUARY WRITING

Tu from 7:00 PM to 9:00 PM

**WMo3.** 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.

**October 27 | \$20.00**

The Comfort of Your Own Home

## NEW! ONLINE: FICTION FUNDAMENTALS: HOOK 'EM FAST!

Tu from 7:00 PM to 8:30 PM

**WMo4.** What makes an opening scene of a short story or novel effective? How do you "hook" a reader from the beginning and keep them reading more? Analyze effective opening scenes of published short stories and novels. By examining what works, participants will add effective techniques to their own writing in order to craft opening scenes that will grab and keep the attention of agents, editors, and readers alike. Examples will focus on fantastical fiction, but the techniques apply to all genres. Depending on the number of students participating, there is no guarantee that each student will receive feedback on their writing in the second class session.

**William Horner** is an English instructor at Wilmington University and a faculty member in Seton Hill University's Writing Popular Fiction MFA program, where he leads critique workshops; lectures; and guides students through the process of planning, drafting, and revising a novel as their thesis projects. He is the publisher and editor-in-chief of *Fantast Enterprises* and provides editing and author-coaching services for private clients.

**October 20-27 | \$34.00**

2 sessions

The Comfort of Your Own Home

Fewer than 5,  
the Class takes  
a Dive!

Please register  
early.



## NEW! ONLINE: 'GOING MAD' FOR VIRGINIA WOOLF

Tu from 7:00 PM to 8:30 PM

**WMo5.** Who better to read during a global pandemic hell-scape than Virginia Woolf, perhaps literature's most famous suicidal, manic depressive. Conversely, Woolf produced some of the most intoxicatingly impressionistic and sensuously imagined prose of the 20th century. Our class, which promises fun and stimulating discussions of her work, will read both a selection of her largely overlooked, yet beautifully rendered short stories, as well as the more reflective and unguarded writing of her private correspondence and now iconic diary.

**Justin Ahlback** has an MA in Literature with an interest in the modern British novel.

**September 22 - October 13 | \$49.00**

4 sessions

The Comfort of Your Own Home

## ONLINE: FOR THE LOVE OF POETRY

Th from 7:00 PM to 9:00 PM

**WMo6.** Perhaps you enjoy poetry, or perhaps you WANT to enjoy poetry but have never received the proper instruction or were simply bored by it in school. Experience an enriching and cozy afternoon reading and discussing some of the culturally-significant poetry of our time. This seminar is intended to be fun, but also stimulating and enlightening. Learn to appreciate poetry beyond what we were taught in Freshman English Class.

**Mira McEwan** holds a Masters Degree in Literature with a concentration in British Romanticism and American Transcendentalism. She has taught college-level courses and is author of "Ecstatic," a poetry collection.

**December 3 | \$29.00**

The Comfort of Your Own Home

Sarah was authentic and very animated. I enjoyed her **PASSION** and enthusiasm for her writing and thank her very much for showing us how to publish and the steps involved



## ONLINE: WRITING + DRAWING PICTURE BOOKS FOR CHILDREN

Sa from 10:00 AM to 1:00 PM

**WMo7.** Learn how to write and/or draw a children's picture book! Geared towards traditional publishing, we'll go over topics, page count, illustration tips, how to create a dummy of your book and how to pitch to agents and editors. Bring your ideas to class and put them to paper!

**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.

**November 7 | \$34.00**

The Comfort of Your Own Home

## ONLINE: FRENCH FOR ALL LEVELS

Tu from 6:30 PM to 8:00 PM

**WM16.** Dive into the French language! Learn in a comfortable, relaxed environment where you are encouraged to be actively participating. We'll add some written rules and fun interactive exercises to integrate what you're learning. Challenging for all levels.

**Sophie Bernard** grew up in the beautiful suburbs of Paris, France before she moved state-side to study International Commerce. She speaks 5 languages and loves to share her love of her beautiful native language. She has lived in Mt Airy with her family since the late '90s.

**September 22 - October 27 | \$89.00**

6 sessions

The Comfort of Your Own Home

## NEW! ONLINE: BEGINNING JAPANESE

Sa from 10:00 AM to 11:30 AM

**WM17.** Get an introduction to Japan and basic Japanese language such as greeting, counting, and basic conversation. We will play a game with flash cards and practice greeting and counting. You will be able to introduce yourself in Japanese at the end of lesson.

**Yuki Flores** was born in Japan and grew up in Kamakura city. She taught Japanese language and culture in Canada for a year. She enjoys teaching Japanese language and culture.

**November 14 | \$20.00**

The Comfort of Your Own Home

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## ONLINE: BEYOND THE BASICS UKULELE

W from 7:00 PM to 8:00 PM

**WM30.** Do you know some basic ukulele chords and would like to continue to learn new skills? This class will take you the next step in your ukulele playing: different styles, new techniques, more strumming patterns, learning how to read melody lines, understanding the 12 bar blues progression, and more.

**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.

**October 7-28 | \$59.00**

4 sessions

The Comfort of Your Own Home

## ONLINE: FOR THE LOVE OF SINGING

Sa from 10:00 AM to 11:00 AM

**WM31.** 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 and also develop your understanding of what it is to sing, develop your vocal range, strength and confidence. Because of the necessity to hold classes online, we will experiment with Zoom rooms, YouTube videos, in class topic introductions and short private coaching.

**Connie Koppe** has been finding joy in singing since she was 6. She has been teaching actors, singers and CEOs to build and use their voices more effectively for over 30 years. She teaches speech at the University of the Arts and private speech and singing lessons from her home in Germantown. [www.conniekoppe.com](http://www.conniekoppe.com).

**September 26 - November 21**

**(no class 11/7) | \$96.00**

8 sessions

The Comfort of Your Own Home

## ONLINE: BEGINNER'S HARMONICA FOR ADULTS (AGES 13 AND ABOVE)

M from 6:30 PM to 7:45 PM

**WM32.** 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).

**October 5 - November 23 | \$103.00**

8 sessions

The Comfort of Your Own Home

Includes \$9 materials fee. Students will also need a 10-hole diatonic key of C-major harmonica (such as the Hohner Special 20 or Hohner Marine Band Model 1896) by the first night of class.

## ONLINE: BLUES HARMONICA 1

M from 8:00 PM to 9:15 PM

**WM33.** 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**

**October 5 - November 23 | \$103.00**

8 sessions

The Comfort of Your Own Home

Includes \$9 materials fee. Students will also need a 10-hole diatonic key of C-major harmonica (such as the Hohner Special 20 or Hohner Marine Band Model 1896) by the first night of class.





## ONLINE: BEGINNING GUITAR

Th from 7:00 PM to 8:00 PM

**WM34.** 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.

**October 1 - November 5 | \$69.00**  
6 sessions

The Comfort of Your Own Home

## ONLINE: PROGRAM NOTES: BEETHOVEN'S EROICA SYMPHONY & 4TH PIANO CONCERTO

Tu from 7:00 PM to 9:00 PM

**WM35.** Celebrating the 250th anniversary of Beethoven's birth, the Chamber Orchestra of Philadelphia is scheduled to perform Beethoven's 3rd Symphony ("Eroica") and 4th Piano Concerto in early October. We will explore each of these compositions, including historical context, main themes and structures. No previous musical background is required. If the live concert can go ahead as scheduled, discount tickets to the concerts will be made available through the instructor, depending on sufficient interest.

**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.

**September 29 | \$29.00**

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October 1st is the deadline to submit class proposals for the Winter term





## ONLINE: PROGRAM NOTES: BEETHOVEN/ SCHUBERT/ SHOSTAKOVICH

Tu from 7:00 PM to 9:00 PM

**WM36.** The Chamber Orchestra of Philadelphia is scheduled to perform Beethoven's Grosse Fugue, Schubert's "Death and the Maiden," and Shostakovich's Chamber Symphony in early November. We will explore each of these compositions, including historical context, main themes and structures. No previous musical background is required. If the live concert can go ahead as scheduled, discount tickets to the concerts will be made available through the instructor, depending on sufficient interest.

**David Heitler-Klevans**

**October 20 | \$29.00**

The Comfort of Your Own Home

## ONLINE: SONGWRITING WORKSHOP

M from 6:00 PM to 8:00 PM

**WM37.** Have you ever wanted to write a song like the hits by your favorite artists? Learn how to write your own lyrics, structure your song, and fit your lyrics to music. Begin to understand what works in songwriting, what doesn't work and why. This course is designed for people who have tried to write songs before as well as those who have never written before. Come with ideas or previous pieces of work and we can develop them together. Adam will help you write a song you can be sincerely proud of - a great accomplishment for anyone at any age!

**Adam Kaluzshner**, Psy.D., M.S., is a professional singer, guitarist, and pianist with 19 years experience writing and 13+ years teaching. He teaches private and group lessons in his Germantown studio. He is currently at work on his debut EP.

**October 5-26 | \$49.00**

4 sessions

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# Class Directory

## SEPTEMBER

Take A Walking Tour of Tourison	3
ONLINE: Adult and Teen Drawing and Painting	4
ONLINE: Reviving the Drawing Dragon!	6
ONLINE: Watercolor & Drawing	7
ONLINE: Introduction to WordPress	11
ONLINE: Microsoft Word & PowerPoint	11
ONLINE: Google Docs for Beginners	11
ONLINE: Basic Seasoning and Adobo	14
ONLINE: Fermenting for Fun and Your Health	15
ONLINE: Tahitian/Hula Dance Cardio	16
ONLINE: Dance-It-Out! Fun Fitness	16
VIDEO: Bachata!	18
VIDEO: Beginning Salsa	18
ONLINE: Kickbox Dance Cardio: Fun Fitness!	19
ONLINE: KaribbeanKraze 20	
ONLINE: Fierce and Fit Over 40	20
ONLINE: Boxing Fitness Action	21
ONLINE: Gyrokinesis	21
ONLINE: Money Basics for Life	22
ONLINE: Restore Your Credit	25
ONLINE: Work at Home as a Medical Transcriptionist	28
ONLINE: Mastering Your Job Interview Skills	30
ONLINE: Know Your Rights: Dealing with the Police	32
ONLINE: Understanding Medicare: Guide to the Choices	33
ONLINE: Special Needs Benefits and Planning	34
ONLINE: Understanding Long Term Care 101	34
Fall Container Gardening	37
ONLINE: Toddler Ballet/Tap, Ages 3-5	38
ONLINE: Art for Children, Ages 5+	38
ONLINE: QiGong for Health and Wellness	39
ONLINE: Radiant Lotus Women's Qigong 39	
ONLINE: Yoga Basics	40
ONLINE: Gentle Yoga to Promote Good Sleep with Linda Kish	41
ONLINE: Yoga for Bone Health	42
ONLINE: Intro to the 7 Chakras	42
ONLINE: Guided Meditation	49
ONLINE: Eating Healthy on a Budget	52
ONLINE: DIY Essential Lip Care	53
ONLINE: Intro to Herbal Medicine	54
ONLINE: Philadelphia Black History Part I	57

ONLINE: Taking Yourself Seriously as a Writer	58
ONLINE: 'Going Mad' for Virginia Woolf	59
ONLINE: French for All Levels	60
ONLINE: For the Love of Singing	61
ONLINE: Program Notes: Beethoven's Eroica Symphony & 4th Piano Concerto	62

## OCTOBER

ONLINE: Fun with Watercolor Techniques	5
ONLINE: Introduction to Zentangle®	5
ONLINE: Digital Cameras: SLRs	6
ONLINE: Melt and Pour Soap	8
ONLINE: Releasing the Artist Within	9
Introduction to Computers/Windows 10	10
ONLINE: Introduction to Microsoft Excel	10
ONLINE: A Business' Crash-Course in Social Media	12
ONLINE: Getting to Know Your iPhone	12
ONLINE: Neo Vegetarian Soul 1	3
ONLINE: Healthy Holiday Eating	13
ONLINE: Arepas and Beans	14
ONLINE: Arroz con Gandules	14
ONLINE: Make Water Kefir (Kombucha's Cousin)	15
ONLINE: Core Fusion: Barre & Balance - Dance & Fitness Barre	16
ONLINE: Senior Ballet I: Pink & Silver Slippers	17
ONLINE: Senior Ballet II: Pink & Silver Slippers	17
VIDEO: Bop I	18
ONLINE: Everybody Can Line Dance	18
ONLINE: Hula Hoop Dance Cardio 19	
ONLINE: Zumba® Gold Toning	19
ONLINE: Thrive with 5	20
ONLINE: Zumba®	21
ONLINE: Stocks and Bonds 101	22
ONLINE: Values-Based Investing	23
ONLINE: Retirement Planning Today	26
ONLINE: Problem Solving Techniques to Achieve Goals in Work and Life	27
ONLINE: Getting Paid to Talk	27
ONLINE: How to Travel Free & Safely	28
ONLINE: 10 Strategies for Job Hunting Over 50	28
ONLINE: Update & Upgrade Your Resume	29
ONLINE: Starting Your Own Business	29
ONLINE: Master Zoom	30
ONLINE: Master Google Meet	30
ONLINE: Turbo Charge Your LinkedIn Profile 31	
ONLINE: Fundamentals of Divorce, Custody and Support	32

ONLINE: Tools For Time Management	32
ONLINE: Understanding Medicare: A Guide to the Choices	33
ONLINE: Advanced Directives and Living Wills	33
ONLINE: Funeral Pre-Planning	34
ONLINE: Understanding Long Term Care 101	34
ONLINE: Special Needs Benefits and Planning	34
ONLINE: Green Burial	34
ONLINE: Listing Your Home for Sale	35
ONLINE: How to Buy a House	35
ONLINE: Understanding Chronic Disorganization	35
ONLINE: So You Want to Flip a House?	35
ONLINE: Understanding Your Homeowners Insurance Policy	36
ONLINE: Your First Organic Vegetable Garden	37
ONLINE: Robot Basics: Let's Build a Robot	38
ONLINE: Healing Ra QiGong	39
ONLINE: Mat Pilates with a Ball!	40
ONLINE: Yoga/Pilates Mix	40
ONLINE: Funky Yoga Dance	41
ONLINE: Gentle Yoga for Beginners and All	41
Yoga, a Chair and You	41
ONLINE: Chair Vinyasa Flow	42
ONLINE: Power Yoga	42
T'ai Chi - Yang Style: Level One	43
T'ai Chi - Yang Style: Level Two	43
T'ai Chi - Yang Style: Level Three	43
ONLINE: Self-Care in Stressful Times: Returning to Balance with Alexander Technique	44
ONLINE: T'ai Chi for Health	44
ONLINE: Change Your Posture, Change Your Pain	44
ONLINE: Yoga Nidra	44
ONLINE: Body-Ease for Zoomers	45
ONLINE: 10 Therapeutic Ways to Use a Foam Roller	45
ONLINE: Running and the Alexander Technique	45
ONLINE: Meditating with Rose Quartz Crystals	46
ONLINE: The Dreaming Path	46
ONLINE: Explore Crystal Minerals and Their Energy	46
ONLINE: Drawing as Meditation	46
ONLINE: Learning to Read Tarot	47
ONLINE: Small Acts of Courage	47
ONLINE: 10 Ways For Feeling Good About Yourself	47
ONLINE: Pleasure, Faith, and a Body-Conflicted Culture	48
ONLINE: Learning About Your Unconscious Mind	49
ONLINE: Understanding the Tasks of Grief	50
ONLINE: Mindfulness Meditation	50
ONLINE: Dominate Diabetes	51
ONLINE: The Cleopatra Connection	51

ONLINE: Ditch the Hypertension, Diabetes and/or Obesity	51
ONLINE: Whole Health Wellness	52
ONLINE: Heart Healthy Eating	52
ONLINE: Intro to the Art of the Pendulum	54
ONLINE: Black Titans: The Untold Stories of African American Millionaires	55
ONLINE: Steps to Seeing Art: Faces and Places	55
ONLINE: Quenching Your Wanderlust: Tips on Travel Planning	55
ONLINE: The Movement for Women's Suffrage	56
ONLINE: Lost Philadelphia	56
ONLINE: Intro to Animal Tracks and Signs	57
ONLINE: Philadelphia Black History Part II	57
ONLINE: Inspired Obituary Writing	58
ONLINE: Memoirs: More Than Memories	58
ONLINE: Fiction Fundamentals: Hook 'Em Fast!	59
ONLINE: Beginner's Harmonica for Adults (ages 13 and above)	61
ONLINE: Blues Harmonica 1	61
ONLINE: Beyond the Basics Ukulele	
ONLINE: Beginning Guitar	62
ONLINE: Songwriting Workshop	63
ONLINE: Program Notes: Beethoven/Schubert/Shostakovich	63

## NOVEMBER

ONLINE: Anti-Racist Parenting	3
ONLINE: Adult and Teen Drawing and Painting	4
ONLINE: Creative Collage	5
ONLINE: Developing Your Photographer's Eye	
ONLINE: Handmade Holiday Slippers	7
ONLINE: Creative Drawing & Journaling	7
ONLINE: Learn How to Etch Glass!	8
ONLINE: Fabric Covered Earrings	8
ONLINE: Internet & Email	10
ONLINE: Getting to Know Your iPhone...Better	12
ONLINE: Meal Prep 101	13
ONLINE: Bacalao con Verduras	14
Wine Tasting: Central and Eastern Europe	14
ONLINE: Arroz Con Dulce	15
ONLINE: Holiday Fare that WILL do your Body Good!	15
ONLINE: KaribbeanKraze	20
ONLINE: Face-LIFT!	20
ONLINE: Boxing Fitness Action	21
ONLINE: Millionaires in Training	22
ONLINE: What is Your Social Security Strategy?	23

ONLINE: Secrets The Used Car Dealer Doesn't Want You To Know	25
ONLINE: The Ultimate Money Challenges	25
ONLINE: \$50 Wealth Builder	26
ONLINE: Ultra-Investing Using Options	26
ONLINE: Create Passive Income in Your Spare Time: Investing Strategies	26
ONLINE: Getting Paid to Talk	27
ONLINE: Work at Home as a Medical Transcriptionist	28
ONLINE: Networking For Success	28
ONLINE: \$100,000-a-Year Self-Publisher	31
ONLINE: Home Business Goldmine: Turn Your Talents, Hobbies, and Skills into Big Profits	31
ONLINE: I Want a Fun Funeral, Even Now	33
ONLINE: Understanding Long Term Care 101	34
ONLINE: Speed Cleaning	35
ONLINE: Common Home Repairs and Projects - Part I	36
ONLINE: Common Home Repairs and Projects - Part II	36
ONLINE: Philadelphia Zoning Code and Your Neighborhood	36
ONLINE: Art for Children, Ages 5+	38
ONLINE: Power Yoga 42	
ONLINE: Self Care 101: Mastering the Art of Tuning In	48
ONLINE: Befriending Death	50
ONLINE: Age Like A Pro	51
ONLINE: Weight Loss	53
ONLINE: Steps to Seeing Art: Light and Living	55
ONLINE: Look Up: Spotting Terra Cotta Treasures	56
ONLINE: The Japanese Print	57
ONLINE: Writing + Drawing Picture Books for Children	60
ONLINE: Beginning Japanese	60

## DECEMBER

ONLINE: Make a DIVA Wreath	8
Design Your Own Jewelry - Beginners Workshop	9
ONLINE: Let's Make Some Holiday Ornaments!	9
ONLINE: Follow Your Passions in an Encore Career	29
ONLINE: Change Your Posture, Change Your Pain 4	4
ONLINE: Eat Right, Drink Well, Stress Less	53
ONLINE: For the Love of Poetry	59



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**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 (gym only)
- United Lutheran Seminary
- Wesley Enhanced Living

# 4 Easy Ways to Register

- 1. Online:** [www.mtairylearningtree.org](http://www.mtairylearningtree.org), by Visa or MC.
- 2. Mail:** Fill out registration form on the next page. Enclose a check, money order or MasterCard/Visa number (with expiration date) and mail to:  
  
Mt. Airy Learning Tree  
6601 Greene Street  
Philadelphia, PA 19119-3114

## 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.

- 3. Phone:** Call us at 215.843.6333 and leave a message. We will return your call.
- 4. Visit:** Open to the public on Wednesdays from 9 AM to 12 Noon beginning August 26. Masks required; limit to 2 customers at a time.

## 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, email and phone numbers are important.** If your class is postponed or moved, we want you to know. Please check your voice mail and email.
- **Addresses of major class locations are on our web page.**
- **Classes in private homes are marked with an asterisk.** You will receive the address when you register.
- **Computer, Horseback Riding and other classes with limited space fill up very quickly.** Register early.



# REGISTRATION FORM

name

address

city

zip code

day tel.#

eve.#

email

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

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

1.		
2.		
3.		
4.		
Subtotal:		
<b>NEW!</b> Class discount: Register for any class marked <b>NEW!</b> by September 30 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.		

**Make check payable to MALT.**

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**Mail to: MALT**  
6601 Greene Street  
Philadelphia, PA 19119-3114

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

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

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