

SPRING 2023

# MALT

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



**HIDDEN GARDENS TOUR**  
SUNDAY, JUNE 4



**SPRING TERM BEGINS**  
April 17

**FLOWER POWER WEEKEND JUNE 3-4**



**MT. AIRY**  
**LEARNING TREE**

**235+ COURSES**  
**APR·MAY·JUNE**  
IN PERSON • ONLINE



# FLOWER POWER WEEKEND

Join us for Mt. Airy Learning Tree's Hidden Gardens Tour and our first Annual Flower Power Gala!

The Hidden Garden's Tour is MALT's Annual Fundraiser, and this year we're expanding the festivities! Kick off the fun at our Gala on Saturday, and follow up with the gorgeous Hidden Garden's tour on Sunday. We appreciate your support!

- If you cannot attend, consider making a tax-deductible donation to MALT -

## FLOWER POWER GALA

**Saturday, June 3 from 7:00 to 10:30 pm**

**Dance Party • Silent Auction • Raffles**

Join us for our first annual Flower Power Gala! Dance under a canopy of flowers and light to the live music of the extraordinary **Philly Gumbo**. Enjoy delicious hors d'oeuvres, plus desserts by The Frosted Fox Cake Shop. Partake in the Silent Auction and Raffle, offered exclusively by Mt. Airy Learning Tree for the Gala.

Beautiful corsages and boutonnieres will be available to pre-order from Jewells in Bloom.

Cash bar will feature beer by Attic Brewing Co., wine, and a special signature drink.

**Cliveden Historic Trust, Carriage House, 6401 Germantown Avenue**

Off-street parking available.

**\$55 advance registration only**

*Only a limited number of tickets are available. Festive Spring attire encouraged.*

Philly Gumbo has been thrilling audiences with its unique dance-inducing mix of sound for more than three decades. The Philadelphia Inquirer says, "Philly Gumbo is the area's tastiest musical ragout of New Orleans parish-based soul, blues, reggae and dense funk."



**Flower Power  
Gala & Garden Tour  
Combo Ticket  
only \$80, save \$10!**

## ANNUAL HIDDEN GARDENS TOUR

**Sunday, June 4 from 11:00 am to 4:00 pm**

**Gardens will remain open until 4:00 pm., Tour is rain or shine.**

Mt. Airy Learning Tree invites you to explore our beautiful neighborhood, filled with blooming trees, vibrant flowers and enchanted gardens. Enjoy a self-paced, self-guided tour of 8 delightful gardens and learn tricks of the trade at each destination. Discover perennial favorites, vegetables, native and habitat-friendly plants, and those with innovative solutions to challenging terrains — there's something for everyone on this tour! Novices and master gardeners alike will find inspiration in the beauty of our neighborhood's unique green spaces.

Begin your adventure by picking up a booklet and map of garden destinations at Ned Wolf Park between 11:00 am and 1:00 pm.

**Ned Wolf Park, 7018 McCallum Street**

at the corner of McCallum and Ellet Streets in Mt. Airy

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

### Thank You to Our Generous Sponsors!

Flowering Dogwoods



NEW COURTLAND

Temple Health  
Chestnut Hill Hospital

CURATED  
LIVING

UNIVEST  
BANKING INSURANCE INVESTMENTS



weavers  
way COOP



Sweet Sassafras

Elfant  
Wissahickon  
— REALTORS® —



THE SECRET GARDEN  
7631 Ridge Ave 215.483.5009

Mt. Airy Local



DIRECTOR'S NOTE

Dear Neighbors and Friends,

A new tradition is in bloom here at MALT, join us for our first ever Flower Power Gala! Dance the night away to live music featuring a unique mix of R&B, soul, funk and blues by our favorite band Philly Gumbo. Check out our raffles and silent auction with one of a kind items and experiences from our local craftspeople and restaurateurs. Come celebrate with your neighbors who love MALT and want to support our mission. It will be a night to remember!

All proceeds from our Flower Power Weekend, featuring our Gala and Annual Hidden Gardens Tour will support our nonprofit, which brings over 750 classes to our community each year. On any given morning, evening, or weekend students come together to learn something new or to join their favorite ongoing class. Thank you to all of our sponsors who have generously supported MALT. And a special thank you to the members of the volunteer committee who are helping to plan Flower Power Weekend.

Now jump into our Spring catalog, which has blossomed into over 235 classes. We have 16 new teachers with new topics we know you will love! You can learn American Sign Language (ASL) or Japanese, create beautiful flower arrangements, or build a birdhouse. Learn to play guitar, or take time for yourself to breathe deeply, stretch, or even juggle. Walk Mt. Airy or Germantown and discover the history of our neighborhood. Join our youngest teacher Emani Frank, who is just ten years old, as she shares her pandemic passion project: SLIME! There is truly something for everyone.

Have a great Spring and Summer at MALT, and be sure to save the first weekend in June for flowers! 🌸

Janet Greenwood Gala  
Executive Director

CONTENTS

Gardens + Nature	5
Walks + Talks	8
Arts + Crafts	14
Computers + Technology	23
Cooking	26
Dance	31
Fitness + Health	36
Finance + Careers	40
Across the Creek Index	43
Family + Home	47
Kids + Teens	50
Mind + Body	52
Sports + Recreation	62
Words + Music + Theater + Film	66
Weekday Daytime Classes	61
Locations	75
MALT General Policies	76
Covid-19 Policy	77
Registration	79

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

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

<b>Executive Director</b>	<b>Program Administrator</b>
Janet Greenwood Gala	Alexa Strus
<b>Education Coordinator</b>	<b>Special Projects</b>
John O'Donnell	Sarah Claxton

BOARD OF GOVERNORS

John Autin	Susan Beetle
<b>President</b>	Lanina Cavicchio
Rene Vargas	Allison Cooper
<b>Vice-President</b>	Janet Hoffman
	Nima Koliwad
Bob Rossman	Celeste Lamb
<b>Treasurer</b>	Allyson L. Katzman
	Patricia Robinson
Janet Hoffman	Rivkah M. Walton
<b>Secretary</b>	Jesse Wilson

Graphic Design - Janet Greenwood Gala  
Flower Power Design - Sarah Claxton

Photos of the Board of Governors and Staff, page 73.



Create beautiful flower arrangements with Courtney Jewell, owner of Jewells in Bloom.

NEW FLOWER ARRANGING WITH LOCALLY GROWN FLOWERS

Sa from 3:00 PM to 5:00 PM

**ACo5.** Have you ever been curious about flower arranging, what goes into choosing the flowers and how to design with flowers? Join Courtney Jewell in her backyard for a fun, stress free floral arranging class using flowers fresh from her farm! Information from conditioning flowers and stems to making a beautiful arrangement to take home, Courtney will give you all the guidance you need. No previous floral experience is necessary. Flowers, vase, tools and light snacks/drinks are included. Grab a friend or neighbor for a fun activity and a chance to learn something new!

**Courtney Jewell** moved to Philly in 2003 after graduating with a BFA from the University of Tennessee. She has lived in east Mt. Airy for over ten years. With her background in design she started gardening/designing for other small gardens and taking horticulture classes at Temple Ambler Campus. Soon she decided along with a friend to start a small flower CSA. Since then her passion for growing and arranging flowers flourished.

June 24 | \$44

Rain date 6/25

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

There will be an additional \$20 materials fee paid to the instructor for flowers and classtime refreshments. Bring a vase or purchase a new one at the class.

On the cover Clockwise from the top: Kayaking (pg. 62), Salsa Dance (pg. 31), Camping (pg. 64), Hidden Gardens Tour (pg.3).

NEW GROW THE BEST DARN TOMATOES

Su from 1:30 PM to 4:00 PM

**FHo6.** Have you ever wondered what it takes to grow amazing, flavorful and abundant tomatoes? Get a rundown of some of the best tips to ensure success throughout the growing season from seeding, fertilizing, troubleshooting pest or disease problems, and pruning to give you some of the best tasting tomatoes ever! Take home a Tomato Grow Kit including your own tomato start of a variety of your choosing.

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

May 7 | \$39

Cliveden Carriage House, 6401 Germantown Ave., rear

A \$15 materials fee is payable directly to the instructor.





## NEW BUILD AND DECORATE YOUR OWN BIRDHOUSE

Su from 1:00 PM to 3:00 PM

**FH14.** Have fun learning basic carpentry, joinery and wood finishing techniques by first assembling (nail, screw, and/or glue) and then painting your birdhouse. Paint brushes, wood glue, sandpaper and carpentry tools will be provided for the group to use. Please bring your birdhouse kit along with acrylic or latex paints. Kits are available at hobby stores or online shops such as Amazon or Etsy, or you can order birdhouses specifically designed for local species from the Wildlife Homes section at the Howard Nursery of the Pennsylvania Game Commission. Please check with the Howard Nursery for kit availability and lead time for delivery. Jon is available to help you select your birdhouse if you have questions before registering.

**Jon Esser** is a sculptor who recently retired from teaching art and a career in arts administration, including work as a site visitor and consultant for the National Association of Schools of Art and Design. When he is not gardening or sailing, he can be found practicing random acts of carpentry and home remodeling contracting around Germantown.

**May 7 | Individual \$32  
Parent & Child \$38**

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

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

## ONLINE A BEGINNER'S GUIDE TO GROWING FOOD IN YOUR BACKYARD

W from 6:00 PM to 8:00 PM

**FH05.** Learn how to maximize the success of growing food in your backyard! We'll review tips to help maximize success in the garden from sunlight planning, soil fertility, spacing, succession planting for a classic vegetable garden as well as a brief discussion on creative edibles you might also consider in the landscape like mushrooms, berries, nuts, and windowsill greens.

**Allison Houghton**

**May 3-17 \$64**  
3 sessions

The Comfort of Your Own Home



Build a Birdhouse with teacher Jon Esser

## NEW ENJOYING SPRING BIRDS, BUTTERFLIES AND DRAGONFLIES

Sa from 1:00 PM to 2:30 PM

**TW21.** Get ready for the spring bird migration and the emergence of Butterflies and Dragonflies in our area. This is the time of year when many species of birds move into or pass through the Delaware Valley on their yearly migration to their nesting grounds. This course will introduce ways to attract them and how to identify them using a system of field marks. It will also use songs and vocalizations to help identify birds. The Spring and Summer is also the time for butterflies to emerge and take flight to begin their active, sometimes brief, life seeking to reproduce. Learn about these colorful insects as well as what plants will attract them to your gardens. Using a similar system of Field Marks – size, shape, unique features and behaviors – to identify them. Field trips will be arranged in class to some local birding and butterfly hot spots. (FYI travel to the field trips will be by personal vehicle.)

**Cliff & Nancy Henc** have maintained a National Wildlife Federation certified Habitat in the Mt. Airy area for over 25 years. They also lead Butterfly/Odes walks for the US Fish and Wildlife Service at the Heinz NWR located near the Philadelphia Airport for the past 10 years.

**April 22 - May 6 | \$64**  
3 sessions

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education

Optional field trips will be arranged on weekends.



Explore the enchanted Chanticleer Garden with a guide, learn its history and design features that make it so special!

## JOURNEY TO CHANTICLEER, A PLEASURE GARDEN

F from 1:30 PM to 3:00 PM

**TW08.** Chanticleer has been called the most romantic, imaginative, and exciting public garden in America. Enjoy a 90-minute walking tour featuring garden history, seasonal highlights, and tour of the first floor of the historic Chanticleer House. Chanticleer is a 35-acre pleasure garden, where gardeners lead the design and the garden is a study of texture, form, and color. It is an extraordinary garden, and MALT is delighted to offer this tour. We recommend that you dress for the weather, wear sturdy shoes, bring your water bottle, and be sure to bring a camera. This program will happen rain or shine.

**Cindy Pierce** is Chanticleer Tour Guide and Visitor Services Receptionist.

**May 19 | \$39**  
Chanticleer, 786 Church Rd, Wayne, PA 19087

Chanticleer requires parking reservations, so please make your free reservation in advance by visiting Chanticleer's website, [www.chanticleergarden.org](http://www.chanticleergarden.org). Reservations will be available 3 weeks before the tour.

## NEW FORAGING FUN ON CRESHEIM TRAIL

Su from 1:00 PM to 3:00 PM

**TW07.** Even though there are thousands of edible species out there, we modern-day humans focus on less than 100 cultivated plant species for the majority of our diets! What flavors, delicacies, and nutrient-dense deliciousness do we miss? A lot. Come join me for a dive into the incredible wild edibles all around us and some of the history on why we eat what we eat and some enticing reasons (and recipes) on why we should. We'll learn about species like Japanese knotweed, turkey tail mushrooms, black walnut, elderberry, garlic mustard, among others.

**Allison Houghton**

**May 21 | \$32**

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

7210 Cresheim Road, Philadelphia, PA

See Page 47

ONLINE  
Backyard  
Chicken Keeping



## MT. AIRY HISTORY AND ARCHITECTURE TOUR

Su from 1:00 PM to 3:30 PM

**TW17.** Take a walk of almost two miles, stepping back in history to discover the historic and architectural treasures along several of the oldest streets in Mt. Airy. The tour begins in front of the United Lutheran Seminary on Germantown Avenue. We will discuss Mt. Airy's many "pasts" - Native American, Revolutionary War, railroad history, and the development of Mt. Airy as a streetcar suburb, as well as the contributions of George Woodward and others in the 20th century. The tour ends in Fairmount Park near the ruins of the Buttercup Cottage at Cresheim Road. Wear walking shoes and bring water. Not recommended for young children. Park close to the Allen Lane train station.

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

June 11 | \$32

Meet at United Lutheran Seminary, 7301 Germantown Ave. at Allens Lane, across from Wawa. NO WALK-INS.

*History maps of Mt. Airy available for purchase for \$20, stop by the MALT Office during open hours to pick one up. We have Chestnut Hill maps, too! Proceeds are generously donated to MALT.*



*David Schaaf returns to MALT to lead his popular tour! He's been sharing his knowledge of Mt. Airy History and Architecture with MALT since 1996. David created the beautiful Mt. Airy and Chestnut Hill maps we all love so much!*

## STORIES & LANDSCAPES: THE HISTORY OF CLIVEN

**TW09.** Built in 1767 as a summer home to the Chew family, Cliveden was the site of the Revolutionary War Battle of Germantown in 1777. Explore the lives of the Chew family and their workers, both the enslaved and servants, from the 1760s until the 1970s. The tour will be largely outdoors and explore Cliveden's diverse history and landscape, including recent research findings.

**Carolyn Wallace** is an educator, program coordinator and collections manager with a background in historic sites. In her current role as Education Director for Cliveden of the National Trust, Carolyn is focused on education, interpretation and collections.

**A. May 13 | \$25**

Sa from 10:00 AM to 11:30 AM

**B. May 16 | \$25**

Tu from 10:00 AM to 11:30 AM

Cliveden Carriage House, 6401 Germantown Ave., rear, The Carriage House is best reached from Cliveden St., which is between Upsal and Johnson Streets. Parking is available in the church parking lot near Morton St. and also on the street.



Want to give back to MALT and help shape our future?

Explore Board membership at [mtairylearningtree.org/join-the-board](http://mtairylearningtree.org/join-the-board)

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

Su from 10:00 AM to 11:30 AM

**TW11.** The expansion of Fairmount Park in the 1860s prevented further growth of Laurel Hill East, and in 1869 Laurel Hill West cemetery was established just across the river in Bala Cynwyd. This walking tour provides a wonderful overview of Laurel Hill West's long and colorful history, including its architectural artistry, stunning trees and horticulture, and the stories of residents that encompass diverse and fascinating Philadelphia history. Sacred Spaces and Storied Places is the perfect introductory tour for anyone who wants to learn all that Laurel Hill West has to offer. Experienced tour guides offer visitors a unique perspective and every Sacred Spaces tour is different!

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

May 21 | \$32

Laurel Hill West Cemetery, 225 Belmont Ave, Bala Cynwyd, We will depart from the Conservatory at Laurel Hill West (not the first building you see.) Follow signs to the Conservatory.

## SUMMER SOLSTICE TWILIGHT HIKE TO THE LOST CAVE

W from 6:00 PM to 8:00 PM

**TW24.** Join Kris Soffa, "Wild Woman of the Wilderness" for a solstice hike to the Lost Cave of the Wissahickon, home of the first Doomsday Cult in America. You'll learn the lore and legend of the mysterious Monk Kelpius and what miracles have occurred in the Wissahickon Valley Park. Walk along the paved path beside the Wissahickon Creek to the Hermit's Cave and back.

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

June 21 | \$24

\* Meet at 4900 Ridge Ave parking lot

A portion of this 2.5 mile hike is moderately steep and rocky. Wear sturdy closed toe footwear (no sandals). Children 12 and older welcome with adult. No pets please.

## WALKING TOUR OF LAUREL HILL EAST CEMETERY

Sa from 11:00 AM to 1:00 PM

**TW14.** Established in 1836 as the second garden-designed cemetery in the United States, Laurel Hill is the nation's first National Historic Landmark cemetery. John Jay Smith, the site's founding visionary, had planned for Laurel Hill to be a school of instruction in architecture, culture, landscape gardening, arboriculture and botany. Laurel Hill was not only established as a permanent, non-sectarian burial place for the dead, but also as a scenic, riverside sanctuary for the living. Join historian and author Tom Keels for this insightful tour through one of America's most celebrated cemeteries.

**Thomas H. Keels** is the author or co-author of seven books on local history and lore, including Philadelphia Graveyards and Cemeteries, Forgotten Philadelphia: Lost Architecture of the Quaker City, and Wicked Philadelphia: Sin in the City of Brotherly Love. Tom has appeared in numerous documentaries and TV shows; recently, he gave Roberto Mighty a tour of Laurel Hill Cemetery for an upcoming episode of World's Greatest Cemeteries on PBS.

May 13 | \$34

Laurel Hill Cemetery, 3822 Ridge Ave.

Meet at main gate. There is a large parking lot directly across the street from the entrance.



*Encounter some unique quests on your Summer Solstice Twilight Hike with Kris Soffa to Kelpius' hermit cave.*

## NEW ONLINE DEPICTING READING, WRITING, AND VIEWING ART IN PAINTINGS

Tu from 2:00 PM to 3:30 PM

**TW02.** Paintings that feature people reading, writing, and even looking at art help put the viewer into a mellow and attentive space. Time slows down as details unfold and reveal new insights into different periods and places. A variety of art 'isms brings clarity to process and picture as a diversity of artists showcases the many ways creativity comes into being. From Vermeer and Isabel Bishop to Kerry James Marshall and many more, there is much to consider and discuss as we gaze at scenes of 'alone-time' pursuits. Each conversation-style session includes short, related videos.

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

**April 18 - May 2 | \$49**

3 sessions

The Comfort of Your Own Home

## NEW ONLINE IN PERFORMANCE: PAINTINGS OF THEATER AND CIRCUS WITH DEGAS & MORE

Tu from 2:00 PM to 3:30 PM

**TW03.** That's entertainment! Artists throughout time have looked to theater, performance, and the circus for inspiring themes, colors, patterns, and vibrant expressions. Join this exploration of artistic forms from different times and places that features an array of entertaining settings ranging from stage and film set straight through to the circus arena. Performers of all sorts are highlighted within the paintings of Watteau, Picasso, Lautrec, Calder, Stettheimer, Bisa Butler and others. Showtime comes to life when you meet Miss LaLa, also known as the Black Venus, and an array of characters. Each conversation-style session includes short, related videos.

**Lynn Berkowitz**

**May 9-23 | \$49**

3 sessions

The Comfort of Your Own Home.

## LOOK-SEE ART IN MUSEUMS - WOODMERE ART MUSEUM

Su from 1:00 PM to 2:30 PM

**TW04.** Learn new strategies for seeing and appreciating art in this fun 2-part program that begins in a creative and comfortable classroom setting. With this fresh approach, active looking can be practiced in any gallery. The second class is a decidedly different walk-through of Woodmere Art Museum in Chestnut Hill to view and discuss The Woodmere Annual: 81st Juried Exhibition. We will look deeply at and consider this special exhibition from a variety of perspectives. Transportation and admission to the museum are up to the participant. Note: at this writing, there is free admission on Sundays.

**Lynn Berkowitz**

**June 11-18 | \$44**

2 sessions

NewCourtland, Eisenhardt Building,  
6950 Germantown Ave.

The first class will take place at NewCourtland and the second class will take place at Woodmere Art Museum, 9201 Germantown Avenue.

## UNDERSTANDING OUR SUPREME COURT

W from 7:00 PM to 8:30 PM

**TW12.** The Supreme Court term ending in June 2022 brought seismic waves throughout the country with decisions ending Roe, expanding the right to carry concealed weapons and allowing a school employee to engage in prayer at a football game. What was the rationale expressed in those decisions, and what do they bode for the future? This mini-course for non-legal professionals will discuss those issues and answer your questions.

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

**June 7-14 | \$49**

2 sessions

Work Mt. Airy, 6700 Germantown Ave..  
Lower Level

Attendees will receive a copy of the U.S. Constitution, courtesy of the Pennsylvania Bar Association.



*Where American Bandstand was filmed is just one of the many stops of the Philadelphia Musical History Bus Tour.*

## PHILADELPHIA LIES HERE: A HISTORY OF OUR CITY'S BURIAL PLACES

M from 6:30 PM to 8:00 PM

**TW18.** Trace the history of Philadelphia and America through its existing and vanished burial sites, from colonial graveyards like Christ Church, to Victorian rural cemeteries like Laurel Hill, to modern memorial parks. Philadelphia's burial sites reflect 18th-century political and mercantile supremacy, 19th-century industrial strength and wealth, and the changing demographics of the 20th century. Through a PowerPoint presentation, we will visit the graves of famous Philadelphians like Benjamin Franklin, General George Gordon Meade, Rebecca Gratz, Marian Anderson, and John Barrymore. We will also explore African-American, Catholic, and Jewish burial sites; discuss cemetery architecture and symbolism; and see how a number of historic graveyards have been reborn in recent years.

**Thomas H. Keels** is the author or co-author of seven books on local history and lore, including Philadelphia Graveyards and Cemeteries, Forgotten Philadelphia: Lost Architecture of the Quaker City, and Wicked Philadelphia: Sin in the City of Brotherly Love. Tom has appeared in numerous documentaries and TV shows; recently, he gave Roberto Mighty a tour of Laurel Hill Cemetery for an upcoming episode of World's Greatest Cemeteries on PBS.

**May 8 | \$34**

Wesley Enhanced Living, 6300 Greene St. (at Stapley). Vaccination and masks required.

## PHILADELPHIA MUSICAL HISTORY BUS TOUR

Su from 10:00 AM to 1:00 PM

**TW22.** Join us for a mobile musical experience! We will teach you all about the talented musicians who were either born or raised in the Philadelphia area. Hop aboard our moving musical museum and prepare to be surprised and delighted to discover the great Philadelphians who revolutionized the music industry in Jazz, Classical, Gospel, Rock and Roll, Folk, R&B, Hip Hop and Country.

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

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

**June 25 | \$44**

Meet the bus at the corner of Wayne Ave. and Cliveden Please note that there is a bathroom on the bus.)

## DEMOCRACY IS NOT A SPECTATOR SPORT

W from 6:30 PM to 8:30 PM

**TW06.** Learn about critical democracy policy issues including voting, elections, how elections are run, how state government works, legislative rules and campaign finance. Learn more about the policies and processes that determine voting and election policies, why it is challenging (but not impossible) to make change. The course will also cover communication strategies, how talk about these issues and provide reputable resources. Instructor will provide information about types of opportunities to get more involved. Become a more informed voter, community member, volunteer or activist.

**Susan Gobreski** is a long-time policy advocate with extensive experience in public policy and civic engagement. She currently serves on the state board of the League of Women Voters of Pennsylvania as the director of government policy. She is also a consultant to several organizations engaged in democracy advocacy at the state and federal levels. She has served as director of several policy organizations, including Education Voters of PA, which she founded.

**May 31 | \$32**

Mt. Airy Axis, 520 Carpenter Lane, Between McCallum and Greene Streets, same block as Big Blue Marble and the Co-op.





Rebecca Fisher's  
Beyond the Bell Tours  
are insightful and  
entertaining, a great  
way to fully explore  
Philadelphia's history.

## BADASS WOMEN OF PHILADELPHIA

Sa from 11:00 AM to 1:00 PM

**TW15.** Celebrate Women's History Month and the Badass Women of Philadelphia! Time to hear about cool colonial women, change makers, women in medicine, and more pioneers who have made their mark on this city of brother love and sisterly affection. Learn about our forgotten founder, Hannah Callowhill Penn; Ona Judge and her great escape from George Washington; Philadelphia's first female doctors and more! Tour is approximately 1.5 miles and ends at 13th & Locust.

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

**April 29 | \$39**

\*Meet at the corner of 6th and Market St

599 Market Street, Philadelphia, PA 19106. Look for the Visitor's Center. Look for the "Beyond the Bell Tours" tote.

## PHILLY GAYBORHOOD AND LGBTQ TOUR: TELLING LGBTQ STORIES WITH PRIDE

Sa from 3:00 PM to 5:00 PM

**TW16.** Get under the skin of queer Philly. Discover the controversies, paradoxes, and hidden histories of the only formalized Gayborhood in the country. Tour includes: The evolution of Pride: from protest to parade; Kiyoshi Kurokiya: inventor, architect, activist; the nation's longest continuously-operating LGBT-focused bookstore in the country; Barbara Gittings, the "Gay Pioneer"; controversies of racism in the Gayborhood; and a tribute to Gloria Casarez.

**Rebecca Fisher**

**June 10 | \$39**

\*Meets at 13th and Locust Streets

On the northeast corner by the John Fryer Historical Marker



## A GUIDED TOUR OF THE LEST WE FORGET MUSEUM OF SLAVERY

**TW13.** Join Gwen Ragsdale, executive director, for a 90-minute guided tour of the Lest We Forget Museum of Slavery that not only reviews slavery from capture to emancipation, but also covers today's social justice issues. It is the only slavery museum in Philadelphia and the only museum with an extensive collection of artifacts from the transatlantic slave trade. The collection includes iron shackles, chains and other forms of ironware, in addition to bill of sale documents, Jim Crow objects, segregation signs and a Black Inventors wall.

**Gwen Ragsdale** is the Executive Director of the Lest We Forget Museum of Slavery. She is a storyteller, novelist and filmmaker. Her novel, Peculiar Relationships, explores the evolving relationships between black and white women from slavery to current day. Her films are award-winning. Lest We Forget won Best Documentary Award from HBO/Martha's Vineyard Film Festival, and My Slave Sister, Myself won both the Toronto and New York Best Documentary Awards.

**A. June 17 | \$20**

Sa from 12 N to 2:00 PM

**B. June 15 | \$20**

Th from 12 N to 2:00 PM

The Lest We Forget Museum of Slavery

5501 Germantown Avenue, The Lest We Forget Slavery Museum requires mask wearing.



## NORTHWEST PHILLY CELEBRATES JUNETEENTH!

Juneteenth is a federal holiday and the oldest nationally celebrated commemoration of emancipation from slavery in the United States and the 13th Amendment abolishing slavery. Hosted by the Johnson House Historic Site, the annual free **Juneteenth Festival** features a day of educational, cultural and recreational activities and entertainment on the 6300 Block of Germantown Avenue.

**Juneteenth Festival**

**Saturday, June 17, 12:00 to 7:00 pm.**

Learn more, visit

[www.johnsonhouse.org](http://www.johnsonhouse.org)

[philadelphia-juneteenth-festival](http://philadelphia-juneteenth-festival)

## BLACK LIVES IN GERMANTOWN TOUR

Sa from 2:00 PM to 3:30 PM

**TW19.** Join us for the Black Lives in Germantown Tour, a voyage into the heart of historic milestones, community life and contemporary advocacy in the movement for Black Lives. This 2-hour walking tour is inspired by the social uprisings of 2020 and the pivotal role Germantown plays as a vibrant neighborhood of advocacy and activity. This is the first of many walking tours depicting the African American experience in Germantown and Northwest Philadelphia, from colonial era protests, to Victorian era activists to migration era landmarks to the modern day movements that shape this place as Freedoms Back Yard. Our tours are immersive storytelling experiences, with props and audio visuals, illustrating the stories of local black notables, black families, and outspoken voices, through a lens of activism, business, civics and community life.

**Caitlin Mongan** is the Manager of Operations and Partnerships at **Historic Germantown**, a partnership of eighteen extraordinary historic houses, destinations, and museums in Northwest Philadelphia that have joined together to protect, preserve, and share some of Philadelphia's prized historical assets

**May 20 | \$29**

Tour begins at Germantown High School, 5900 block of Germantown Avenue – tour concludes at Market Square Park, 5500 block Germantown Avenue.

## ISLAM IN THE 21ST CENTURY

W 1:00 PM to 3:00 PM

**TW05.** Come appreciate the true nature and teachings of the Islamic faith in all its variety. We will learn basic history and doctrines, its sectarian development, and understand how modern trends and issues have impacted Islamic communities worldwide. Part of this will be understanding pervasive historical and philosophical factors which have predisposed some Muslim groups to develop customs and interpretations which we often find controversial.

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

**June 7 - July 5 | \$84**

4 sessions, no class 6/14

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

## CALLIGRAPHY

**ACo1.** Add some flair to your signature, some pizzazz to your greeting cards! Don't worry—we're not going to recreate an ancient manuscript! Learn how to use a calligraphy markers, basic strokes, shapes, and formats. Students will do some practice exercises then develop their own alphabet script. Each student will take home 3 double-point pens and exercise sheets plus have access to an online library of class materials.

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

**A. Sa from 10:00 AM to 1:00 PM**

**B. Sa from 2:00 PM to 5:00 PM**

**May 27 | \$49**

Wesley Enhanced Living, 6300 Greene St. (at Stapley). Vaccination and masks required.

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

## NEW WEAVE A SMALL MARKET STYLE BASKET

**Sa from 12 N to 4:00 PM**

**ACo2.** This is a great class for beginning weavers! Try your hand at a small market basket that can fit anywhere. Need a basket in your kitchen for garlic or shallots? A basket on your shelf for small items? A basket by the door for keys? Students will learn to start and stop weaving, how to weave a locking row, lashing on a rim and incorporating a handle into your pattern. Basket measures about 6" x 12" x 4".

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

**June 17 | \$59**

Chestnut Hill Friends Meeting House  
20 E. Mermaid Lane

Materials fee payable to the instructor \$15

## DRAWING AND OBSERVING ANIMALS IN ART

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

**ACo4.** This course will look at how artists have depicted animals in art from cave drawings to modern times. With these images as inspiration, we will draw animals of our choice using various media and techniques. Beginners to advanced artists are welcome to join this insightful course. This course is very appropriate to anyone who wants a new ways of "seeing" and "drawing". It will be fun! Please bring any kind of pad-- not too small-- and pencil and charcoal and kneaded eraser to the first class.

**Zipora Schulz** is a New York transplant who left the world of advertising as a sketch artist and began teaching art almost twenty years ago to adults and children.

**May 3 - 24 | \$84**

4 sessions

Wesley Enhanced Living, 6300 Greene St. (at Stapley). Vaccination and masks required.

## DUST OFF YOUR SEWING MACHINE

**ACo8A.** Do you have a sewing machine you inherited or bought years ago but never opened? Maybe you're thinking of getting one? Here's your chance to learn the basics of a sewing machine: threading, tension, needles, thread, and basic maintenance. We'll address simple clothing repairs such as hemming and re-stitching a seam. Students will complete an easy craft project in class.

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

**A. Sa from 10:00 AM to 1:00 PM**

**B. Sa from 2:00 PM to 5:00 PM**

**May 6 | \$49**

Grace Epiphany Church, 224 E. Gowen Ave.

Bring your own WORKING sewing machine. Instructions for testing your sewing machine will be sent out two weeks prior to class. Needles, thread, scissors, and fabrics will be provided. Sorry, no students under 18 years old.

\$10 materials fee payable to the instructor

## DUST OFF YOUR SEWING MACHINE AGAIN AND MAKE A TOTE BAG!

**M from 2:00 PM to 6:00 PM**

**ACo9.** This class is a follow-up to "Dust Off Your Sewing Machine" and will build on basic sewing skills. Students must be comfortable using their sewing machine, i.e., able to deal with threading upper & lower thread/bobbin and sewing a straight seam. No class time will be spent on these areas. Students will learn to make a cotton tote bag with two large pockets. The tote can be customized with a patch pocket, a zippered pocket, and appliques - all taught in class. Class requirements: Students must bring their own working sewing machine, be able to set it up (turn it on, thread it, thread the bobbin) and be comfortable with basic stitching.

**Bea Quindlen**

**June 26 | \$49**

Grace Epiphany Church, 224 E. Gowen Ave.

\$15 materials fee payable to the instructor. Please bring your own WORKING sewing machine. Needles, thread, scissors, and fabrics will be provided.

## MAKING ART MAKES US SMARTER: PASTELS

**Th from 1:30 PM to 3:30 PM**

**ACo6.** This course welcomes newcomers as well as those who want to renew pastel skills. You will receive instruction in both chalk and oil pastels, including various color application techniques, and paper explorations. Pastel can be applied energetically in broad strokes like paint or in fine layers like drawing. Vibrant colors and strong covering power make this medium fun and exciting. We will be working in a safe, air-filtered room, and masks will be strongly recommended to protect our health. A materials list will be provided upon registration.

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

**April 27 - May 25 | \$110**

5 sessions

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



Join Marcia Jones to explore watercolor and pastels

## WATERCOLOR AND DRAWING FOUNDATIONS

**Tu from 1:30 PM to 3:30 PM**

**ACo7.** Join in the fun of learning how to handle materials and processes in drawing and watercolor in a supportive, friendly environment. Receive hands-on instruction in basic watercolor washes, color mixing, line drawing and shading techniques. We will begin to recognize good composition and achieve it. We do a few projects together with plenty of hands-on instruction. When you are ready, you are facilitated in your own projects. The class welcomes newcomers as well as those who want to brush up on their skills!!

**Marcia Jones**

**April 25 - May 23 | \$110**

5 sessions

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

A supply list will be attached to receipt email.

See Page 50

NEW  
Sunshine's Slime Club





Create a masterpiece with Acrylic Pour Painting!

## NEW DUST OFF YOUR SEWING MACHINE AND GET CRAFTY!

Sa from 12 N to 4:00 PM

**AC10.** Expand your crafting repertoire with several easy-to-make items such as an eye-glass case, credit card/money wallets, a variety of pouches/bags and more. Some items will be completed in class while other items will be demonstrated with take-home instructions and materials. Just wait until you see the lined purse you create in class with just four seams! Students must be comfortable using their sewing machine, i.e., able to deal with threading upper & lower thread/bobbin and sewing a straight seam. No class time will be spent on these areas.

**Bea Quindlen**

**June 24 | \$49**

Grace Epiphany Church, 224 E. Gowen Ave.

\$20 Materials Fee Payable to the Instructor

## ACRYLIC POUR PAINTING 101

Sa from 10:00 AM to 12 N

**AC12.** Come and learn the basics of pour painting. Everyone can do this class! You will learn step by step instructions, from mixing the paint to completing two canvases using two separate techniques - The Flip Cup and The Tree Ring. You will learn the variations of paint coverage. Everyone will leave with two finished pieces of their artwork. Please wear clothes you don't mind getting paint on, and bring a cookie sheet covered in tin foil to transport your artwork home with you. This class is fun for children, teens and adults, ages 6+. Come as a family and make art together!

**Julie Potter** has been making art since she was old enough to hold a crayon. She has a BS in Interior Design, with a minor in Fabric Design. Julie has taught different styles of art to Boy Scouts, Girl Scouts, church groups, ladies retreats and more. She believes everyone has creative ability within themselves.

**June 3 | \$34**

**Parent and Child \$39**

Woodmere Art Museum,  
9201 Germantown Ave.

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

## ACRYLIC PAINTING - THE DUTCH POUR

Sa from 1:00 PM to 4:00 PM

**AC15.** Building on the basic concepts of pour painting, you will learn how to manipulate the paint using my favorite technique--the Dutch Pour. The mixing and technique differ from the Flip Cup. Using step by step instructions, we will mix our paint and proceed to make our canvas. Please bring a hairdryer with an attachment with you to class. Everyone has talent inside themselves; wear your painting clothes.

**Julie Potter**

**June 17 | \$44**

Woodmere Art Museum,  
9201 Germantown Ave.

Materials fee payable to the instructor of \$30.  
All materials will be provided.

## DIGITAL CAMERAS: SLRS & MIRRORLESS

**AC20A.** Do you have a digital SLR but keep it on auto everything? Trying to get the most out of your camera but you don't know what all the buttons do? Bring your camera and learn how to take more control over your photography. Gain some composition tips, too. Be sure to charge your battery before each class. Your camera must have the following letters on the top dial: P, M, A, & S or P, M, Av, & Tv.

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

**A. May 1-15 | \$64**

M from 7:00 PM to 9:00 PM

**B. June 1-15 | \$64**

Th from 7:00 PM to 9:00 PM

3 sessions

MALT Office, 6601 Greene St.

Optional \$20 materials fee for book and hand-outs payable to the instructor.

## FUN WITH WATERCOLOR TECHNIQUES

F from 10:00 AM to 12 N

**AC11.** If you have always wanted to paint with watercolors, but have been afraid to try, this course is the perfect place to start. It's geared for beginners. Learn several tricks to creating beautiful watercolors even if you have never painted before. Each session will begin with a short demo of a different watercolor technique. Students will then have plenty of time to experiment.

**Rebecca Hoenig** has been an artist and art teacher for several decades. She is particularly inspired by nature and begins most of her work with drawing and observation from life. Rebecca loves to share her experience and enthusiasm for collage and to help students tap into their creativity.

**May 5-26 | \$89**

4 sessions

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

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

Students will be required to wear a mask regardless of vaccination status

## NEW EXPRESSIVE COLLAGE

Tu from 7:00 PM to 9:00 PM

**AC13.** Get your emotions and creative juices flowing, express your artistic vision or simply let your subconscious guide you as you combine images and colors to produce a work of art. Expressive collage is fun, playful and for everyone who wants to create with paper. Absolutely no previous art experience is necessary. You will be amazed at how easy, relaxing, and rewarding it is to make a collage. You are welcome to bring your own photographs, magazines and papers to class, but know that everything you need to create work will be provided. Rebecca has a vast collection of magazines, wrapping papers, newspapers and calendars. Scissors and glue will be provided as well.

**Rebecca Hoenig** has been an artist and art teacher for several decades. Rebecca loves to share her experience and enthusiasm for collage and to help students tap into their creativity.

**May 16-23 | \$49**

2 sessions

Summit Presbyterian Church  
6757 Greene Street

Students will be required to wear a mask regardless of vaccination status



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

Visit: [mtairylearningtree.org](https://mtairylearningtree.org)

## EXPLORING OUTDOOR PAINTING

Sa from 9:00 AM to 12 N

**AC14.** Paint in the great outdoors! We meet in a different place each Saturday morning - in the woods, on the street, and always a couple of water sites to give variety and challenges. A little experience painting would be helpful and instruction will be tailored to each person. Any medium - oil, watercolor, pastel, gouache are all good candidates for outdoor painting and a suggested materials list will be sent when you sign up based on your preferences.

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

**May 6 - June 3 | \$125**  
4 sessions, no class 5/27

Pastorius Park, 8177 Roanoke St, Chestnut Hill Rain dates will be held on the Sunday of that week. A list of material suggestions and locations will be emailed to painters.

## COLD PROCESS SOAP MAKING

Sa from 12:30 PM to 4:00 PM

**AC16.** Leave with 2 lbs. of your own customized soap incorporating oils such as coconut, olive, palm and cocoa butter with lye and water. The lye goes through the chemical reaction of saponification and is not present in the end product. This hands-on class will give you an overview of the process along with handouts to help your success making more in the future. After the soap has "cured," you will have hard, cleansing, lathering, moisturizing bars of soap. Give as gifts or keep for yourself.

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

**May 13 | \$49**

Wesley Enhanced Living, 6300 Greene St. (at Stapley). Vaccination and masks required.

\$43 materials fee payable to the instructor. Bring a sturdy bag to take home your soap.

No experience required. Due to the use of lye, you must wear a long-sleeved shirt (cotton or natural fiber preferred); instructor will provide all supplies including safety equipment. All students must be 18 years of age or older.



An example of Mindy Shapiro's work with Zentangle®

## NEW PAPER CUTTING: EXPLORE THE WORLD OF ISLAMIC ARCHITECTURE

M from 7:00 PM to 9:00 PM

**AC19.** Have you ever cut a snowflake to decorate for the winter? Then you have created papercut art! Join Mindy to learn more about this ancient artform and create a piece inspired by sacred geometry and Islamic architecture. You will learn how to cut a multi-layered papercut and be amazed at what you can create with a pair of scissors and some paper. No experience needed.

**Mindy Shapiro**

**May 8 | \$32**

Summit Presbyterian Church, 6757 Greene St. at Westview

\$10 Materials fee payable to the instructor.

## MAKE YOUR OWN BODY BUTTER AND SUGAR SCRUB

Sa from 10:00 AM to 12:30 PM

**AC18.** Looking for products to exfoliate and moisturize your skin? We will spend our time together learning to formulate our own recipe and how to mix butters, oils and waxes to create a silky smooth body butter and a whipped soap sugar scrub. Ingredients will be included in the supply fee.

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

**May 20 | \$32**

Wesley Enhanced Living, 6300 Greene St. (at Stapley). Vaccination and masks required.

\$25 material fee payable to instructor.

Bring a hand mixer if possible.

## INTRODUCTION TO ZENTANGLE®

W from 7:00 PM to 9:00 PM

**AC22.** 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** is a papercut, Zentangle® and book artist. Mindy's love language is her art and she strives to share that with others through her work, teaching, engagement and communication. Mindy has taught with MALT for over 25 years!

**May 3 | \$32**

Summit Presbyterian Church, 6757 Greene St. at Westview

\$15 materials fee payable to the instructor.

## NEW BEYOND THE BASICS: ZENTANGLE® RENAISSANCE TILES

W from 7:00 PM to 9:00 PM

**AC23.** Renaissance artists drew on neutral-toned paper with white pencils, black ink, graphite and, often, earthy colors like brown, sepia and terra cotta. In this workshop, we will create Zentangle Renaissance tiles. Students will become familiar with the techniques that will give their work that recognizable Renaissance look and feel. Building on tangles learned in Introduction to Zentangle, you will also learn new tangles using brown, black and white pens to work the surface, and continue to create shadow and highlight with graphite and white charcoal pencils. In the second class students will be introduced to the beauty of drawing on black tiles using white gel pens and learn how to shade using a white pencil. You will explore more sophisticated versions of tangles you have learned while learning new tangles. You will create a paperweight in this class and will leave these classes with several completed tiles and new skills to continue tangling on your own. All materials are supplied.

**Mindy Shapiro**

**May 10-17 | \$49**

2 sessions

Summit Presbyterian Church, 6757 Greene St. at Westview

\$20 materials fee payable to the instructor.



Painting in Mindy Flexer's Studio

## NEW HYBRID DRAWING AND PAINTING WITH MINDY FLEXER

Tu from 9:00 AM to 11:00 AM

**AC21.** Enjoy this class from the comfort of your home, or come in person to the outdoor teaching space outside Mindy's studio. It's been a great place for making all kinds of art! This class is for teens and adults who want to develop their drawing and painting skills and hone their artistic vision. The focus will be on representational art work, but abstraction, invention, and three-dimensional projects will also be options. You will get to choose your own drawing and/or painting projects and materials, with as much guidance as you would like. Beginners, seasoned artists, and everyone in between are welcome. Come join this relaxed, supportive community of artists cheering each other on, learning from each other, and creating an artistic home together!

**Mindy Flexer** 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. She has taught with MALT since 2009 and we are happy to be offering her spring term classes again in her studio!

If you would like to paint, you may bring your own materials or use the acrylic paint at the studio for a \$10 fee

**A. April 18 - June 6 | \$192 | In person**

Mindy Flexer Art School, 5225 Greene St. Just south of Greene St. and Queen Ln, Germantown.

**B. April 18 - June 6 | \$192 | Online**

From the comfort of your own home  
8 sessions



## ONLINE DRAWING: DESIGNING CHARACTERS

M from 7:00 PM to 8:00 PM

**AC27.** If you're inspired by animation, comics, video games or manga and wish to develop your own characters and stories, this workshop is for you. Create your own original character from hand-drawn sketches and leave class with a series of finished drawings and further knowledge of these exciting pursuits. Characters are brought to life by emphasizing emotions through facial expression and action through full body gesture drawing. Students will explore props and accessories to create a convincing personality for their characters. Design elements such as proportion and silhouette will be introduced and will serve to refine the character's individual identity and story. Appropriate for all artistic levels. Teens are welcome to join the class!

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

**May 1-22 | \$59**  
4 sessions

The Comfort of Your Own Home

## DESIGN YOUR OWN JEWELRY WORKSHOP FOR BEGINNERS

Sa from 1:30 PM to 3:30 PM

**AC24.** Design beautiful jewelry out of semi-precious stones, freshwater pearls and crystals. Learn how to make a pair of earrings using three essential tools. Learn to choose the proper beading wire for your necklace while attaching a clasp. Gain an introduction to basic wire wrapping techniques and terminology. Find out how best to navigate your way around a bead shop.

**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. A student of geology, she is passionate about semi-precious stones.

**June 3 | \$32**

Wesley Enhanced Living, 6300 Greene St.  
(at Stapley)

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

## KNITTING FOR BEGINNERS 101

**AC25.** Learn the basics of knitting and make your first scarf! Students will learn the cable cast on, knit and purl stitches, binding off, basic knitting fixes, and as applicable for each student project: changing yarn skeins, making tassels and pom poms. Ideal for complete novices.

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

**A. April 23 - May 7 | \$59**  
Su from 2:00 PM to 3:30 PM

MALT Office, 6601 Greene St.

**B. May 8-22 | \$59**  
M from 7:00 PM to 8:30 PM

Mt. Airy Axis, 520 Carpenter Lane,  
Rear Mezzanine

3 sessions

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

## KNITTING FOR BEGINNERS 201

Su from 2:00 PM to 3:30 PM

**AC26.** Have you taken Knitting for Beginners 101 and are now ready to take the next step in your fabric arts journey? Students who already know how to perform the basic knit and purl stitches or have experience with crochet should take this class. You will learn the basics of reading a pattern by making your own scarf from a simple pattern.

**Dawn Malone**

**June 11-25 | \$59**  
3 sessions

MALT Office, 6601 Greene St.

\$15 materials fee payable to the instructor. Students who wish to purchase their own materials should contact the instructor first.

## LET'S MAKE A QUILT

W from 6:30 PM to 8:30 PM

**AC29.** Learn to make a patchwork quilt for the first time, or use this course as a refresher to get back into quilting. Students choose between several easy patterns to create a beautiful small quilt (baby quilt size or wall quilt). No experience necessary, but a sewing machine in good working order is needed. Students will have a chance to play with color, master sewing machine skills and create a work of art!

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

**May 3 - June 7 | \$129**  
6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Materials needed: Cotton fabric, quilt batting, thread, rotary cutter, quilter's ruler and mat, sewing machine in good working order. Specifics will be sent to students when they enroll. Feel free to attend the first session without supplies.

## NEW KNIT A COLORFUL SQUARES BLANKET

Th from 7:00 PM to 8:30 PM

**AC17.** Learn to knit a colorful squares blanket, the Vivid Blanket by Tin Can Knits. This blanket is knit one square at a time, then seamed together at the end. Each square is knit from the center outward. You will learn how to cast on using the pinhole method, work in the round with double pointed needles, use a chart for a lace pattern and seam the squares together. This is an advanced beginner class and is appropriate for those who have taken Knitting for Beginners.

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

**May 18 - June 8 | \$84**  
4 sessions

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

Plan to bring worsted weight yarn in colors of your choice, as well as size 7 needles to class. Instructor will reach out following registration to discuss yarn amounts and needle selection.



Kaniesha Thomas

## CANDLE MAKING

Sa from 12 N to 2:00 PM

**AC28.** Using hands-on experience, learn candle making and get instruction on candle safety, marketing, and creativity in the craft industry. Learn the basics of the soy wax method and why it's so popular. We will also discuss other waxes. These new skills will help you create gifts for family and friends, and enjoy the benefits of aromatherapy from beautiful candles.

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

**June 10 | \$44**

Grace Epiphany Church, 224 E. Gowen Ave.

\$10 materials fee payable to the instructor.



Create a colorful squares blanket with Nancy Sullivan.



Explore your creativity and make a beautiful fused glass dish or mosaic at Bella Mosaic Art!

## FUSED GLASS DISH

W from 7:00 to 9:00 pm

**AC31.** Design and create a fused glass piece using colored sheet glass and embellishments. Learn how to cut and layer the glass to achieve beautiful results. The glass will be fused in our kiln and then slumped into a form turning it into a functional shallow dish. Pieces will be ready to pick up one week after our class meets. Beginners welcome.

**Bella Mosaic Art**

**June 7 | \$49**

Bella Mosaic Art, 6780 Germantown Ave.

\$25 materials fee payable to the instructor.

## BEGINNING MOSAICS

W from 6:30 to 9:00 pm

**AC33.** Learn the art of mosaics! Make a beautiful wall hanging or mirror for your home. Explore the tools and techniques used in this ancient art form. Students will leave with a working knowledge of the art form and be able to do variations of the project at home.

**Bella Mosaic Art** is the only studio in Philadelphia dedicated to the ancient art of mosaic. Artist run and operated, it offers classes, facilitates community art projects, and creates commissions.

**June 21- 28 | \$55**

Bella Mosaic Art, 6780 Germantown Ave.

\$25 materials fee payable to the instructor.

## LEARN TO WEAVE ON A RIGID HEDDLE LOOM

F from 6:30 PM to 8:30 PM

**AC30.** No weaving experience necessary! Experience the joy of weaving on a rigid heddle loom. Learn basic weaving taught by members of the Philadelphia Guild of Handweavers. Learn to warp the loom and weave a scarf or cowl using different weaving techniques. You will receive instructions prior to class on what type of yarn to bring. Ages 15 and up. Course fee includes the Guild's \$25 equipment rental fee. Call MALT if you plan to bring your own loom.

**Judy Donovan**

**May 26 -June 9 | \$89**

Philadelphia Guild of Hand Weavers, 3705 Main St.

\$15 materials fee payable to the instructor if students wish to use yarns provided by instructor. Students who have their own Rigid Heddle Looms (any size) can bring them to class. Class starts promptly.

## GLASSBLOWING: PAPERWEIGHTS AND ORNAMENTS WORKSHOP

Th from 6:00 to 9:00 PM

**AC32.** Curious about glass blowing but don't know where to start? Satisfy your curiosity during this one day workshop designed for the total beginner at East Falls Glassworks! Participants will learn through direct interaction - with the aid of an instructor of course - with molten glass to create their very own paperweight AND ornament!

**East Falls Glassworks** is Philadelphia's only public access glassblowing studio! Whether you're an experienced glass artist or have never felt the thrill of manipulating 2000 degree molten glass, their doors are open to you-- all are welcome to come in and see what it's like to work with this fascinating material.

**June 8 | \$150**

East Falls Glassworks, 3510 Scotts Lane

Course fee includes all materials. Following an hour of instruction and introduction to the material, each student will produce two pieces. Actual class duration may vary slightly based on enrollment. For this indoor class please bring your vaccination card, or a photo of your vaccination card, to the first session.



John Autin

## INTRO TO THE GOOGLE PLATFORM

M from 6:30 PM to 8:00 PM

**CC24.** This course will review how to take advantage of Google Suite to make your personal or work life easier. Learn the basics plus tips and tricks to master Google Drive, Google Calendar, Google Sheets, Google Forms and Google Docs. Find important documents shared with you quicker. Send out automatic reminders to your scheduled meetings. Survey a group of people to collect important data. Or just set up a simple budget to keep your finances in check. All this and more!

**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. John is the President of MALT's Board of Directors.

**May 8-22 | \$66**

3 sessions

North Light Community Center, 175 Green Lane, Manayunk

Students may bring their own laptop to class, Chromebooks will also be available for use during class.

## GET SOCIAL WITH SOCIAL MEDIA FOR BEGINNERS

F from 3:00 PM to 4:15 PM

**CC10.** Want to finally get onto social media and not sure where to start? This class offers an overview of common applications including Facebook, Instagram, and Twitter. Learn how to set up an account, create a profile, upload images, make posts, tag friends, add to your story, and build a network of friends and connections. You will also learn how to send direct messages within each application, and what common norms and etiquette to be mindful of as you post and communicate. This class will focus on the platforms the students within the class are most interested in and provide extra help. This interactive and engaging class will help you get started, and join the social media community.

**Susan Gobreski** is a longtime career policy advocate, including significant work in communications and helping campaign supporters, volunteers and staff people use communication tools to support policy campaigns. She also raised three daughters in the social media era! Whether it is Facebook, Twitter, Instagram, Zoom, Google Meet, Facebook Messenger, Slack or the more common alternatives, she has had to figure out how to use them, or try to get information on what the young people are doing. She also uses lots of Apps - like Uber and Lyft, Septa's app, ParkMobile and more. Sometimes she is a power user, other times she muddles through, but she is willing to help newbies figure it out!

**April 21 - May 5 | \$49**

3 sessions

MALT Office, 6601 Greene Street

See Page 45

ONLINE

Create Graphics for Social Media Using Canva, and More!



## WINDOWS 11 MADE SIMPLE

Tu from 10:00 AM to 12 N

**CCo1.** Windows 11 is a Microsoft operating system for personal computers and tablets. In this class you will learn to use Windows - how to access multiple programs, organize files, change computer settings, arrange your desktop, save and print documents. This class is for any device using the Windows 11 operating system. Students should bring their own laptop with Windows 11 installed.

**David Grauel** comes to MALT by way of NYC where he was a Technical Support and Training Specialist in Microsoft Office products for such companies as Goldman Sachs and Morgan Stanley. As part of the Human Resources Administration, he trained supervisors and staff, worked the Help Desk, and performed network troubleshooting.

**June 6-20 | \$89**

3 sessions

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

Students will need to bring their own laptop to class.

## INTRODUCTION TO MICROSOFT EXCEL

Tu from 10:00 AM to 12 N

**CCo2.** The spreadsheet is the tool for anyone who has to manage numbers. Learn to create, save, modify and print spreadsheets. Begin using formulas and functions, and format your own worksheets to make them more understandable and easier to read. While this is an intro class, some experience with Excel is helpful.

**David Grauel**

**April 25 - May 9 | \$89**

3 sessions

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

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



David Grauel

## CREATE YOUR WEBSITE WITH WORDPRESS

Tu from 10:00 AM to 12 N

**CCo3.** WordPress makes it possible to have your website up and running in 24 hours. The reason it continues to be a popular choice for website building is that no coding is necessary. We will start from the beginning and gradually build on the previous material. It is recommended (but not required) that you already have a WordPress site.

**David Grauel**

**May 16-30 | \$89**

3 sessions

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

## GETTING TO KNOW YOUR ANDROID PHONE

Sa from 12 N to 2:00 PM

**CCo4.** Explore how to navigate through your Android phone step-by-step. Save contacts, connect email accounts to your phone, send a text message, download apps, adjust sounds and ringtones and so much more. No experience is necessary, the course is for beginners. Bring your Android phone to class.

**Lu Flowers** helps empower others by helping them build their digital skills! Lu has worked in libraries since 2014 assisting folks with technology of all kinds.

**June 10-17 | \$49**

2 sessions

MALT Office, 6601 Greene St.

Touchscreens only (no flip phones).

## ONLINE GETTING TO KNOW YOUR IPHONE

Tu from 10:00 AM to 12 N

**CCo5.** Have you just purchased a new iPhone, which was recommended by your daughter or son who told you that you can't live without it? Or are you seriously considering buying one and want to learn more beforehand? Were you advised that it would help you organize your life? Discover some of the wonders of the iPhone and learn how to become more productive in this hands-on two-part course. Students with an iPhone should bring it to class and are encouraged to discuss their favorite apps. Designed for iPhone 5 or newer models.

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

**May 9-16 | \$49**

2 sessions

The Comfort of Your Own Home

Designed for iPhone 5 or newer. This class will be held via zoom.

## ZOOM ESSENTIALS

M from 6:00 PM to 8:00 PM

**CCo6.** Has your favorite in-person meetup gone virtual? Interested in signing up for some of MALT's online course offerings but feeling hesitant? Thinking about hosting your own Zoom meetings? This course is for anyone who is starting from scratch with Zoom and is ready to dive in! Join Alexa as they guide you through the steps to get the application up and running on your laptop, tablet, or smartphone. Learn how to join a meeting, the basics of hosting, and all of the features you will encounter as you venture into this virtual world!

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

**April 17 | \$32**

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education.

Students must bring their own electronic device, either a laptop, tablet, or smartphone.



**WE ARE OFFERING  
50 ONLINE CLASSES  
IN OUR SPRING TERM!**

**Visit [mtairylearningtree.org](https://mtairylearningtree.org)**

## QUICKBOOKS FOR BEGINNERS

Th from 6:30 PM to 8:30 PM

**CCo8.** This user-friendly software is invaluable for entrepreneurs and people who want to get control of their own personal finances. Learn how to set up new accounts, create invoices for accounts receivable and accounts payable. If time permits, we will cover how to enter payroll and basic accounting principles. We will be practicing online with this software, so your laptop is essential.

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

**May 11-18 | \$49**

2 sessions

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education.

\$40 materials fee payable to the instructor (online access for additional 4 months).

Students must bring their laptops to class.

## MICROSOFT WORD & POWERPOINT

Th from 6:30 PM to 8:30 PM

**CCo9.** Learn basic skills to operate Microsoft Word and PowerPoint. You will create various business documents, insert tables, graphs and pictures from the web, and insert hyperlinks into a PowerPoint presentation.

**Stacie Sawyer**

**May 25 - June 8 | \$66**

3 sessions

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education.

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

Students must bring their laptops to class.



Explore the varieties of delicious rosé at Rodney's Wine Tasting Class.

## NEW WINE TASTING: ROSÉS BY ANY OTHER NAME

W from 7:00 PM to 9:00 PM

**CK01.** Rosés have proliferated in recent years such that virtually any red varietal is likely being made into the pink wine somewhere in the world. Not only have the grapes diversified in the wine production, but also the styles and the regions of origin. In this class, we will sample wines from a variety of producers, well-established vintners and up-and-coming ones, and countries, including the New and Old Worlds. Furthermore, we will compare rosés vinified from traditional varietals and those from less common, perhaps unexpected grapes. Join us for a lively evening of libation and learning!

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

**A. June 7 | \$32**

**B. June 14 | \$32**

Cliveden Carriage House, 6401 Germantown Ave., rear

\$13 materials fee payable to instructor

## INTRODUCTION TO TEA

Tu from 6:30 PM to 8:30 PM

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

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

**June 20 | \$32**

Holistic Health Suite Cafe, 6802 Old York Road East Oak Lane, 19126.

\$5 materials fee payable to the instructor.



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

June 1st is the deadline  
to submit class proposals  
for the Fall term.

## JAMAICAN PATTY PRO

Tu from 6:30 PM to 8:30 PM

**CK05.** In this class we will make a delicious meat-free version of the elusive Jamaican patty. Not only will we make our dough and filling from scratch we'll also learn the history of this delectable morsel. Students will understand how to incorporate the science of baking into everyday life. Life is a recipe why not learn something delicious! Students will get to take home six delicious Jamaican patties to enjoy or share with friends and family.

**Toni Lorraine Johnson** is a former culinary instructor, restaurant and food truck owner who is truly passionate about food. Jamaica is her home and sharing her recipes helps build community.

**April 25 | \$34**

Grace Epiphany Church, 224 E. Gowen Ave.

\$20 materials fee per person payable to the instructor at the class.

## VEGAN SAUSAGE MAKING

Tu from 7:00 PM to 9:00 PM

**CK06.** Learn how to make vegan Italian sausage (yes, vegan sausage!), an oil free, soy free, cholesterol free alternative to beef, chicken or pork. Transform simple ingredients into healthy, nutritionally dense guilt-free sausage. We'll hand mix, roll, cook, and then eat what we create. Be prepared for great vegan/plant-based conversation, good food and take home a recipe packet plus a few other cool vegan goodies.

**Joshua Black** is a health and fitness, vegan/plant-based advocate who shares information, recipes, thoughts and opinions with a loyal following of over 50k followers on various social media platforms as the Urban Black Vegan.

**May 16 | \$32**

Unitarian Society of Germantown, 6511 Lincoln Drive

\$10 materials fee payable to the instructor.

## NEW DELICIOUS VEGAN (PLANT-BASED) BAKING

Tu from 6:30 PM to 8:30 PM

**CK23.** Have you ever wondered how you can bake without any animal products and get that same fluffy cake and finger licking frosting? Well look no further and just in time for Mother's Day, Chef Toni Lorraine will demonstrate how to make her award-winning vanilla cake recipe that can be converted into many different flavors such as lemon, oreo, pistachio and strawberry cake.

**Toni Lorraine Johnson**

**May 9 | \$34**

Unitarian Society of Germantown, 6511 Lincoln Drive

There is a \$15 materials fee payable to the instructor, and you will take home cake samples! Yum!

## NEW ALL ABOUT COFFEE

Su from 10:00 AM to 12 N

**CK07.** Many of us start our day with a freshly brewed cup of coffee, but have you ever wondered how your treasured morning ritual came to be? Speak directly to a roaster and learn how they ethically source beans, roast, bag and brew! Then come back to learn how the pros brew the perfect cup of coffee every time. From determining the appropriate grind for your desired brewing method to learning how to make a pour over and everything in between, learn from coffee professionals! Take some time to taste, smell, and see how coffee goes from perfectly roasted beans to a delicious cup of joe. Delight your senses in this enriching course all about this blessed bean.

**Miles Butler** is the owner of the Germantown Espresso Bar. **Many Hands Coffee Co.** is a new coffee company rooted in the idea of positive change through community connectedness and profit-sharing. Many Hands began roasting and brewing their fair trade and organic coffees in early 2020 in North West Philadelphia and now bring our coffee truck to festivals, private events, and beyond. Over the summer of 2022 they ran a pop-up coffee oasis in LOVE Park. By creating unique partnerships with wholesale customers and vending opportunities, we share our profits with folks doing incredible work in their local communities.

**May 7-14 | \$49**

2 sessions

Many Hands Coffee Co., 6326 Germantown Ave.

\$10 Materials fee payable to the instructor





Join June Daley, third from left, and learn share tips for amazing chocolate treats!

## NEW CHOCOLATE COVERED EVERYTHING! WITH JUNEBUG SWEET TREATS

F from 6:30 to 8:30 PM

**CKo3.** Who doesn't love a chocolatey treat? Join Junebug Sweet Treats for a delectable evening spent creating mouth watering classics such as chocolate covered oreos, fruit, and more! June will teach you the proper way to temper your chocolate to achieve the perfect, smooth, shiny texture for your treats. You will also learn about different types of chocolate, decorating techniques, and how, when done right, your creations will be just the same as the high-end chocolates you find in fancy candy shops!

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

**June 16 | \$32**

Grace Epiphany Church, 224 East Gowen Ave.

\$20 materials fee is payable to the instructor.

See Page 50

NEW

Chocolate Covered Pretzels  
for Kids with  
Junebug Sweet Treats

## NEW SPRING ROLLS, WRAPS & DIPS

Tu from 6:30 PM to 8:30 PM

**CKo8.** Wrap & roll with these yummy gluten-free skins. Get a kickstart on fresh ideas for your lunch box, meals on the run, and workplace sustenance. Turn 'em into appetizers or small snacks for tiny humans! Each participant will receive a packet of recipes with instructions and suggestions for many healthy, delicious combos. Be prepared to wow your friends at the summer pot lucks! All recipes are gluten, dairy and sugar free.

**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.

**June 13 | \$34**

Grace Epiphany Church, 224 East Gowen Ave.

Materials fee \$20 payable to instructor. Remember to bring to-go containers to bring samples with you.

## I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Sa from 12:30 PM to 2:30 PM

**CKo9.** Let's get your freezer full of healthy, delicious, and nutritious treats to pull out when you need them. No added sugar or processed ingredients will be used. Trying to eliminate dairy from your diet? We got your back! This class covers flavor, gluten and dairy free, and low glycemic index. We will include ice cream pie, ice cream cake, sandwiches, popsicles, fudgesicles, chocolate or carob covered frozen bananas on a stick and more! Don't forget your appetite or a container for samples to go!

**Dorothy Bauer**

**June 24 | \$32**

Henry Got Crops, 7095 Henry Ave., Across from the Saul Agricultural High School, between Livezey and Domino Lanes.

\$20 materials fee payable to the instructor.

## NEW TRADITIONAL JAPANESE COOKING

F from 6:30 PM to 8:30 PM

**CK10.** Interest in Japanese cooking has been heightened by the hotness of two current Netflix series: first, *Midnight Diner*; then *The Makanai*. You'll be guided through the preparation of two delicious, nutritious dishes favored in Japanese homes and restaurants alike: *Dengaku* (skewered fried--real--tofu with spiced miso) served on sasa bamboo leaves, and *Yaki Onigiri* (baked multi-grained heirloom rice balls). We will use organic, hand-crafted local ingredients wherever possible, suggest complimentary side dishes, and offer insights into the culture and traditions that inform these tasty recipes. Then we'll together decide on a menu for a forthcoming class!

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

**May 12 | \$34**

Unitarian Society of Germantown, 6511 Lincoln Drive

A \$20 materials fee is payable to the instructor.

## GO BEHIND THE SCENES AT ATTIC BREWING CO.

Tu from 6:00 PM to 8:00 PM

**CK18.** Come visit Germantown's Attic Brewing Co. and learn about how they brew their award-winning beer and what makes this neighborhood-focused brewery so cool. You'll get to sample beers with the owners as they share their knowledge of beer styles, ingredients, and brewing processes. Plus you'll learn a bit of the history of beer. Participants will also receive a logo pint glass and 20% coupon for to-go beers to take home after the class. **NOTE:** Participants must be 21+.

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

**April 25 | \$25**

Attic Brewing, 137 Berkley Street

Please bring \$20 materials fee payable to Attic Brewing Company to class.



Makiko will teach you how to make delicious Yaki Onigiri.

## NEW I LOVE IPA'S WITH ATTIC BREWING CO.

Tu from 6:00 PM to 8:00 PM

**CK11.** The owners of Attic Brewing Co., Laura and Todd Lacy will be teaching you all about hoppy beers. (And yes there will be lots of tasting!) What's an IPA? How do we measure IBU? What's the difference between a West Coast IPA and an East Coast IPA? Course includes a brewery tour, guided beer tasting, in depth instruction, light snack, and souvenir pint glass. Participants must be 21+

**Laura Lacy**

**June 20 | \$25**

Attic Brewing, 137 Berkley Street

Please bring \$20 materials fee payable to Attic Brewing Company to class.

## FERMENTING FOR FUN AND YOUR HEALTH

Tu from 7:00 PM to 9:00 PM

**CK13.** Come learn the basics of turning veggies into delicious art that works wonders on your intestinal tract! "Probiotic" isn't just a buzzword— 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 nutritious condiments and sides. This class will cover sauerkraut, kimchi, pickles, rejuvelac and non-dairy cheeses.

**Dorothy Bauer**

**May 23 | \$32**

Chestnut Hill friends Meeting House, 22 E. Mermaid Lane

\$15 materials fee payable to instructor for all veggies and quart mason jar



Liz Aubry, mixology expert

## THE ART OF CLASSIC MIXOLOGY

M from 7:00 PM to 8:30 PM

**CK20.** The classic cocktail is back in fashion. As in Old Fashions, Sazeracs and Sidecars. Your friends will be stirred by your mixological prowess while you remain unshaken as you pour the perfect Martini. In this introductory class, you will learn how to create a dozen or so elixirs that have stood the test of time. In the process, you'll learn some entertaining history of each to pass along to your guests along with the hors d'oeuvres.

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

**May 1 | \$32**

Commodore Barry Arts and Cultural Center  
6815 Emlen Street, Philadelphia, PA, 19119

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

## THE SCIENCE OF NOUVEAU MIXOLOGY

M from 7:00 PM to 8:30 PM

**CK21.** Graduates of "The Art of Classic Mixology" and other wet-bar wizards will enhance their art of classic cocktail making with some intoxicating science. (Not for nothing did your instructor study molecular biology in college!) Discover special ingredients and techniques. Make split based cocktails. Produce syrups and shrubs. Learn how to fat-wash your favorite drink (yes, those bacon-infused Old Fashions are delish!) Incorporate herbs, fruits and spices sagely and invent your own unique signature cocktail!

**Liz Aubry**

**May 15 | \$32**

Commodore Barry Arts and Cultural Center  
6815 Emlen Street, Philadelphia, PA, 19119

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

## NEW ALL ABOUT JUN

Th from 6:30 PM to 8:00 PM

**CK04.** Come learn about jun, kombucha's healthier effervescent cousin! It's easy and fun to make and the results are delicious. Jeannie will demonstrate the process of making, flavoring, and bottling jun, and we'll discuss ingredients, brewing tools, and brewing environment. There will be samples to try and a light snack featuring wild foraged ingredients. Participants will take home the ingredients needed to brew their first batch of jun: a SCOBY with jun starter, green tea, raw honey, and an instruction sheet.

**Jeannie Gerth** is a fermenter, gardener, forager, permaculturist, and land steward, making and sharing jun and SCOBIES continuously since 2018!

**June 15 | \$32**

Chestnut Hill friends Meeting House,  
22 E. Mermaid Lane

\$23 Materials fee payable to the instructor. You will need to have (not bring) a one gallon wide mouth glass jar at your disposal to brew in.



Line dancing, Salsa, Ballroom, Ballet...so many ways to have fun!

## CLASSIC R&B LINE DANCING!

Tu from 1:00 PM to 2:00 PM

**DA08.** These dances go back to the days of Dick Clark, The Go-Go's and The Guy with the Goods. We'll groove to the music of the 60's and 70's learning the line dances from that same period, some of which are still enjoyed in clubs! This class is designed to focus on memory and sequencing, and is low to medium impact.

**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.

**April 25 - May 30 | \$79**

6 sessions

North Light Community Center, 175 Green Lane,  
Manayunk

## NEW R&B LINE DANCING @ NIGHT

W from 6:00 PM to 7:00 PM

**DA11.** R&B Line dance at its best is what you can expect from this class! There's a bit of the old stuff mixed with some of the new, even some of the old stand-bys and wedding dances! Grab your sneakers and get moving with a great group of friends, many of whom are just as new to dancing as you are!

This class will be taught by a dance professional from **Flaco's Dance Factory**.

**May 17 - June 28 | \$79**

6 sessions, no class 6/7

Summit Presbyterian Church, 6757 Greene St.  
at Westview

## BEGINNING SALSA

**DA07.** Mt. Airy's Salsa literacy has gone through the roof since 2002, and here's a night dedicated to you! Come learn the basics from Maestro Flaco, known for his patient, novice-friendly style of teaching.

**Marck "Flaco" Best**

**A. April 29 - June 10**

Sa from 7:00 PM to 8:00 PM  
No class 6/3

**B. April 25 - May 30**

Tu from 6:00 PM to 7:00 PM

**Individual Fee | \$79**

**Couples Fee | \$135**

6 sessions

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



## BACHATA FOR SINGLES

W from 7:00 PM to 8:00 PM

**DA09.** For those of you who have avoided dance classes because you didn't have a partner, here's your chance! There's no excuse now! Bachata is one of the newer Latin Rhythms rising in popularity, in no small part because it's as easy as 1-2-3 (4). As easy as Merengue, as sexy as Salsa, and as sensual as Tango. It doesn't take long to become "good" at this dance. Flaco calls it, "Instant Cool." After you learn to move, an optional outing to a real Latin night club is also a part of this experience!

**Marck "Flaco" Best**

**April 26 - May 31 | \$79**  
6 sessions

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

## BALLROOM DANCING: THE BASICS

Th from 7:45 PM to 8:40 PM

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

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

**April 27 - June 15**  
**Couples Fee | \$170**  
8 sessions

Presbyterian Church of Chestnut Hill,  
8855 Germantown Ave

Must register with a partner; students will not be switching partners.

Students will be required to wear a mask regardless of vaccination status

## BALLROOM DANCING: BEYOND THE BASICS

Th from 8:45 PM to 9:40 PM

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

NOTE: You must register with a partner. This requirement can only be waived with permission of the instructor prior to the beginning of the course.

**Debra Klingler**

**April 27 - June 15**  
**Couples Fee | \$170**  
8 sessions

Presbyterian Church of Chestnut Hill, 8855  
Germantown Ave

**NOTE for DA02 ad Dao3:** You must register with a partner. Prerequisite: a basic ballroom dancing class taught by Debbie; this requirement can only be waived with permission of the instructor prior to the beginning of the course.

Students will be required to wear a mask regardless of vaccination status.

## INTERMEDIATE BALLROOM DANCING

Th from 6:45 PM to 7:40 PM

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

**Debra Klingler**

**April 27 - June 15**  
**Couples Fee | \$170**  
8 sessions

Presbyterian Church of Chestnut Hill, 8855  
Germantown Ave

Students will be required to wear a mask regardless of vaccination status

## NIA HOLISTIC DANCE

M from 9:30 AM to 10:30 AM

**DA04.** Nia is a tool for accessing the universal human need to move in ways that feel good for your body. This mind-body dance practice combines wisdom from many dance traditions, martial-arts, yoga and other energy-aligning practices. It is highly adaptable and inclusive of people of all fitness levels, ages, genders and body types. We use both guided movements and free dance to notice our patterns and become aware of how we move, seeking joy in movement. Nia is done to soulful world music which will take you on a beautiful journey within your home for life: your body.

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

**April 17 - May 22 | \$56**  
6 sessions

Chestnut Hill United, 8812 Germantown Ave.

## ONLINE HAWAIIAN TAHITIAN AND HULA DANCE

Tu from 7:00 PM to 8:00 PM

**DA05.** Aloha! Tired of the same old ways to stay in shape? Join us on the islands of Tahiti, Bora Bora and Hawaii without boarding a plane. We use exciting Tahitian/Hula dance moves to burn calories, reduce stress, 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, rhythmic island sounds, and today's funky contemporary, hip-hop and retro music. Mahalo! (Thank you)

**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 and now lives in Maui.

**April 25 - May 30 | \$82**  
6 sessions

The Comfort of Your Own Home

Be prepared for class with water, sarong or shawl for your hips. We dance barefoot.



Lisa Zahren

## NEW TAP, YOU'VE GOT RHYTHM!

W from 7:15 PM to 8:15 PM

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

**Laura Cilia** has been learning and teaching tap (and other dance) for over three decades! She has learned from Broadway and received classical training from the Anna Marie Dance Studio in Wilmington, DE and the Richmond Dance Academy in Richmond, VA. Laura teaches voice and piano to learners of all ages, and is a community theater enthusiast and performer, most recently in Narberth Community Theater's "Crazy For You!"

**May 10 - June 21 | \$89**  
6 sessions, no class 6/7

Summit Presbyterian Church, 6757 Greene St.  
at Westview

The teacher will contact students before the first class with details about where to get tap shoes.



Dancing students enjoying lessons at Flaco's Dance Factory in Jenkintown.

## BALLET FOR ADULTS AND TEENS

Tu from 7:30 PM to 8:45 PM

**DA06.** Have you always wanted to try ballet, or did you take it as a child? This beginning to intermediate ballet class is an opportunity to begin, resume, or continue ballet, stay in shape, and have fun! You will learn ballet vocabulary and through the traditional sequence of exercises at the barre and in the center, you will improve balance, coordination, and flexibility. Enjoy exploring this beautiful art form with a creative and inspiring instructor experienced in teaching adults and meeting them at their level. This class is for ages 14 and older. Please wear comfortable dance/athletic wear and ballet shoes.

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

**April 25 - June 6 | \$125**  
7 sessions

Wissahickon Dance Academy, now known as Expansions Contemporary Dance Ensemble  
38 E School House Lane

## BACK TO THE 70'S DANCE GROOVE

Th from 7:00 PM to 8:00 PM

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

**Marck "Flaco" Best**

**April 27 - June 1 | \$79**  
6 sessions

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

## NEW RUEDA DE CASINO

F from 8:00 PM to 9:00 PM

**DA12.** Did you know there are different types of Salsa? In fact, each Latin American country has its own expression of the dance we know as Salsa. In Cuba, that dance is called Casino, which is based on Son, another dance style and musical offering originating in Cuba. Rueda De Casino is a communal dance style designed for a group of dancers, all working together with the help of a "Caller," very much like Square Dance, but much more intense, and much, much more fun! Think of it as Salsa meets "Simon Says". It can be challenging, but that's why it's so much fun. Grow your dancing AND your Spanish vocabulary at the same time.

**Marck "Flaco" Best**

**April 28 - June 2 | \$79**  
6 sessions

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



## BEGINNING BELLY DANCE WITH ANEETA

Th from 7:00 PM to 8:00 PM

**DA19.** This ancient dance is performed in countries bordering the Mediterranean from North-ern Africa to Turkey. Students will learn basic hip and arm movements, traveling steps and a short choreography. Belly dancing is a great way to have fun while toning the abdominal muscles and arms. Wear comfortable clothes and bring a scarf to tie around your hips. This class is intended for folks with no previous belly dance experience.

**Anita Nicholson** is a certified bellydance instructor who started in 2001 with Najia and went onto study with June Seaney, Tessa Myers, Habiba, Kaeshi Chai (BellyQueen), Oreet (belly-dancer of the year) and Zoe Akili. She specializes in body positivity, teaching veil, cymbals and floor routine and assisting beginners in mastering the basics of the dance.

**May 4-25 | \$64**  
4 sessions

Elite Sports Factory, 5050 Umbria St.,  
Roxborough

## NEW LATIN JAZZ FOR TEENS AND ADULTS

Sa from 3:30 PM to 4:30 PM

**DA13.** Students will explore the fusion of Latin social dances and jazz dance. Move to music such as Tito Puente, Celia Cruz, Ritmo Lab and their Latin phenomenon La Guagua 47 Official Film choreographed by the instructor! Now lets get your Latin groove on! No experience necessary. Each class consists of a short, upbeat warm-up with a bit of cardio and strengthening work; includes large traveling movements across the floor; and ends with a phrase of linked steps.

**Christina Castro-Tauser** is the founding director of Expansions Contemporary Dance Ensemble and Executive Director of International Ballet Exchange. She earned her MFA at Temple University and was the recipient of the Rose Vernick MFA Choreographic Achievement Award. Excerpts of her Thesis ¿QuePasa Ahora? were showcased at the ACDA 2018 Mid-Atlantic North Conference, and as part of the Artist Bash at the Barnes Foundations. Christina is an adjunct faculty at Temple University and Teaching Artist for Taller Puertorriqueno. In January of 2023 she became the owner of Wissahickon Dance Academy.

**April 22 - May 27 | \$108**  
6 sessions

Wissahickon Dance Academy, now known as Expansions Contemporary Dance Ensemble  
38 E School House Lane

## NEW INDIAN CLASSICAL DANCE

Th from 7:00 PM to 8:00 PM

**DA14.** Bharatanatyam is a form of dance originating in Southern India about 2,000 years ago. Dancers use a combination of storytelling and pure physical dance to convey both traditional and modern themes. In this class, you will learn the history and context of Bharatanatyam, basics of the physical dance, as well as storytelling and drama techniques. All ages and physical abilities are welcome.

**Maddy Kameny-Pacheco** has studied Bharatanatyam for over twenty years. She learned through Laasya School of Dance and Music and completed her arangetram (solo dance debut) in 2011. She continued my learning in Hyderabad and Bangalore, India, and performed there as well. As a student in Pittsburgh, Maddy was a member of the national award-winning classical dance team, Nrityamala. A lifetime student of Bharatanatyam, she teaches, choreographs, and develops curricula, making Bharatanatyam fun and interesting for all.

**May 4 - June 1 | \$64**  
4 sessions, no class 5/11

Unitarian Society of Germantown,  
6511 Lincoln Drive



## XTREME HIP HOP STEP WITH ROBYN

Th from 6:30 PM to 7:15 PM

**EXo1.** Xtreme Hip Hop Step combines Xtreme cardio, the step board, hip hop music and lots of swag to provide participants with a fresh spin on an old concept. We are making “step” great again. The ultimate goal of Xtreme Hip Hop is to breathe life back into fitness and make it fun for all

ages, cultures, genders, and fitness levels. The mission is to help save lives by encouraging fitness and making it fun and not a chore!

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

**April 27 - June 15 | \$99**  
8 sessions

Grace Epiphany Church, 224 E. Gowen Ave.  
Bring individual step.



Robyn Frank

## ONLINE DANCE-IT-OUT! FUN FITNESS

W from 7:00 PM to 8:00 PM

**EXo2.** 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** is an ACE Certified Group Fitness Instructor. She received a Zumba license and also teaches rebounding (a mini trampoline workout).

**April 26 - May 31 | \$74**  
6 sessions

The Comfort of Your Own Home

Have a bottle of water and towel ready for class.

## MAKING MOVEMENT POSSIBLE WITH STRETCHING AND FOAM ROLLING

M from 9:00 AM to 9:45 AM

**EXo3.** Do you own a stretching strap or a foam roller that you have no idea how to use? This class is designed to provide an enjoyable stretch, massage, and core toning experience using the ‘stretching strap’ and ‘foam roller’. You will learn how to improve your flexibility, massage, how to release tight muscles, and also strengthen the core muscles. You will work on improving the flexibility in your hamstrings therefore releasing tightness in your lower back, plus how to use the roller to get a self massage that feels unbelievable.

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

**May 1-22 | \$59**  
4 sessions

Fergie's Instructional Training, 47 E High St.

Materials fee of \$25 for Roller and Strap may be paid to the instructor. Participants also need their own mat.

## ONLINE HULA HOOP DANCE CARDIO

M from 7:00 PM to 8:00 PM

**EXo4.** 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**

**April 24 - June 5 | \$74**  
6 sessions, no class 5/29

The Comfort of Your Own Home.

You'll need an adult hula-hoop with grip taping, 38" (petite) to 42" in diameter, 3/4" tubing and 160 psi. Or measure floor to belly button for diameter. Affordable hoops are available online at Jess Hoops, Spinsterz or Hoola Monsters.

## YOGA/PILATES MIX

Th from 6:30 PM to 7:30 PM

**EXo8.** 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.

**April 20 - June 8 | \$99**  
8 sessions

Summit Presbyterian Church, 6757 Greene St. at Westview

## HYBRID STRETCH 4 LIFE FOR SENIORS

M from 10:00 AM to 10:45 AM

**EXo6.** This is an inspiring, rejuvenating class which anyone can do. You decide whether you sit or stand. The benefits of stretching are countless, improving flexibility, reducing blood clots, and improving brain function to name a few. Level 1 is conducted mostly on a chair.

**Yvonne Ferguson-Hardin**

**A. May 1 - June 26 | \$99 | In Person**

Fergie's Instructional Training, 47 E High St., Lower Level

**B. May 1 - June 26 | \$99 | Online**  
The Comfort of Your Own Home

8 sessions, no class 5/29

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

## FIT POSSIBILITIES

F from 9:00 AM to 9:45 AM

**EXo5.** This class (for ages 50+) allows you to work at your own level as you learn how to move safely and effectively. This program cycles through specific days of balance, strength, cardio, flexibility, agility and body weight sessions. Improve your flexibility, balance, joints, core strength and overall ability to be more efficient in your daily activities!

**Yvonne Ferguson-Hardin**

**April 28 - June 16 | \$99**  
8 sessions

Fergie's Instructional Training, 47 E High St.

See Page 60

Restore Your Health  
with Food as Medicine

## ONLINE BOUNCE-IT-OUT ON THE MINI-TRAMPOLINE

Th from 7:00 PM to 8:00 PM

**EX09.** Ready for a fun, safe workout that lets you bounce away stress, while boosting your lymphatic and immune systems--a big bonus? Bouncing on the mini-trampoline aka rebounder promotes drainage through motions and muscle contractions that you usually wouldn't get from other types of exercise! Rebounding increases the circulation of your lymphatic fluids, which helps drain toxins and other buildup from your body so your immune system can do its best work. Often used in rehab centers, it's great on joints. Students will need to have their own trampoline.

**Gayle Herbert Robinson** 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 and now lives in Maui.

**April 27 - June 1 | \$74**

6 sessions

The Comfort of Your Own Home

Suggested trampolines: 38-inch rebounder (springs) available at Dick's or a 40-inch Darchen (bungee) available at Amazon.

## '80S AEROBICS

**EX11.** Remember when exercise was fun? It can be again. Experience this moderate level traditional, '80s style aerobics class. The easy-to-follow routine is choreographed to a fabulous eclectic mix of music. This one-of-a-kind class is fun and energizing in a supportive and inclusive environment. The philosophy of this moderate level class is to encourage exercisers to work at their own pace and within their own challenges. Bring a mat, water bottle and light free weights if you wish. Beginners are welcome – no stress.

**Lisa Klauder** has been a fitness instructor for more than thirty years. She has taught corporate and public classes including kids and senior fitness classes. Lisa has a certification in Group Exercise from the Aerobics and Fitness Association of America (AFAA).

**A. April 17 - June 19 | \$99**

M from 6:45 PM to 7:45 PM  
no class 4/24 and 5/29

**B. April 22 - June 24 | \$99**

Sa from 8:30 AM to 9:30 AM  
no class 4/29 and 5/27

8 sessions

Chestnut Hill United, 8812 Germantown Ave.

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

## COME ZUMBA WITH ANNA!

W from 5:00 PM to 6:00 PM

**EX22.** Come join the party! This course will definitely get you up and moving your feet. Zumba is a fusion of Latin and International music/dance themes that create a dynamic, exciting, effective fitness class. The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. With simple steps for students to follow along and have fun, it is great for the beginner or experienced alike. Zumba targets lots of different muscle groups at once for total body toning. It boosts heart health and burns calories. You get aerobic benefits and anaerobic benefits, the kind that help you maintain a good cardiovascular respiratory system.

**Anna Dayle** has been teaching Zumba for the past eight years. She is also a certified ballet barre instructor. She believes that a healthy lifestyle starts with making healthy food choices and exercising during the week. Exercise doesn't have to feel mundane. I believe that exercising can be fun and the best way to stay on a good regime is to enjoy what you are doing. She is also reaching our Adult CPR/first aid class.

**April 26 - June 14 | \$89**

8 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

## BOXING FITNESS ACTION

M from 7:00 PM to 7:40 PM

**EX31.** Do you need stress relief? Looking for fitness that gives you a happy high? Put on boxing gloves and do a fun, challenging workout guided by a National Golden Gloves champion. Learn how to throw a real punch and get in some strong kicks. Boxing is considered by researchers to be one of the most effective workouts you can do for overall toning, strength and conditioning. All levels of fitness.

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

**May 15 - June 26 | \$109**

5 sessions, no class 5/29 and 6/19

Action Karate, 11 W Mt Airy Ave.

\$59 materials fee payable to the instructor for boxing gloves and hand wraps, payable to Action Karate.

## GET CERTIFIED IN ADULT CPR/FIRST AID/AED

Sa from 9:00 AM to 2:30 PM

**EX20.** In this course participants will gain the knowledge and skills they need to recognize and respond appropriately to cardiac, breathing, and first aid emergencies. Students learn skills such as how to respond to choking, anaphylaxis, and asthma issues. This course also teaches adult CPR and AED use. This course is a mixture of lecture, videos, and demonstration along with hands-on practice and assessment scenarios. It is for students with limited or no medical training who may need a CPR card AND a First Aid card to meet a job requirement or for personal reasons. If you've taken CPR classes in the past, update your emergency response knowledge. Students are required to participate in the demonstration portion of the course in order to receive a passing score and a certificate of completion. The certification the participants will be receiving is from the American Red Cross and lasts for two years. We are pleased to be able to offer this training to the community.

**Anna Dayle** has been an educator for the past ten years. She has a heart for teaching and CPR and First Aid are one of her favorite things to teach. Emergency situations happen at a moment's notice and it is important to have the tools to respond and take action. She is also teaching our zumba class.

**A. April 29 | \$85**

**B. May 13 | \$85**

**C. June 10 | \$85**

United Lutheran Seminary,  
7301 Germantown Avenue

**There is an additional \$36 fee for certification to pay when registering for this class.**

Bring \$2 to give to the instructor for printed materials

Optional: Students may order or download the American Red Cross' First Aid/CPR/AED Participant's Manual before class. The cost is \$12.95.

## ONLINE UNDERSTANDING MEDICARE CHOICES

**FC01.** Medicare has gone from a single choice - turn 65 and enroll in Medicare - to a multiple choice challenge. Medicare eligibles face choices of a traditional plan, supplemental plans, Medicare managed care, and Medicare fee-for-service. Unscrupulous marketing techniques can prey on the unwary. Interactive and tailored to the needs of its participants, this course will provide a basic introduction to the choices available to Medicare-eligible persons and will provide resources for further information.

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

**A. May 23 | \$32**

Tu from 7:00 PM to 9:00 PM

**B. May 25 | \$32**

Th from 1:30 PM to 3:30 PM=

The Comfort of Your Own Home

## NAVIGATING HEARTBURN AND REFLUX

W from 6:30 PM to 8:00 PM

**EX24.** Those with heartburn or reflux are commonly prescribed proton pump inhibitors or H2 blockers. But these medications, though a lifesavers for some, are not beneficial to all. In fact, research studies suggest that they may be implicated in other serious ailments such as dementia, osteoporosis, and cancer. This highly informative and comprehensive talk will present research, explain basic gastric physiology, and discuss effective alternatives for addressing reflux safely and without side effects. Find out if you could manage your health in a more comprehensive way and enjoy more of life and the food you are eating. Additionally, this presentation will help to have an informed conversation with your doctor and to explore safer, over-the-counter alternatives to reflux medications.

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

**June 28 | \$29**

Mt. Airy Axis, 520 Carpenter Lane



Follow MALT on Social Media.  
Tag us in your posts!



mtairylearningtree



mtairylearningtree

Get the most up-to-date news from MALT.  
Subscribe to our weekly enews by visiting  
[www.mtairylearningtree.org](http://www.mtairylearningtree.org).



## TOP 10 TOOLS FOR FINANCIAL SUCCESS

Tu from 7:00 PM to 9:00 PM

**FCo2.** Learn the 10 strategies Vanessa followed to be an “Early retiree pursuing passion projects.” We start with the core: a sound budget and net worth statement. We then move into the policy tools to maximize wealth-building: employer sponsored retirement accounts, IRAs, IDAs, flexible spending and health savings accounts. No financial session is complete without talking about credit and debt.

Yes, you can, and should, save while paying off your debt. Handout includes core templates and resources for deeper learning. Bring your favorite wealth-building ideas to share in this interactive class.

**Vanessa Lowe** can be heard on G-Town Radio and the Spotify podcast, “Vanessa’s Money Hour.” Recently retired at age 56, she pursues “passion projects” such as impact investing, conference hopping, and moving personal and institutional money toward justice.

**May 30 | \$32**

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education

\$10 materials fee payable to the instructor.

See Page 35  
Quickbooks  
for Beginners

## ABCS OF ESTATE PLANNING

Tu from 6:45 PM to 9:00 PM

**FCo3.** Learn how you can protect your family and assets when you die or become disabled by using wills, trusts, powers of attorney and living wills. Examine how federal estate and Pennsylvania inheritance taxes affect your estate, and review how recent tax changes may impact your estate plan. Explore estate planning techniques to reduce your tax liability and minimize probate costs. Understand the basics of Medicaid planning (how to protect your assets for your heirs in the event you need expensive nursing home care). Find out how to title real estate and other assets. Bring your estate planning questions.

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

**May 23 | \$44**

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education

## ONLINE HOW TO TRAVEL FREE & SAFELY

M from 6:30 PM to 9:00 PM

**FCo4.** We’re ready to get back to our travels! When it is safe to go on a trip, where can we go, how do we stay safe, and how do we make our travel free? Learn how to benefit from the deep travel discounts being offered right now to enable you to book economical future travel. 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. World traveler Gina Henry shows you how she is prepared for the new “travel normal” including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Earn free airline tickets, hotel nights, tours and more in the U.S. and worldwide. Consider volunteering, fun work-vacations, paid travel, teaching English, mystery shopping, importing/drop shipping, and remote employment opportunities.

**Gina Henry** created Go Global, Inc. to empower people to travel as much as they want. She has been taking about ten free vacations per year over the past quarter-century.

**May 22 | \$39**

The Comfort of Your Own Home

A \$15 materials fee will be added to your course fee for Gina’s 100-page digital book “How to Travel Free & Safely” (a \$39.95 value).

## ONLINE GET PAID TO TEACH ENGLISH IN THE USA, OVERSEAS & ONLINE

Tu from 6:30 PM to 9:00 PM

**FCo5.** Learn how Gina has taught her way around the world, traveling to over 98 countries. Teaching English is a high-paying career and also a great way to enjoy cost-free vacations. English is the world’s business and travel language. Being able to speak English helps people get better paying jobs. If you speak the world’s business and travel language, you can teach it. You don’t have to be certified or speak the local language. Make money from home by teaching English online, take a paid summer job overseas, or travel full-time. Learn about the best paying jobs, qualifications, certification programs, and hiring organizations.

**Gina Henry**

**June 6 | \$39**

The Comfort of Your Own Home

A \$15 Materials fee will be added to your class fee for instructors 100-page digital book (a \$39.95 value).

## ONLINE INVESTING FOR JUSTICE - TOOLS AND RESOURCES

M from 7:00 PM to 9:00 PM

**FCo6.** Impact investing, socially responsible investing and ESG (Environmental, Social and Governance) investing refer to aligning your money with your values. Vanessa will share actionable resources like the new justice-focused ETFs, ImpactPHL’s Philly project list, networks for learning together in study groups, and what a few religious denominations are doing to invest deeply in racial justice and reparations. We’ll look at some of the newest rating tools to see how funds score on climate, gender, racial justice, and other impacts. This will be an interactive session, so bring your resources and strategies to share. Let’s move our money for justice and invest in the world we want to see!

**Vanessa Lowe**

**May 22 | \$32**

The Comfort of Your Own Home



Vanessa Lowe

## ONLINE WORK REMOTELY & BECOME A DIGITAL NOMAD

Tu from 6:30 PM to 9:00 PM

**FCo7.** Working remotely is in vogue. Why not add travel into the mix? Join thousands of individuals who are taking their work with them and hitting the road! You can make your travels sustainable by earning a living as you explore the world. Professional traveler Gina Henry has been doing this for years and shares her wealth of knowledge. Get the “how to” of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a “physical address”, the RV lifestyle, timeshares, international living, long-term rentals, house sitting, and more. Learn the best ways to set up your remote office and get quality wifi in your hotel, long-term rental, or vehicle. Learn about the many pursuits that “promote remote”!

**Gina Henry**

**June 13 | \$39**

The Comfort of Your Own Home

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

ONLINE STOCKS AND BONDS 101

Th from 6:30 PM to 7:30 PM

**FCo8.** 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.

June 1 - 8 | \$34  
2 sessions

The Comfort of Your Own Home

ONLINE BUDGETING BASICS

Th from 7:00 PM to 9:00 PM

**FCo9.** We use money on an everyday basis, but most of us were never taught how to manage a basic budget. The good news is that budgeting is a skill that anyone can learn, even children! Students will be able to become better money managers by learning about the four functions of money: to give, save, invest and spend. Make it a family affair and build a foundation for future financial success.

**Ericka Neville**, “The Money Coach,” went from bankruptcy to becoming an award-winning licensed financial expert. She has been conducting money management workshops, seminars and Bo\$\$ Money Challenges for the past twenty years. Ericka is co-creator of the 2019 Millionaire Mind Set Dream Big Summit.

April 27  
Individual | \$29  
Parent & Child | \$35  
-child is considered age 18 or younger-

The Comfort of Your Own Home

NEW OPTIMIZING YOUR WRITING FOR THE WEB

Th from 7:00 PM to 8:00 PM

**FC16.** If you are looking to start a blog, promote your business, or create a website, it is vital to understand how search engines work as well as how people read online. Composing for bots (called "web crawlers" of "spiders" in the trade) is not quite the same thing as writing for people turning pages. If you want people to read your content, the web crawlers are going to have to find and index it first. Learn how to appease both man and machine with the written word in order to help get your website on the (virtual) map.

**Chris Veneziale** has been performing SEO for nearly seven years and specializes in local search marketing. He has a Masters degree in Information and Library Science from Drexel University and currently works remotely as an SEO Account Manager for a digital marketing agency. Chris also freelances, offering SEO services for local businesses including site audits, SEO writing and optimization.

May 11-18 | \$34  
2 sessions

United Lutheran Seminary,  
7301 Germantown Ave.,  
Brossman Center for Education.

EFFECTIVE PUBLIC SPEAKING

Tu from 6:30 PM to 8:30 PM

**FC11.** Does the thought of speaking in front of others make you anxious? Do you have to make a presentation for the first time? Are you trying to get yourself out there and not sure how to start a conversation with people you don't know? Whether you're a college student that needs to make a presentation, a business leader that needs to get their point across to their team, or a meeting facilitator, this class is for you. We will talk about the components of effective public speaking, the do's and don'ts, and how to create your message and communicate effectively. You will create a presentation or bring one along and practice it in class. Materials will be provided.

**Marci Goldshlack** has been a corporate trainer and educational consultant for over thirty years. She has a successful track record of meeting management and employee needs for organizations, both for-profit and non-profit. In her spare time, she is a standup comedienne.

May 30 - June 20 | \$89  
4 sessions

Work Mt. Airy, 6700 Germantown Ave.,  
lower level

NEW HOW TO MASTER A JOB INTERVIEW: BEFORE, DURING AND AFTER

Tu from 6:30 PM to 8:30 PM

**FC12.** In this class, you will learn how to prepare to make that ultimate first impression for any job interview. Starting with preparing your resume, questions , not only which you will be asked in the interview but questions you want to ask the interviewer, and proper follow-up to make you stand out above the rest. Whether you are reentering the job market or looking for your next opportunity, this class will give you the tools you need for both that face to face or online interview. You will be sure to make a positive impression. You will be given tools, tips, suggested readings and websites, and related materials to add to your toolbox of resources. Feel free to bring a resume!

Marci Goldshlack

May 2-9 | \$59  
2 sessions

Mt. Airy Axis, 520 Carpenter Lane

NEW RETIREMENT INCOME & WITHDRAWAL STRATEGIES

W from 6:30 PM to 8:30 PM

**FC17.** You have diligently saved money for retirement, and now you face the daunting decision of how to replace your income when you stop working. This is one of the most important and least talked about issues in personal finance. We'll focus on common withdrawal strategies and identify the benefits and risks that are involved in each. Learn about Roth Conversions and other tax strategies that can have a significant impact on the longevity of your assets. Learn about the 4% rule, dividends, the pros and cons of annuities and more. The instructors will help you make smart decisions that will have a lasting impact on your ability to attain a secure, prosperous retirement.

**Kevin Manning** and **Andrew Herron** are both Certified Financial Planners (CFP®) and the founders of Stone Pine Financial Partners. Stone Pine specializes in working with and advising people in retirement. Over the past two decades they have developed the specific expertise to guide people on this journey. They have been teaching classes on retirement for the past ten years, and are often sought out by other advisors and the media for advice and clarification on issues pertaining to retiree financial planning.

May 17-24 | \$49  
2 sessions

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education

Across the Creek

EAST FALLS  
MANAYUNK  
ROXBOROUGH

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

Weave on a Rigid Heddle Loom	Pg. 22
Glassblowing Workshop	Pg. 22
Intro to Google Platform	Pg. 23
Ice Cream Making	Pg. 28
Classic R&B Line Dancing!	Pg. 31
Beginning Belly Dance with Aneeta	Pg. 35
T'ai Chi - Yang Style: Beginning	Pg. 52
Ping Pong: From Basement Hobby to Club Player	Pg. 62
Kayaking on the Schuylkill	Pg. 63
Learn to Canoe	Pg. 63
Beginner Stand Up Paddleboarding	Pg. 64
Row the Schuylkill	Pg. 65

See Page 48

Habit Tracking  
with Bullet Journaling



## GET THE MEDIA'S ATTENTION

W from 6:30 PM to 9:30 PM

**FC18.** Do you own a small business or represent a nonprofit or community organization? Do you have a product, service or special event you feel should be better covered in the media? Media coverage isn't just a matter of luck, and it isn't mysterious either. We will show you how to get coverage from community weeklies, daily newspapers, television, radio and blogs for your business or organization. Learn about media releases, tip sheets, alerts, how to contact reporters and bloggers, and proper follow-up etiquette. Bring a brochure or other information about your organization/business to class and we'll workshop it together.

**Ilena DiToro**, a graduate of Temple University, Manor College and Saint Joseph's University, is a PR professional who has amassed over \$750,000 worth of press for nonprofit organizations and businesses in the Philadelphia area and beyond.

**May 24 | \$49**

Mt. Airy Axis, 520 Carpenter Lane

\$4 materials fee payable to the instructor. Please bring a brochure or other information about your organization/business to class. It will be used for an in class exercise.

## ONLINE HOW TO CREATE AN ETSY SHOP

W from 6:30 PM to 9:00 PM

**FC19.** Are you interested in selling your hand-made items online and want to learn the basics of setting up an Etsy shop? In this workshop we will walk through all the steps of starting your shop including setting up your shop, creating great listings, search engine optimization and product shipping. This workshop is developed for people who have not set up an Etsy shop.

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

**May 17 | \$34**

The Comfort of Your Own Home

## ONLINE WORK FROM HOME AS A MEDICAL TRANSCRIPTIONIST

W from 6:00 PM to 9:00 PM

**FC20.** Medical transcription is a \$12 billion industry annually. Choose your own hours, have a business at home, select your clients, and earn a very respectable living. Discover a step-by-step guide to medical transcription and its related career paths. Learn how to build and market your business and manage its many components.

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

**May 17 | \$39**

The Comfort of Your Own Home

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

This course takes place via the instructor's online platform. A link will be emailed to you after registration

## RETIREMENT PLANNING TODAY

**FC21.** 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. May 17 - 24 | \$34**

W from 6:30 PM to 9:00 PM

**B. May 25 - June 1 | \$34**

Th from 6:30 PM to 9:00 PM

2 sessions

Community College of Philadelphia, 1700 Spring Garden, Class takes place in the Winnet Building, room S2-03.

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



## ONLINE CREATE GRAPHICS FOR SOCIAL MEDIA USING CANVA, AND MORE!

M from 7:00 to 8:30 PM

**FC24.** Do you need a banner image or an image for social media, a blog post, or an event? How about a presentation or video? Learn to use Canva, a free online graphics application that is one of the best graphic design tools for non-graphic designers. It offers a host of tools to create perfect images for promotional use, plus you don't need to download or install any software. We will have a brief overview of Over, Snappa, Picktochart, as well as a demo of WordArt.. Plus learn where you can get images that do not violate copyright laws. Join Lynne to learn more with a big picture overview, and live demos!

**Lynne Williams**, EdD candidate is the executive director of the Philadelphia Area Great Careers Group, which provides online career education and networking. She writes resumes, LinkedIn profiles and company pages, and focuses on keywords. She is writing her doctoral dissertation on LinkedIn.

**June 5 - 12 | \$49**

2 sessions

The Comfort of Your Own Home

## ONLINE OPTIMIZE LINKEDIN FOR CAREER SUCCESS

Th from 7:00 PM to 8:30 PM

**FC22.** With over 875+ million users, LinkedIn is the most widely used professional social media platform-a critical networking tool as well as a professional electronic rolodex. Learn how you can get the most out of LinkedIn using research-based strategies, tips, and best practices. Delve into techniques to optimize your keywords, write your value proposition, and differentiate your personal brand to stand out from the crowd. Each session will be meaningful whether you are employed, self-employed, or preparing to begin a job search or career change. Class topics include: a big picture overview, the power of keywords, how to apply meta tags, use custom web links, successfully set up your profile settings, compare desktop and mobile views, incorporate logos, improve formatting, hashtag etiquette, and more! You will also learn how to effectively search in and out of LinkedIn, make and ask for introductions, use emojis, Word Cloud or Canva banners.

**Lynne Williams**

**June 8 - 15 | \$49**

2 sessions

The Comfort of Your Own Home

## WE'RE ALL IN SALES: SIMPLE, PRACTICAL TIPS THAT GET RESULTS

W from 7:00 PM to 8:30 PM

**FC23.** Have you started a new on or offline business during the last couple years, have a Side Hustle that you want to expand, or have the role of securing new clients or contracts in your current position? Regardless of your industry, experience or position do you find there are times when you don't get the sales results you believe you deserve? Are your meetings not converting to sales or are you having trouble finding new clients? Do you desire the benefit of large company resources required to stay competitive? This course is an interactive program that addresses many of the challenges of establishing a steady pipeline of business. Leveraging his long sales career, Gary knows first-hand what works and what doesn't and will share many relevant and entertaining stories. You will leave with many "proven" ideas to help grow your client base while avoiding costly common mistakes. This class is open to anyone open minded to ideas to help increase your sales.

**Gary Kurtis** As the principal of Salestips101, Gary leverages his successful career in sales and sales management to help others, with an emphasis on many new to sales or in a new career. He conducts both group workshops and individualized coaching with a customized approach focusing on his client's objectives and challenges. Gary currently also serves on the Board of Directors of the ALS Hope Foundation and is a VP on the Board of Directors of the Montgomery County Chamber of Commerce.

**May 24 - 31 | \$49**

2 sessions

MALT Office, 6601 Greene Street

## ONLINE ULTRA-INVESTING USING OPTIONS

M from 6:30 PM to 9:00 PM

**FC13.** 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** is an educator, national speaker and author of *Stock Investing for Dummies* and the owner of RavingCapitalist.com. He has taught with MALT for over 25 years

**June 12 | \$49**

The Comfort of Your Own Home

\$10 materials fee for software payable to instructor.

## ONLINE \$50 WEALTH BUILDER

Tu from 6:30 PM to 9:00 PM

**FC14.** Safely invest with as little as \$50! Learn how you can grow money even in this tough market. In one information-packed session you can learn how to wisely and profitably begin building your own financial empire as a small investor. This seminar was created specifically to meet the needs of the low- and middle-income investor. Safely buy high-potential stocks for as little as \$50 a month (with no commissions!) while minimizing risk; buy gold and silver for as little as \$50; start a high-powered financial portfolio for \$100; invest in mutual funds; and virtually guarantee \$1 million for your retirement!

**Paul Mladjenovic** is an educator, national speaker and author of *Stock Investing for Dummies* and the owner of RavingCapitalist.com. He has taught with MALT for over 25 years

**June 13 | \$49**

The Comfort of Your Own Home

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



Paul Mladjenovic

## ONLINE HOME BUSINESS GOLDMINE

Tu from 6:30 PM to 9:00 PM

**FC15.** 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**

**June 20 | \$44**

The Comfort of Your Own Home

Optional \$10 materials fee payable to the instructor.



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

Visit: [mtairylearningtree.org](http://mtairylearningtree.org)

## NEW CANINE LEARNING & BEHAVIOR

Sa from 10:30 AM to 12 N

**FHo2.** This course will provide a foundational overview of core concepts of canine learning theory including familiar theories used in dog training and how to apply them. It will also provide information and insight on dog behavior and body language, including how to read it and ways to respond to certain situations. The concepts taught in this course will provide a foundation for better understanding and communicating with the dogs in your life!

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

**May 13 - 27 | \$54**

3 sessions

Summit Presbyterian Church

## ONLINE BACKYARD CHICKEN KEEPING

Th from 7:00 PM to 9:00 PM

**FHo3.** Now's the time to get a flock of your own! Learn the basics of keeping a healthy flock of backyard hens to produce eggs. Topics will include selecting chickens, raising them from chicks, the coop, the care and feeding of chickens, handling the eggs, and some of the challenges and pleasures of keeping backyard chickens.

**Maureen Breen** is the president of Philadelphia Backyard Chickens, a local group that shares resources about backyard chicken keeping. She also conducts research in the value of backyard chickens to reduce food waste.

**May 4 - May 11 | \$44**

2 sessions

The Comfort of Your Own Home



## CLUTTER TONIC: SPRING CLEANING

M from 2:30 PM to 4:30 PM

**FHo4.** Do you feel overwhelmed by stuff? Have unpacked boxes from your last move? Do you drown in papers? Break vows to organize? Enjoy some Clutter Tonic! Make happy decisions about what to let go of and how to organize the rest. Create real changes in your home. Make the shifts in your routines that will make them last! Buy no containers. Learn where to donate or recycle nearly anything. Discover how good clutter tonic can feel.

**Rachel Martin** is the founder of Clutter Tonic: The Easy, Refreshing Way to Organize Your Home. She finds tremendous pleasure in teaching people to organize and maintain the homes they crave

**April 17 - May 1 | \$64**

3 sessions

NewCourtland's Germantown Campus, 6950 Germantown Ave., Eisenhardt Building

See Page 6

A Beginner's Guide to Growing Food in Your Backyard



## DEBUNKING CURL MYTHS

Su from 2:00 PM to 4:00 PM

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

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

**April 30 | \$34**

Natural State, 709 Bethlehem Pike, Glenside

## UNDERSTANDING LONG TERM CARE

**FH11.** Gain a fuller understanding of long-term care (also known as custodial care), how it works, who needs it, and how to pay for it. Learn the differences between home health care, skilled care, custodial care, assisted living nursing home care, and TRICARE. We'll review what the PA LTCP (Long Term Care Partnership) is and how to protect your assets in the event long term-care is needed.

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

**A. April 18 | \$32**

Tu from 7:00 PM to 9:00 PM

The Comfort of Your Own Home

**B. May 13 | \$32**

Sa from 11:00 AM to 1:00 PM

NewCourtland's Germantown Campus, 6950 Germantown Ave., Eisenhardt Building

## HABIT TRACKING WITH BULLET JOURNALING

Th from 6:30 PM to 8:30 PM

**FH12.** Understanding how we form good habits and eliminate bad ones is a key to success in every aspect of life. In this class, we will first explore some of the science behind habit formation. Then, you will learn how to track and manage your habits using the techniques of bullet journaling. Maintaining a bullet journal is a fun, creative, colorful, and rewarding way to stay motivated and make good habits stick. Bullet journaling can help you maintain healthy habits, promote mindfulness, increase motivation, and add enjoyment to your daily routine.

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

**May 18 | \$32**

Work Mt. Airy, 6700 Germantown Ave Lower Level 19119

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

## 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, when to set your asking price, how to choose a sales agent, how to improve your home's appeal to the buyer, what repairs you should do if you have a tight budget, and more!

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

**April 22 | \$35**

MALT Office, 6601 Greene St.

\$5 materials fee payable to the instructor.

## GREEN BURIAL

Th from 6:30 PM to 8:30 PM

**FH01.** 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, rather than more traditional options.

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

**June 1 | \$32**

NewCourtland's Eisenhardt Building, 6950 Germantown Ave.

## ADVANCED DIRECTIVES AND LIVING WILLS

Tu from 2:00 PM to 4:00 PM

**TW10.** One of the most important decisions of your life is how you wish to leave it. What if you can no longer speak for yourself? We will review a standard Durable Healthcare Power of Attorney and Living Will and learn how to create a legal document that provides instruction to your loved ones and your physician about the medical treatment you want or do not want to receive if you are unable to communicate your wishes about your care and treatment. By the end of class you should be able not only to have a more informed conversation with your loved ones about end-of-life and quality-of-life concerns but also to create your own Living Will.

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

**May 9 | \$34**

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

\$5 materials fee payable to the instructor.



## NEW ONLINE HOW TO BUY A CAR WITHOUT BEING TAKEN FOR A RIDE

Th from 7:00 PM to 9:00 PM

**FH16.** This class will equip students to confidently and successfully navigate the intimidating (and often too expensive) process of shopping for and buying a new car. Topics to be covered include: the traditional way to buy a car (the bad old days), a peek behind the curtain (how dealerships really operate), the 10 mistakes most car buyers make (and how to avoid them), handling dealer questions and manipulation, the easy and effective way to negotiate a good price, scams to watch out for, things that aren't as good as they might seem, and a few words about leasing and used cars.

**Alan Silverblatt** has been a caseworker, an attorney, and most recently a software developer for a large social services agency. He has used the insights and methods presented in this class to negotiate several very good car deals for his family. A resident of Chestnut Hill, he's now happily retired and devoting more time to model railroading, hosting a rock and blues show on G-town Radio, and playing in a band.

**May 11 | \$34**

The Comfort of Your Own Home



*See page 6*

**NEW Build and Decorate  
Your Own Birdhouse**



## NEW CHOCOLATE COVERED PRETZELS FOR KIDS WITH JUNEBUG SWEET TREATS

Sa from Noon to 2:00 PM

**KDo3.** For the creative kid who doesn't mind getting messy and loves a tasty treat. Join JuneBug Sweet Treats for an afternoon of chocolatey fun! Learn how to temper chocolate from a professional and create delicious chocolate covered pretzels complete with sprinkles and your own creative touch! Open to all kids ages 4-16.

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

**May 20 | \$35 for Parent and child**

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

## NEW CHILDREN'S BALLET FOR 6 TO 8 YEAR OLDS

M from 4:30 PM to 5:30 PM

**KDo2.** Students will experience the beauty, structure, and fun of ballet as they explore the foundations of ballet technique, including basic ballet terminology, pantomime/acting, creativity, and music. This fun, high-energy course gets kids moving and culminates in an optional performance (May 27). Please wear a leotard, tights, and ballet shoes.

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

**April 24 - June 5 | \$108**

6 sessions (No class 5/29)

Wissahickon Dance Academy, now known as Expansions Contemporary Dance Ensemble



Emani Frank

## NEW SUNSHINE'S SLIME CLUB

Sa from 11:00 AM to 12 N

**KDo6.** Making slime is great play, providing rich sensory experiences, stimulating curiosity, and soothing the nerves. In this club we will be putting our knowledge of slime to the test and having loads of fun testing out different slime textures, add-ins, and scents. We will play games and of course make slime. At each meet-up, we will make two different slime textures and come away with a recipe or two. Grown-ups are encouraged to come learn from kids and find new joy in gooey play.

**Emani Frank** began making slime during the recent pandemic, experimented with various slime textures and techniques, and brought her products to an eager local market in 2021. Our youngest teacher at age 10, she'll be joined by her mom **Robyn Frank**, a popular MALT exercise teacher.

**April 29 - May 6 | \$25**

**Parent and child \$25**

**Additional child \$5**

2 sessions

Saint Paul's Episcopal Church  
22 East Chestnut Hill Avenue

Materials fee of \$7 payable to the teacher at the first class

Age for youngest student (attending with parent) should be 4 years old or older.

## NEW CREATIVE MOVEMENT/PRE-BALLET FOR 3 TO 5 YEAR OLDS

Tu from 3:30 PM to 4:30 PM

**KDo1.** This class encourages students to explore their creativity and imagination during activities that develop gross motor skills, coordination, strength, flexibility, and balance. Students are introduced to the structure of dance in a fun environment. Students learn ballet steps, short choreography for an optional performance (May 27) and get a strong foundation for future ballet training. Please wear leotard, tights, and ballet shoes.

**Christina Castro-Tauser**

**April 25 - June 6 | \$108**

6 sessions, no class 5/9

Wissahickon Dance Academy, Nnow known as Expansions Contemporary Dance Ensemble

## BEGINNING PIANO FOR 5 TO 10 YEAR OLDS

Th from 7:30 PM to 8:00 PM

**KDo4.** Piano is a wonderful first instrument for children. Easier than many, you just press a key and it sounds great. Plus the layout of white and black keys makes an understanding of the basics of music visually understandable, even to kids. Learn proper posture, hand positions, the musical alphabet, the math of music, basic note reading and much more.

Offered by the staff of Chestnut Hill Music Academy under director **Mickey Leone**. CHMA is a full service school in Chestnut Hill providing private lessons and training on all instruments and voice to all ages.

**May 4 - 25 | \$44**

4 sessions

Chestnut Hill Music Academy,  
22 E. Chestnut Hill Ave., In St. Paul's Church.

## NEW ART FOR CHILDREN AND TEENS

Sa from 10:30 AM to 12 N

**KD22.** One big project this class will be working on is creating art for Pollinator Power!, an installation in Woodmere's Helen Millard Children's Gallery in September. Artists will be making a whole environment, with plants, critters, earth, and sky. They will get to draw, paint, make sculpture, and work with fabric. They will be inspired by observing nature, learning about pollination, using their imaginations, and looking at the work of other artists. Artists can collaborate or make their own individual projects. There will also be opportunities for working on portfolio preparation for Creative and Performing Arts High School, and other personal projects. There will be plenty of personal attention, freedom, and support, so each artist can follow their own vision and take the next steps on their own path. Come be you with us!

**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. She has taught with MALT since 2009 and we are happy to be offering her spring term classes again in her studio!

**April 22 - June 10 | \$126**

7 sessions, no class 5/27

Mindy Flexer Art School, 5225 Greene St., near Greene St. and Queen Ln, in Germantown.

## BEGINNING GUITAR FOR 5 TO 10 YEAR OLDS

Th from 7:00 PM to 7:30 PM

**KDo5.** Has your child been asking about guitar? All the basic elements of guitar playing will be introduced in this fun class. Work on easy chords, strumming and accompanying all types of music from Rock to Pop to Gospel and Country. Then we'll do a quick intro of note reading and playing so kids can learn what all those little dots mean. Students need to have their own instrument.

Offered by the staff of Chestnut Hill Music Academy under director **Mickey Leone**. CHMA is a full service school in Chestnut Hill providing private lessons and training on all instruments and voice to all ages.

**May 4 - 25 | \$44**

4 sessions

Chestnut Hill Music Academy,  
22 E. Chestnut Hill Ave., In St. Paul's Church



## T'AI CHI - YANG STYLE: BEGINNING

W from 10:00 AM to 11:00 AM

**MB07.** Tai Chi (or tai chi ch'uan) is claimed to be the oldest martial art. It is also a gentle exercise that can provide innumerable health benefits for body, heart and mind. Practiced consistently, it can improve balance, lower blood pressure, reduce anxiety, ease depression, and boost the immune system. Tai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5-6 ft. square of open space. The Beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes. (Running shoes are not recommended.)

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

**April 19 - June 21 | \$129**  
10 sessions

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

## T'AI CHI - YANG STYLE: CONTINUING

W from 11:15 AM to 12:15 PM

**MB08.** Cheng Man Ch'ing's tai chi form is an art that can be a life-long study. Learning the movements in the Form is just the beginning. In the Continuing class, we begin to delve more deeply into the internal energetics of movement and a deeper understanding of the word Relax. We will work on whole body synchronicity, sinking and releasing, and developing root. Enrollment in the class is by permission of the instructor.

**Vicki Mehl**

**April 19 - June 21 | \$129**  
10 sessions

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



*Vicki Mehl is offering two sections of Beginning T'ai Chi Ch'uan during the day.*

## T'AI CHI - YANG STYLE: INTERMEDIATE

W from 12:30 PM to 1:30 PM

**MB17.** In the Intermediate class students will continue to learn Prof. Cheng's 37 postures of the Yang style form. This part of the form includes various kicks and single leg turns. As always, the form is practiced in smooth, slow movements while developing strength and flexibility in the legs and whole body balance. The Intermediate class is for those who have learned the postures of the "first third" of the form, (in the Beginning level), and/or has the teacher's permission. Wear loose, comfortable clothing and flat, flexible shoes.

**Vicki Mehl**

**April 19 - June 21 | \$129**  
10 sessions

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

## T'AI CHI - YANG STYLE: BEGINNING

Tu from 11:30 AM to 12:30 PM

**MB29.** Tai Chi (or tai chi ch'uan) is claimed to be the oldest martial art. It is also a gentle exercise that can provide innumerable health benefits for body, heart and mind. Practiced consistently, it can improve balance, lower blood pressure, reduce anxiety, ease depression, and boost the immune system. Tai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5-6 ft. square of open space. The Beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes. (Running shoes are not recommended.)

**Vicki Mehl**

**April 18 - June 20 | \$129**  
10 sessions

North Light Community Center, 175 Green Lane, Manayunk

## T'AI CHI CH'UAN: BEGINNING

Th from 7:00 PM to 8:00 PM

**MB01.** Yang style T'ai Chi, as handed down by the T'ai Chi Master Cheng Man Ching, is a low-impact exercise that can also be considered a moving meditation. It has a wealth of benefits for physical and mental health. The physical benefits include improvement of balance thus decreasing risk of injury from falls, fostering a healthier heart (more than some other types of aerobic exercise) and aiding in pain relief for musculoskeletal problems. The mental benefits include lowering stress, improving focus and resilience, helping reduce age-related, cognitive decline and serving as an aid in controlling depression. This class is for those who are new to T'ai Chi, or have recently begun to learn the 37 postures of the Cheng Man Ch'ing short form. The only equipment necessary are loose, comfortable clothing and flat-soled shoes.

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

**April 20 - June 22 | \$129**  
10 sessions

Chestnut Hill United, 8812 Germantown Ave.

## T'AI CHI CH'UAN: CONTINUING

Th from 8:00 PM to 9:00 PM

**MB02.** Continue the study of T'ai Chi Ch'uan through the Short Yang solo form. This course is designed for students who have had previous study experience with the Cheng Man-ch'ing short form. The postures reviewed will be commensurate with the knowledge of participating students.

**Kurt Findeisen**

**April 20 - June 22 | \$129**  
10 sessions

Chestnut Hill United, 8812 Germantown Ave.

## T'AI CHI FOR HEALTH

Tu from 7:00 PM to 8:00 PM

**MB28.** 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.

**May 2 - June 6 | \$79**  
6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Students will be required to wear a mask regardless of vaccination status.

### Fern Bell Scholarships

Thanks to our donors we have a limited number of need-based scholarships available for the Winter term.

Call our office if you need financial assistance to attend a class at 215-843-6333.



## NEW STRONG CHAIR YOGA

W from 11:30 AM to 12:30 PM

**MB04.** This class focuses on yoga poses and movements that increase strength, especially in muscle groups related to posture and balance. About half the class will take place in the chair and the other half will use a yoga mat for standing poses and the chair will act as a prop for balance. Breathing techniques for core engagement and relaxation will also be introduced. If you're interested in the benefits of yoga but have trouble lying on floor, making quick transitions up and down from the floor, or being on hands and knees, this class may be a good choice for you. You'll have an opportunity to build strength, increase mobility, and improve your balance.

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

**April 19 - June 7 | \$99**  
8 sessions

Chestnut Hill United, 8812 Germantown Ave.

## YOGA, A CHAIR AND YOU

F from 11:30 AM to 1:00 PM

**MB10.** Everybody can enjoy the benefits of yoga. It's not necessary to get on the floor to explore this gentle and effective exercise system that creates strength, flexibility and balance. Our class is classically structured with breathing techniques, asana (postures for strength and stretching) and meditation based in the Integral Tradition. Added benefits include improving balance and rotation. Everyone is welcome. Standing is optional. We also encourage laughter and fun.

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

**April 21 - May 19 | \$74**  
5 sessions

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



## ONLINE YOGA BREATHING FOR STRESS RELIEF, DIGESTION, ENERGY, AND DEEP SLEEP

Tu from 7:00 PM to 8:00 PM

**MB06.** Yoga breathing is a safe, natural way to quickly affect your autonomic nervous system. Most of us are stuck on autopilot, bounced around by our environment, feeling “wired but tired,” imbalanced, and frazzled. Yoga breathing offers many of the same benefits as meditation, but it's easier to learn and can be practiced anywhere. These techniques have been around for thousands of years, but this contemporary approach demystifies the practices and is based on real-world science and results. No experience or equipment necessary. These practices are accessible to everyone.

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

**April 18 - May 9 | \$59**  
4 sessions

The Comfort of Your Own Home

## YOGA FOR STRENGTH AND STRESS RELIEF

W from 10:00 AM to 11:15 AM

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

**Jen May**

**April 19 - June 7 | \$99**  
8 sessions

Chestnut Hill United, 8812 Germantown Ave.

## HYBRID GENTLE AWAKENING YOGA WITH LINDA KISH

Su from 10:00 AM to 11:15 AM

**MB13.** This gentle awakening class includes yoga basics and seasonal poses infused with Reiki. You will come away with knowledge of how we connect yogi breath with gentle yoga postures. We will be using belts and blocks to assist with correct alignment of the poses. For all levels.

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

**April 30 - June 4 | \$95**  
6 sessions

**A. In Person**

Mt. Airy Performing Arts, 230 E. Gowen Ave  
On the campus of Grace Epiphany Church at Gowen & Ardleigh (enter through rear door, / facing playground)

**B. Online**

The Comfort of Your Own Home  
Teacher will provide Zoom link ahead of class.

## YOGA FOR BONE HEALTH

W from 5:45 PM to 7:00 PM

**MB15.** Learn the twelve yoga postures that support bone health. A ten-year study done by Columbia, NYU, Rockefeller University and Brigham & Women's Hospital proved this sequence supports bone health. Previous experience is helpful but not required.

**Linda Kish**

**April 26 - May 31 | \$95**  
6 sessions

**A. In Person**

Mt. Airy Performing Arts, 230 E. Gowen Ave  
On the campus of Grace Epiphany Church at Gowen & Ardleigh (enter through rear door, / facing playground)

**B. Online**

The Comfort of Your Own Home  
Teacher will provide Zoom link ahead of class.

## NEW ONLINE SATURDAY SADHANA

Sa from 9:00 AM to 10:00 AM

**MB19.** Saturdays often begin filled with tasks, chores, hustle and bustle. Instead, start your Saturdays with peace, calm, and relaxation. Sadhana is the practice of quiet deep, slow breathwork, movement, meditation, and awareness. This one-hour class begins with thirty minutes of gentle seated, low-to-the floor intentionally slow asana (yoga postures). The final thirty minutes is a silence-based guided meditation. Beginning the weekend with relaxation will provide the energy needed to handle the “things to do” without the stress.

**Tracy Shearer**

**May 6 - June 24 | \$94**  
8 sessions

The Comfort of Your Own Home



## BALANCING MIND AND BODY WITH CRYSTAL ALCHEMY BOWL MEDITATIONS

Tu from 7:00 PM to 8:30 PM

**MB14.** During this workshop, you will learn a bit about the science behind sound energy medicine and how it can restore the balance and well-being in your mind and body. You will be introduced to three crystal bowls and their unique alchemy signatures. Anne will then guide an exploration to discover the effects the bowl vibrations have within your body. After sharing experiences, she will guide you through a grounding process using imagery and breath. From this, you can relax and absorb the vibes of a 20-minute sound bath meditation created just for you. Anne will send the audio recording of the workshop meditation to all participants.

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

May 9 | \$32

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

Please bring a yoga mat if you prefer to lay down on the floor for the ending sound bath.

## NEW METHODS OF MEDITATION

W from 7:45 PM to 9:15 PM

**MB11.** Effective meditation depends on choosing, from many different methods, the technique and intensity of practice that is right for you. Explore the various ways in which a meditation practice can be personalized. Is your goal spiritual growth or stress reduction? If you need external aides, do you favor audio or visual input? Better appreciate and experience mantra, visualization, breathing, basic movement methods, and learn about the profound philosophies behind meditation that motivate so many people to do it.

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

May 24 - June 28 | \$99

5 sessions, no class 6/14

Unitarian Society of Germantown,  
6511 Lincoln Dr.

## ONLINE MORNING MEDITATION

W from 7:00 AM to 7:30 AM

**MB38.** Start off the day with an upbeat, positive, joyful energy to manifest all the happiness you want to bring into your life. Bridge the gap between what you desire and the realities of the world by centering gratitude through a mindfulness practice.

**Sophie Bernard** has been doing yoga for nearly 18 years. In 2007, she obtained her 200 hour yoga certification in Inner Fire Yoga from Yoga on Main. She is certified in Ericksonian hypnosis to deepen her students' experiences while following her guided meditations. She is also a Reiki Master. Her website is: [www.voilawellness.com](http://www.voilawellness.com).

May 24 - June 28 | \$48

6 sessions

The Comfort of Your Own Home

## ONLINE MINDFULNESS MEDITATION

F from 11:00 AM to 12:30 PM

**MB23.** Mindfulness meditation helps you develop skills that can calm your mind and body in the face of the stressors of everyday life. As world renowned meditation teacher Jon Kabat-Zinn says, "You can't stop the waves, but you can learn to surf."

In each class of this four-session series, you will be guided through a meditation and provided with resources for your home practice. The learning is in the doing. We will also discuss topics that will support your mindfulness meditation practice: the basic philosophy of mindfulness, the body's stress response, dealing with persistent thoughts and difficult emotions, and resources for continued practice. While this course is designed for people with little or no meditation experience all are welcome.

**Janet Meyers** is an occupational therapist with vast experience teaching skills to individuals with a wide range of abilities. She has been meditating for over fourteen years and teaching for five. She received teacher training from the Center for Mindfulness at Thomas Jefferson University Hospital. Meditation has enhanced her life and she is passionate about sharing it with others.

April 28 - MAY 19 | \$64

4 sessions

The Comfort of Your Own Home



## ONLINE SLEEP BETTER, MOVE BETTER, FEEL BETTER

Tu from 7:00 PM to 8:00 PM

**MB39.** Feeling locked-up and achy in your hamstrings, hips, neck, and shoulders? Do you have trouble falling asleep or sleeping through the night? In this course we will focus on breathing, core strength, and functional movement to help you feel better, move better, and sleep better. Every week we will work on breathing techniques for better sleep and clearer focusing. We'll do brain-mapping to help turn on dormant deep core muscles, some light movement, and some stretching/ myofascial release. This science- and anatomical-based approach is effective for everyone—all ages and body types, no experience necessary.

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

May 16 - June 20 | \$59

5 sessions, (No Class 6/6)

The Comfort of Your Own Home

## NEW ONLINE THE POWER OF QIGONG

Sa from 10:00 AM to 11:00 AM

**MB21.** Become an ally of your body with the practice of QiGong. Strengthen your bones, internal organs and nervous system by connecting with the energy of nature to amplify your own ability to restore your vitality and well-being. QiGong uses gentle postures while standing, sitting and/or lying down to synchronize the power of your Mind-Heart with the breath and flowing movement. This course is ideal for those who are new to QiGong as well as those who are ready to deepen their practice.

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

May 13 - June 3 | \$54

4 sessions

The Comfort of Your Own Home

## NEW MINDFULNESS OF QIGONG RETREAT

Su from 3:00 PM to 5:00 PM

**MB22.** This 2 hour QiGong class brings health practices from antiquity to the 21st century. We will establish a foundation, build on it and put it into practice. Wellbeing is strengthened by unifying Mind-Heart, breath and movement. Using practices that have been passed along for thousands of years we mindfully transform energy depleting stress into energy and vitality. QiGong forms are easily adapted to most physical abilities. This course is ideal for students new to QiGong as well as those who wish to deepen their practice.

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

May 21 | \$32

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

## NEW ONLINE RELAXING QIGONG: SHIBASHI SET 1

W from 10:00 AM to 11:00 AM

**MB09.** Enjoy learning and practicing the fluid and gentle movements of the Shibashi 1 form of Qigong. Shibashi is 18 movements which help to reduce stress and improve flexibility and balance. The simple and effective motions of weight shifting and synchronizing arm and leg stretches bring harmony to body and mind. Shibashi is easy to learn and a delight to practice! You can practice standing or seated. Dress comfortably and come prepared to experience a sense of well being and joy! Beginners as well as those experienced in Qigong are welcome!

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

**May 17-31 | \$49**  
3 sessions

The Comfort of Your Own Home

## ONLINE ALEXANDER TECHNIQUE: RETURNING TO YOUR EXPANSIVE NATURE

Tu from 7:00 PM to 8:15 PM

**MB35.** This three-week class will help you create a practice of self-care that will enliven and unify mind, body and breath. By exploring the relationship between thoughts and the physical body, Anne will guide you to release anxiety, tension and pain and return to a sense of wholeness and well-being.

**Anne Johnson**, a certified teacher of the Alexander Technique and Art of Running instructor, has joyfully and successfully been teaching online classes worldwide, at the Boyer College of Music and Dance at Temple University, MALT (since 1995!) and for her private local students in Mt Airy. She continues her outreach to people of all ages, professions, skill levels and diverse backgrounds.

**May 23 - June 6 | \$54**  
3 sessions

The Comfort of Your Own Home

## NEW ONLINE RESTORING BALANCE

Tu from 6:30 PM to 8:00 PM

**MB18.** Join this full-immersion, interactive on-line wellness discussion. Learn how to identify mental and emotional imbalances and their triggers, and how to readily restore personal balance and equilibrium. Learn to recognize your energy centers and your “happy” triggers and how better to sense balanced states before and after realigning left and right hemispheres of your brain.

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

**May 16 | \$32**

The Comfort of Your Own Home

## NEW SELF-HYPNOSIS FOR EVERYDAY LIVING

Sa from 10:00 AM to 12 N

**MB16.** Ever been curious about hypnosis and how it can help you? This is the perfect class to get you introduced to the benefits of self-hypnosis and learn how you can integrate it into your everyday routine. You'll be guided through a step-by-step easy-to-follow hypnosis routine that you can use daily to help you with issues that you're experiencing, whether it be stress, self-esteem, fear of public speaking etc. Self-hypnosis is fun, easy, and unmysterious. It's a great way to start the day!

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

**June 3- 10 | \$49**

2 sessions

Church of St. Martin-in-the-Fields, 8000 St. Martin's Ln

## NEW THE MESSAGE IS IN THE CARDS: THE GODDESS ORACLE DECK

Sa from 1:00 PM to 3:00 PM

**MB03.** In this fun filled magical workshop, you will tap into your intuition using oracle cards (the cousin to tarot cards and much easier to learn). Using a combination of group and partnered exercises we will explore the various ways that oracle cards along with crystals and journaling can be used to provide clarity and insight on a daily basis. If you are totally new to this and do not yet have your own oracle deck, no worries! We have plenty to spare and would be thrilled to allow you to borrow one of ours to start your inner journey! Refreshments will be provided along a pdf file of what we cover in class.

**Christina Sharay**, is a vibration stylist, law of attraction coach, and Spirtpreneur who uses crystals, sound bathing, and oracle cards with her clients.

**Jojo Gass** is a clairvoyant and a goddess oracle-card creator.

**June 24 | \$32**

MALT Office, 6601 Greene St.

## LEARNING TO READ TAROT

Tu from 7:00 PM to 9:00 PM

**MB20.** Just as the decks we use are diverse, so are the ways in which we look at the cards. Examine the cards and ways to interpret them, be it through color, symbolism or sheer instinct. Learn the differences between the major and minor arcana as well as how to interpret simple tarot spreads.

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

**May 30 - June 20 | \$84**

4 sessions

Wesley Enhanced Living, 6300 Greene St. (at Stapley)

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.

**NOTE:** For this location, vaccination and mask wearing are required.

## ONLINE EXPLORE YOUR PAST LIVES

Sa from 2:00 PM to 4:00 PM

**MB36.** Have you ever met someone you were so in tune with it seemed extraordinary? Do you find yourself stuck in repeating the same patterns over and over? Exploring your past lives can help you know and understand yourself in a deeper way. Sometimes it can explain why you have a certain interest or disposition. Other times it can be a profoundly emotional experience where you get to the root cause of why it's difficult to find love, have financial freedom, or good health. The regression process will give you an expanded awareness of yourself and help you gain a new perspective on your life's challenges. Bring a notebook and pen to your private zoom space where you can lie down, relax, and not be disturbed.

**Djuna Wojton.** With over three decades of experience guiding people to explore their past lives, Djuna Wojton is also trained and certified in many holistic therapies, including Reiki Master Level, Neurographica, Hypnotherapy, and Advanced Crystal Dreaming. Her professional experience as a healer and psychic includes seeing private clients in person and remotely, conducting group workshops, lecturing at Expos, holistic centers, and on sea-going cruises, and authoring Karmic Healing: Clearing Past-Life Blocks To Present Day Love, Health and Happiness (Crossing Press) and Karmic Choices: How Making The Right Decisions Can Create Enduring Joy (Llewellyn). They are both distributed worldwide and translated into seven languages.

**May 6 | \$32**

The Comfort of Your Own Home



Follow MALT on Social Media.  
Tag us in your posts!



mtairylearningtree



mtairylearningtree

Get the most up-to-date news from MALT.  
Subscribe to our weekly enews by visiting  
[www.mtairylearningtree.org](http://www.mtairylearningtree.org).





Elise Rivers

## NEW PROTECT YOUR BACK: ERGONOMICS AND BIOMECHANICS

Th from 7:30 PM to 9:00 PM

**MB05.** Over 540 million people are affected worldwide by back pain at any one time. Learning the basics of biomechanics can help you to protect your spine from wear and tear. This class will improve the quality of life for anyone feeling tired, achy, with poor sleep and low energy. Basic functions of the muscular and skeletal systems will be taught as a foundation. From there students will learn why they get neck and back pain and what can be done to prevent it. Additionally, students will receive exercises and strategies that not only reduce and prevent pain, but also improve joint range of motion, sleep and overall energy.

**Jeffrey Sklar**, DC has been practicing for over 25 years and believes that chiropractors are best suited to help others improve their quality of life through the primary tenet of patient-centered care. Dr. Sklar has developed unique skills that help to reduce pain, increase energy and focus, and improve function throughout the body. He has published several papers and speaks internationally about his work, but the highlight of his career was receiving the Cancer Treatment Centers of America's Starfish Award for Innovation.

May 11 | \$32

\* Private Studio on Highland Avenue in Chestnut Hill

## ONLINE KITCHEN RX: RESTORE YOUR HEALTH WITH FOOD AS MEDICINE

Tu from 7:30 PM to 9:00 PM

**MB45.** Make your pantry a better path to health than your medicine cabinet. Plant-based eating is a proven antidote to many of the chronic illnesses of our time. Medical research, for example, has validated nutritionist claims that the condition of pre-diabetes (affecting one in three adult Americans) can be reversed with a plant-based diet. Eating a whole foods diet has been shown to strengthen our immunological resistance and may help to prevent many other illnesses including heart disease, and even some forms of cancer. This lifestyle aligns us with creating more peace in the world--by making a choice to reduce the suffering caused by unaware food choices, reducing animal cruelty and supporting the health of the planet. Get inspired prior to class by watching *The Game Changers* documentary, available on several platforms.

**Elise Rivers, Esq.**, MAC, has practiced holistic medicine for more than twenty years and is the founder of the Northwest Center for Food As Medicine. Learning from renowned functional medicine doctors, she has studied the benefits of plant-based nutrition since 2013, and is certified by Cornell University's program in plant-based nutrition.

May 16 | \$32

The Comfort of Your Own Home

## PRESERVING BONE DENSITY THE HEALTHY WAY

Tu from 6:30 PM to 8:00 PM

**MB30.** Come for a discussion that could change your life! Anyone with bone loss is usually told by their doctor simply to take calcium and this is not enough. There are so many more factors to consider and we will go into all of them, including the controversy around cardiovascular health when supplementing with calcium. You will learn specifics about the vast array of supplements and how to find the best forms of each necessary ingredient. We will also discuss dietary tips and lab testing. Bring your questions and allow Dr. Gannon to help you figure out your best strategy for a healthy future!

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

June 27 | \$29

Mt. Airy Axis, 520 Carpenter Lane

## BETTER PEEPERS!

Sa from 10:00 AM to 12 N

**MB51.** Whether you just don't want to wear glasses, don't want to go to bifocals or want to get rid of your glasses altogether, come see if exercising your eyes could be the answer for you! Learn eye-strengthening exercises, reflexology and shiatsu pressure points that you can incorporate into your busy schedule to improve your eyesight. (For normal eyeglass wearers.)

**Judy Dobbs** has over twenty years of experience in the healing arts, and brings to life the multiple uses of many essential oils she has studied for years. She also teaches Foot Reflexology and Better Peepers.

May 6-13 | \$49

2 sessions

Unitarian Society of Germantown,  
6511 Lincoln Dr.

\$10 materials fee payable to the instructor.

Please wear glasses and not contacts, and remove eye makeup so you can enjoy the eye exercises. Bring 2 washcloths, 2 hand towels, and 2 cereal-size bowls to class.

## ALL ABOUT MEDICAL CANNABIS AND CBD

Th from 7:00 PM to 9:00 PM

**MB60.** Everywhere you look today you see CBD advertised for a myriad of symptoms. But how do you know if your products are clean and safe? Each of us have an Endocannabinoid System and CB1 and CB2 receptors that work together to provide alleviation of symptoms and promotion of well-being. CBD and other cannabis products can address a myriad of symptoms including pain, anxiety, seizure activity, muscle spasm and others. This course will cover the process of obtaining a legal medical cannabis card, and how to choose the appropriate medicine for what ails you.

**Barbara Ochester**, EdD, MSN BSN, RN, began her professional career as a Registered Nurse over 48 years ago. Building a foundation in bedside nursing in the medical/surgical, intensive care, and emergency departments, she continues active clinical practice doing cannabis counseling, wellness clinics, and immunization nursing. Barbara currently works at the Pacific College of Health and Sciences, teaching in the medical cannabis track.

April 20 | \$35

Mt. Airy Axis, 520 Carpenter Lane

# Spring Classes Weekday Daytime

## MONDAY

Dust off Your Sewing Machine	pg.15
Make a Tote Bag!	
Nia Holistic Dance	pg.33
Making Movement Possible	pg.37
with Stretching and Foam Rolling	
Stretch 4 Life for Seniors	pg.37
Clutter Tonic: The Easy Way to	pg.47
Mah Jongg 101	pg.64

## TUESDAY

Stories-Landscapes: History of Cliveden	pg.8
Depicting Reading, Writing, and Viewing Art in Paintings  Online	pg.10
In Performance: Paintings of Theater and Circus with Degas & more  Online	pg.10
Watercolor and Drawing Foundations	pg.15
Drawing and Painting for Adults	pg.19
Windows 11 Made Simple	pg.24
Create Your Website with Wordpress	pg.24
Introduction to Microsoft Excel	
Getting to Know Your iPhone   Online	pg.25
Classic R&B Line Dancing!	pg.31
Advanced Directives and Living Wills	pg.49
Creative Movement/Pre Ballet (Ages 3-5)	pg.51
T'ai Chi - Yang Style: Beginning	pg.53
Row the Schuylkill: All Levels	pg.65

## WEDNESDAY

Islam in the 21st Century	pg.13
T'ai Chi - Yang Style: Beginning	pg.52
Strong Chair Yoga	pg.54
T'ai Chi - Yang Style: Continuing	pg.52
T'ai Chi - Yang Style: Intermediate	pg.52
Yoga for Strength and Stress Relief	pg.55
Morning Meditation  Online	pg.56
Relaxing Qigong: Shibashi Set 1  Online	pg.58
Mah Jongg 201	pg.64

## THURSDAY

A Guided Tour of The Lest We Forget Museum of Slavery	pg.13
Making Art Makes Us Smarter: Pastels	pg.15
Understanding Medicare Choices  Online	pg.39

## FRIDAY

Chanticleer, a Pleasure Garden	pg.7
Fun with Watercolor Techniques	pg.17
Social Media for Beginners	pg.23
Fit Possibilities	pg.37
Yoga, a Chair and You	pg.54
Mindfulness Meditation  Online	pg.56

## PING PONG: FROM BASEMENT HOBBY TO CLUB PLAYER

Su from 10:00 AM to 11:30 AM

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

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

**April 23 - May 14 | \$64**

4 sessions

Trolley Car Table Tennis Club, 3300 Henry Ave

## NEW PATHFINDER: THE TABLE-TOP GAME

Sa from 1:00 PM to 3:00 PM

**SR02.** Are you ready to become a hero? A world of adventure is waiting for you. This course is an introduction to the table-top role playing game of Pathfinder, first edition. This alternative to Dungeons & Dragons has recently exploded in popularity and we want to help you learn the ins and outs of the game. You will gain an understanding of character creation, role-playing, and gameplay mechanics as well as take part in an original adventure.

**Jordan Era** is a life-long gamer and storyteller. A Game Master since 2003, Jordan began by running games for friends in middle school and since then has continued to teach well over a hundred people how to play table-top games. He is excited to create new worlds and share stories with new people.

**May 20 - June 17 | \$79**

5 sessions

Saint Paul's Episcopal Church,  
22 East Chestnut Hill Avenue

## ROW THE SCHUYLKILL

**SR11.** How many of us have wondered what it must be like to glide effortlessly along the Schuylkill River in a rowing shell? Join MALT on the river to learn how to row, or advance your skills. Open to adults 18 and up, with varying levels of rowing experience, learn the fundamentals of proper sculling technique, safety and boat handling skills. Rowing is a strenuous sport that requires flexibility and stamina, so expect a total body workout. Wear sneakers, close fitting (such as Lycra) shorts or tights and no baggy t-shirts. YOU MUST BE ABLE TO SWIM TO SIGN UP FOR THE COURSE. Rowers will be grouped by ability.

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

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

**June 6 - 27 | \$159**

**A. Tu from 10:00 AM to 11:30 AM**

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

4 sessions

Public Dock on Kelly Dr, near Strawberry Mansion Bridge

## KAYAKING ON THE SCHUYLKILL

Tu from 5:00 PM to 8:00 PM

**SR14.** Along with simply being a fun and enjoyable activity, kayaking has numerous health and physical benefits! From stress relief to stronger abs, kayaking is good for you, body and soul. This class is designed for the beginner, no experience necessary. You will learn about the features of a kayak and how to control the boat on calm water. It will be taught on the Schuylkill River by the Philadelphia Canoe Club Clubhouse.

**Steve Levick** has many years of paddling experience and is certified by the ACA to teach recreational kayaking.

**\*July 11 | \$59**

Philadelphia Canoe Club, 4900 Ridge Ave Philadelphia PA 19128A \$10 insurance fee is due when you register.

**\*For Canoeing, Kayaking and Stand Up Paddleboarding:** You will get wet in this class, as being in the water for a short safety lesson is required. Please do not wear cotton -- you will be more comfortable wearing quick drying shorts and shirt. Please protect your feet. No sandals, crocs or open toed shoes.



(Have fun and learn how to Stand Up Paddleboard with Roger Schrading, center.)

## LEARN TO CANOE

M from 5:00 PM to 8:00 PM

**SR10.** Ever drive along the Schuylkill and wonder what it would be like to be out on the water? Now is your chance to come out and paddle! This three hour class is designed for the beginner, no experience necessary. Class is offered for either solo or tandem students (tandem students must come with their partner). You will learn about the features of the canoe and how to control the boat on calm water. We will row together on the Schuylkill River, led by members of the Philadelphia Canoe Club Clubhouse. Join us on the water -- you won't regret it!

The **Philadelphia Canoe Club (PCC)** is one of oldest and most distinguished paddling organizations in the United States, headquartered in an 18th century mill on the picturesque banks of the Schuylkill River.

This course will be taught by ACA (American Canoe Association) Instructor **Looie Voorhees**. She has a lifetime of paddling experience and is certified by the ACA to teach both flatwater and whitewater canoeing and kayaking and beginner Stand Up Paddleboard.

**\*June 26 | \$59**

Philadelphia Canoe Club, 4900 Ridge Ave Philadelphia PA 19128

A \$10 insurance fee is due when you register.

## BEGINNER STAND UP PADDLEBOARDING

Sa from 10:00 AM to 1:00 PM

**SR15.** This class is a beginner introduction to the wonderful world of Stand Up Paddleboarding (SUP). We will review paddling safety and learn the basics of getting out on a board and enjoying yourself. This will include: launching safely from a dock, hand paddling, kneeling paddle, standing and balance, basic forward stroke, falling from a SUP safely, bracing strokes, turning strokes, rescue and more.

The class requires getting wet and fully immersed in the Schuylkill River. Basic Swimming is required. No paddling experience is required -- but it is highly recommended. All equipment is provided except swim clothing. You are welcome to bring your own equipment if you prefer. Life jackets are provided and will be required while we are on the water.

**Roger Schrading** is a long time member of the Philadelphia Canoe Club. He is a Certified Instructor in Stand Up Paddleboarding by the American Canoe Association. Certification includes Wilderness First Aid and CPR. Roger has taught many students this introductory course. Students will be required to sign a waiver issued by the American Canoe Association to participate in this course.

**\*July 8 | \$79**

Philadelphia Canoe Club, 4900 Ridge Ave,

A \$10 insurance fee is due when you register.



## MAH JONGG 101

M from 10:00 AM to 12 N (No class 5/29)

**SR06.** Have fun learning this ancient Chinese tile game. Using 152 tiles, players form hands and earn points. It's an intricate game that provides an exercise for the mind, an opportunity for social groups to get together, and is played competitively in tournaments throughout the US. (Students will be required to wear a mask at this class regardless of vaccination status.)

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

**April 17 - June 12 | \$109**  
8 sessions

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

All students should purchase in advance the 2023 National Mah Jongg League card, preferably large print for \$15, available at [nationalmahjonggleague.org](http://nationalmahjonggleague.org). Attendance at first class is mandatory.'

## MAH JONGG 201

W from 1:00 PM to 3:00 PM

**SR13.** For the serious players who would like to advance their Mah Jongg skills, this class offers an opportunity to gain insight into playing strategies and the finer points of this fascinating and challenging game. The focus remains on fun and meeting players with the common goal of elevating their skill level. Prerequisites include possessing an understanding the basics of play and the possession of a current year NMJL Mah Jongg card (preferably large print).

**Barbara Delp**

**April 19 - June 7 | \$109**  
8 sessions

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

All students should purchase in advance the 2023 National Mah Jongg League card, preferably large print for \$15, available at [nationalmahjonggleague.org](http://nationalmahjonggleague.org). Attendance at first class is mandatory.

## CAMPING FOR WOMEN

Sa from 10:00 AM to 1:00 PM

**SR07.** Ladies, let's talk about camping! If you love the outdoors, as Rae does, but have never been sure about sleeping outside, join us for a hands-on exploration of what this could look like! We'll set up a tent, complete with basic amenities, and talk about the pros and cons of ground-dwelling. We'll also set up a camping hammock together with its comfort amenities, and explore sleeping in trees! (Take note - this is NOT your backyard hammock!) In addition to learning how to set up and take down basic equipment, we will discuss the realities of various camping sites. Whether you are completely at ease doing your business in the bushes or count flush toilets and hot showers as must-haves, you can design your own enjoyable camping experience. Bring all of your questions, a folding chair and a sense of adventure! See you outdoors!

**Rae Whatley** is a Jikiden Reiki therapist and wellness coach with a practice in Chestnut Hill. She loves sleeping outside and has been a hammock camper for eight years. Before that she was a ground-dweller, sleeping in tents on family and Scout camping trips and even in her own backyard.

**May 13 | \$44**  
Pastorius Park, 8177 Roanoke St,

## KALI STICK TRAINING

Th from 7:30 PM to 8:10 PM

**SR03.** Learn basic stick strikes and blocks while developing hand-eye coordination, general coordination, discipline and general athleticism. Kali stick work develops quicker reflexes and reaction times, so important for self defense. Being able to react quickly also helps develop balance and response time for simple tasks throughout our daily lives. By the end of the course, each student will be able to perform the "open series" sequence with a partner as well as other supplemental drills. Single and double sticks will be utilized.

**Tim Wetzel** is a 2nd degree Black Belt in Kenpo karate with a passion for stick training. He is currently the head instructor at Action Karate Mt. Airy.

**May 18 - June 22 | \$109**  
6 sessions

Action Karate, 11 W Mt Airy Ave.

Limited parking on Mt Airy Ave., use lot next to Fit Life on Germantown Ave.

A \$59 materials fee will be required at the first class for sticks and case.

## INTRO TO JUGGLING

Tu from 7:00 PM to 8:00 PM

**SR05.** Learn the fundamentals of juggling and explore the possibilities that juggling patterns create. This is a path for absolute beginners to this playful art. Besides being pure fun, practice will enhance your dexterity, powers of concentration, and physical confidence. Exercises will evolve from one to two to three ball components. You'll be provided plenty of juggling movements to practice at home throughout this five-week adventure designed to provide a lifetime recreational skill.

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

**May 2-30 | \$69**  
5 sessions

Chestnut Hill United, 8812 Germantown Ave.

## ONLINE CLASSIC DUNGEONS & DRAGONS

M from 7:00 PM to 9:00 PM

**SR04.** Gamers interested in the world of D&D will enjoy this extended excursion into this popular fantasyland of gaming adventure guided by the founder of the online interactive Adventuring Portal. This will be a classic Dungeon and Dragons experience. You will go through character creation and then right into an adventure that you help create through your collaborative storytelling. Each session will be two hours long. We will have five sessions for a total of ten hours of gaming. All sessions will be online using Zoom for communication and Roll20 (free to register an account) to play.

**Paul Lazrow** is the parent of a gaming teen, a Pennsylvania certified elementary and middle school math teacher, a HUGE gamer. Passionate about education, he views gaming and play in general as wonderful vehicles of experiential learning.

**May 15 - June 19 | \$114**  
5 sessions, no Class 5/29

The Comfort of Your Own Home



## SWORDFIGHTING FOR STAGE & SCREEN

F from 6:00 PM to 9:00 PM

**SR09.** Ever wonder how actors learn to swordfight for movies like "The Princess Bride" and "Pirates of the Caribbean"? Wonder no more with this comprehensive introductory course into the thrilling art of theatrical swordplay. It's a little bit of fencing, a little bit of acting, and a whole lot of fun! After mastering cuts, thrusts and parries, students will be guided through the rehearsal and performance of a completely SAFE and exciting choreographed duel. Absolutely NO experience in fencing or performing is required. Just bring an openness to learn and the desire to have fun — and you will be "slinging steel" like Errol Flynn or Basil Rathbone in no time. Ages 18+.

**Kenneth Nicholas** is a teacher and choreographer with over fifteen years of stage combat experience. After performing at Renaissance festivals across the country, Ken now teaches stage combat at Ramapo College in New Jersey, as well as classes and workshops around Philadelphia. He is an advanced actor-combatant with the Society of American Fight Directors and teaches in accordance with the standards of safety upheld by the society.

**May 26 | \$49**

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

\$10 materials fee payable to the instructor.

## NEW ONLINE TV SITCOM WRITING

Sa from 1:00 PM to 2:30 PM

**WM01.** Learn the essence of writing for a series, gain a strong foundation in structure while demystifying the language and process of brainstorming, providing you the tools to begin turning your great idea into the next (Fill In Your Favorite Show Here). You'll learn about the importance of deadlines, the unique qualities of a televised story, how and what to pitch, and the scale of your ideas. You'll watch TV shows with a critical ear for dialogue and storytelling, read scripts and create outlines for that million-dollar sitcom. Students can expect to perform exercises/assignments and provide feedback to other students. Interested in taking your writing career to the next level? If you have an idea for a tv sitcom that you'd like to develop, this is the class for you.

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

**April 22 - May 13 | \$84**  
4 sessions

The Comfort of Your Own Home

## INTRODUCTION TO IMPROV COMEDY

Sa from 12 N to 2:00 PM

**WM02.** Have you ever watched "Saturday Night Live/SNL" or "Key and Peele" and wondered how they created those scenes? This class will help you develop improvised 1-1 scenes based on one word suggestions, how to "Yes And" your partner, and how to let loose and just have fun. Improv is great for enhancing listening skills, collaboration and public speaking. Whether you take this class for fun or as a start of your improv career, you will learn core improv skills in a supportive environment.

**Anita Nicholson** currently performs with Bright Invention Ensemble, has trained at Philly Improv Theater and the Magnet, and is on staff at improvutopia.

**May 13 - June 10 | \$84**  
4 sessions, no class 6/3

Grace Epiphany Church, 224 E. Gowen Ave.

## NEW MAKING MUSIC: ABLETON LIVE

Sa from 10:00 AM to 12 N

**WM15.** Did you ever wonder how modern electronic music is made? Curious about the tools musicians and DJs use? Have an interest in music technology? Just want to make some noise? This introductory course will cover Ableton Live, a popular and flexible Digital Audio Workstation (DAW) for Mac or PC. Ableton Live is used by musicians, DJs and sound designers all over the world, both in the studio and in live performance. We will cover a broad range of basic recording and editing topics, with a focus on getting familiar with some of Ableton's most unique features.

**Jeremy dePrisco** is a Pennsylvania musician, composer, performer, and sound artist with over twenty years of recording and performing experience. He works with field recordings, guitar, electronics, synthesizers, radios, found sounds, home-made gadgets, and processed video. A fixture in the electro-music community for the past decade, Jeremy currently presents solo and collaborative sound explorations throughout the Tristate area.

**June 3-17 | \$64**  
3 sessions

Work Mt. Airy, 6700 Germantown Ave.  
Lower Level

## NEW NEW NORDIC CINEMA

Th from 6:00 PM to 9:00 PM

**WM17.** Perhaps forever molded by the legacy of Ingmar Bergman, the current Nordic film tradition--although decidedly less austere--remains as murky and thoughtful and unpredictable as ever. Drawing on films from the past three decades, we'll explore the cool atmospherics, moody introspection, and droll humor of select Finnish, Danish, Icelandic, Swedish and Norwegian cinema. Every week we'll watch a different film from the region, followed by a fun and reflective discussion on what we've just seen. Everyone's welcome! The class is great for newcomers as well as longtime lovers of Northern European cinema.

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

**April 27 - May 25 | \$79**  
5 sessions

Mt. Airy Axis, 520 Carpenter Lane

## NEW BEGINNING GUITAR

Th from 7:00 PM to 8:00 PM

**WM32.** Did you always want to learn to play the guitar? Join us for a small group class that covers the essentials. Learn the parts of your instrument, basic skills for playing chords and build the muscles you need to play the guitar with confidence. Students will need to provide their own instrument.

**Shane McMahon's** performance style is both personal and timeless, blending together the sounds of many genres. He is an advocate for local open-mic culture and enjoys sharing his craft through teaching guitar lessons. As a musician, teacher and mentor, Shane has something special to offer everyone who appreciates music!

**May 4 - June 8 | \$79**  
6 sessions

Summit Presbyterian Church, 6757 Greene St.  
at Westview

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

M from 6:30 PM to 7:45 PM

**WM03.** Learn to play simple traditional folk songs and elementary blues on one of America's most popular, portable instruments - the harmonica. We will work on basic techniques such as bending, trilling, tongue-blocking, vibrato and "wah-wah." Individual attention is given to each student. No musical background is required.

**Seth Holzman** (BA Music, Syracuse University) has been playing harmonica since 1965 and teaching adult harmonica classes since 1975. Seth was inspired to play by (and eventually studied with) the great blues harmonica player Sonny Terry. Seth has played professionally since 1972 and has performed with Muddy Waters, Koko Taylor, Dave "Honeyboy" Edwards, Ronnie Earl, Roomful of Blues, Magic Slim & The Teardrops and many others. He currently plays with Stevie and the Bluescasters (and occasionally with other musicians).

**April 17 - June 12 | \$94**  
8 sessions, no class 5/29

The Comfort of Your Own Home.

\$10 materials fee will be added automatically to your cart. Students will also need to bring a 10-hole diatonic key of C-major harmonica (such as the Hohner Special 20 or Hohner Marine Band Model 1896) to the first night of class.



Shane McMahon

## MOVIE NIGHT, 1930S STYLE: ODDS AND ENDS

M from 5:00 PM to 8:00 PM

**WM04.** For every well-known vintage movie, like Casablanca and Citizen Kane, there are hundreds of more obscure B-movies of the golden age which you've never heard of but are often just as entertaining as the more prestigious ones. And with stars such as Ginger Rogers, Cary Grant and Fay Wray. We'll watch some of these lesser-known gems from my personal collection. Each movie is accompanied by vintage cartoons and comedy shorts of the time period.

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

**April 17 - June 19 | \$99**  
10 sessions

\*Private home near Millman and Rex in Chestnut Hill

See Page 15

Stage Combat  
with Kenneth Nichols



## 5 MINUTE STORY SLAM

W from 7:00 PM to 8:30 PM

**WM10.** Have you always wanted to tell a story at the Moth or First Person Arts but you are not sure how to begin? In this class you will get a chance to write and rehearse one or more 5 minute stories. You will learn what makes a compelling story and how to bring it to life. You will get a chance to work on your performance as well as your writing. You will get feedback in the form of “praise and polish”--what works and what can be further crafted. The final class will be a performance to invite your friends and family to at a local venue. Includes optional field trip to a story slam at the World Café.

**Marjorie Winther** recently performed at the Kennedy Center for Performing arts as part of the Story District “Real Hot Girl Sh\*t” show. She has won the title “Best Storytelling in Philly” four times after winning four First Person Arts Grand Slam competitions. She has performed at the Act II Playhouse, Catch a Rising Star, the WHY? Connections Festival, The Women in Comedy Festival at Plays and Players and at the Risk! Show. Her humorous stories have been featured on the NPR show Commons-pace. Off stage, Marjorie has been fired from dozens of corporate and academic jobs

**May 3-31 | \$79**

5 sessions

NewCourtland’s Germantown Campus,  
6950 Germantown Ave., Eisenhardt Building.

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

## AN ACTOR’S LIFE FOR YOU?

M from 7:00 PM to 8:30 PM

**WMO8.** Have you ever wondered if you have the chops to make it as an actor? Why not give it a try in a comfortable setting - a fun and informative class at MALT! Learn how to break down scenes, do improv and audition stress-free. Hone strategies to get noticed by casting directors. Whether you just want to have fun, build confidence, or actually live the actor’s life, this class is an easy entry into the wonderful world of performing.

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

**May 1-22 | \$84**

4 sessions

Chestnut Hill Friends Meeting, 20 E. Mermaid Lane

\$10 materials fee payable to the instructor.



Marjorie Winther

## MEMOIRS AND ESSAYS: GETTING GOING

Sa from 1:00 PM to 4:00 PM

**WM11.** 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 unread in a bottom drawer. Learn how to write and enjoy writing your memoir or personal essays through class instruction, 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. Nancy also coaches and edits for various clients and is trying to find time to write her own personal essays.

**June 10-24 | \$74**

3 sessions

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education

\$8 materials fee payable to the instructor.

## NEW WRITING THE PERSONAL ESSAY

M from 6:30 PM to 7:30 PM

**WM12.** If you want to write about your own life, but don’t know where to start, the personal essay offers a unique and accessible formal container requiring both deep self-reflection and cultural observation. In this class, we will study selections from Philip Lopate’s seminal collection, The Art of the Essay, including essays by Montaigne, Woolf, and Baldwin. Simultaneous to studying the masters of this genre, students will brainstorm, draft, and revise their own personal essay through in-class prompts, writing exercises, and teacher feedback.

**Llana Carroll** holds an BA in Literature from Purchase College/SUNY and an MA and PhD in English: Cultural and Critical Studies from the University of Pittsburgh. Llana has taught non-fiction and essay writing at several colleges and universities and is currently an adjunct instructor of English at St. Joseph’s University. Her own writing has been published in several academic journals.

**May 15 - June 26 | \$79**

6 sessions, no class 5/29

Unitarian Lutheran Seminary, Brossman Center

## NEW BOOK CLUB: MEMORABLE MEMOIRS BY WOMEN

Tu from 6:30 PM to 8:00 PM

**WM30.** We will read and discuss four memoirs centered on issues of female identity and development within a historical and cultural framework: Mary Karr, “The Liars’ Club” (1995); bell hooks, “Bone Black” (1996); Tara Westover, “Educated” (2018); and Quiara Alegria Hudes, “My Broken Language” (2022). Get books from bookshop.org or online shops. Also check out Hilltop Books (<https://bookshop.org/shop/hilltop-books>) and public libraries.

**Gabriella Ibieta** holds an advanced degree in comparative literature and recently retired from her position as associate professor of Global and Comparative Literature at Drexel University, where she taught for over thirty years.

**April 18 - June 20 | \$44**

4 sessions

Hilltop Books, 84 Bethlehem Pike

Copies of all books being discussed in the course are available through [bookshop.org](https://bookshop.org). Purchases made by this method will be delivered to your door and Hilltop Books, our book club’s host, gets a small cut.

## ONLINE POETIC APPROACHES TO JUMPSTART YOUR WRITING

Th from 7:00 PM to 9:00 PM

**WM16.** Carve out time to work on your craft! Throughout this class students will: gain new knowledge of poetic and literary methods; read and respond to a rich variety of work; and have space to not only write, but give and receive feedback. Each week, students will learn a new method and workshop pieces inspired by that approach. Part discussion group, part lecture series, and part writing workshop, this series is open to all writing levels, and though the primary focus will be on poetry, writers of all styles are encouraged to join.

**Chelsea Jackson** is a writer, editor, and consultant, and the author of the forthcoming collection All Things Holy and Heathen (April Gloaming, 2024). Chelsea uses their writing to ask hard questions and explore what it means to be human, and their work can be found in Fatal Flaw, Coffin Bell Journal, and Passengers Journal, among other publications. Additionally, they were a finalist in the 2020 Driftwood Press In-House Poetry Contest and Animal Heart’s 2022 Poetry Collection Contest. Chelsea has an MFA in Poetry from Drew University and is the Managing Editor of The Maine Review. After living in Philadelphia for 5 years, they recently returned to their home state of Virginia and now live in Richmond with their partner and cuddly pitbull.

**May 25 - June 15 | \$64**

4 sessions, no class 5/29

The Comfort of Your Own Home.

## GERMAN IMMERSION: BEGINNER TO INTERMEDIATE

M from 6:30 PM to 8:00 PM

**WM23.** Learn basic conversational German and grammar to provide a firm foundation for interaction. If you are planning a trip or just want to improve what you already know, this is the class for you. This course is suitable for beginner and intermediate student of the German language.

**Selma Schlee** is a native German and moved to the U.S. in 2002. She is looking forward to sharing her knowledge of her native language.

**May 8 - June 26 | \$89**

6 sessions, No class 5/29 & 6/19

Work Mt. Airy, 6700 Germantown Ave Lower Level

## ONLINE FRENCH FOR BEGINNERS

M from 6:30 PM to 8:00 PM

**WM28.** Dive into the French language! This is an introductory course for those who have never taken French before, or for those who need a refresher. We will cover grammatical basics and conversational essentials while we practice speaking, reading and listening, with an emphasis on comprehension and practicality. You'll also get a taste of French culture. This is an interactive course where everyone is invited to participate and go beyond the embarrassment when we feel we don't speak "perfectly."

**Sophie Bernard** grew up in the beautiful suburbs of Paris, France before she moved stateside to study International Commerce. She speaks 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.

**May 15 - June 26 | \$89**

6 sessions, no class 5/29

The Comfort of Your Own Home

## ONLINE CONVERSATIONAL FRENCH

W from 6:30 PM to 8:00 PM

**WM07.** For intermediate and advance students of French, perfect your communication skills by discussing your ideas, values, personal dreams and goals. We'll explore topics, books and texts picked during our first class. Bring your questions and immerse yourself in French culture, the French countryside and perhaps even learn some French recipes. Use your knowledge of the structure and the tools you acquired to practice forming ideas and conversing with others.

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

**June 7-28 | \$64**

4 sessions

The Comfort of Your Own Home

## NEW AMERICAN SIGN LANGUAGE: BEGINNERS PART 1

W from 6:30 PM to 8:30 PM

**WM05.** Learn American Sign Language (ASL) in a relaxed learning environment with both structured and spontaneous dialogue. You will develop appropriate conversational strategies that are unique to Deaf Culture, while learning ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL.

**Taught by a deaf individual from Deaf-Hearing Communication Center (DHCC).** DHCC accomplishes their mission through communication access services, education and advocacy. DHCC advocates for Deaf and Hard of Hearing individuals to help them gain communication access to services, businesses, educational institutions and their own places of employment.

**April 26 - June 28 | \$193**

10 sessions, no class 5/24 and 7/5

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education.

Textbook Required: ASL at Work. Textbook can be purchased the first night of class from the instructor for \$75. Cash or card will be accepted. You can also purchase the textbook directly from Dawn Sign Press. If purchasing the textbook through Amazon/eBay or similar websites, make sure that the DVD is included with the book.

## ITALIAN FOR BEGINNERS

W from 5:00 PM to 6:30 PM

**WM21.** Do you enjoy Italian food, wine and culture? Have you traveled or do you plan to travel to Italy and want to be able communicate better with the Italian people? In this course, we will learn basic conversational skills as well as build up a working vocabulary and an understanding of sentence structure. It's never too late to explore Italian culture through its delightful and expressive language. Ci vediamo!

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

**April 19 - May 31 | \$89**

6 sessions, no class 5/24

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education.

Text Book required - Ultimate Italian Beginner-Intermediate (Coursebook) (Ultimate Beginner-Intermediate) By: Salvatore Lettieri, Michael Lettieri ISBN: 978-1-4000-0967-1 or 9781400021109

## NEW INTRODUCTION TO JAPANESE

M from 6:30 PM to 8:00 PM

**WM24.** This enjoyable introduction to the Japanese language is designed to benefit those interested in Japanese arts, culture and travel. Learn the fundamentals of conversational Japanese, how to read the Japanese phonetic alphabet (Hiragana), and how to recognize some common pictographs (Kanji). At the end of the class in celebration of our progress we shall create a short poem known as a Haiku.

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

**June 5-26 | \$64**

4 sessions

United Lutheran Seminary, 7301 Germantown Ave., Brossman Center for Education

A \$10 fee for a custom-made textbook will be payable directly to instructor.

## ONLINE PLAY THE UKULELE: GETTING STARTED

W from 6:30 PM to 7:30 PM

**WM31.** This is a beginner's level workshop covering 10 basic chords, how to tune the uke, how to hold it and some basic strumming patterns. Beginner song book and chord chart provided. Anne will also share ukulele resources. Course may be adapted based on proficiency and interests of participants.

**Anne Stevenson Smith** started playing ukulele in 2010, just when the current uke craze began. As a music major, with a history of singing and playing other instruments, she found the ukulele to be a perfect fit. She joined the Philadelphia Mainline ukulele meetup group in the winter of 2011, and quickly became a leader. By 2013, Anne was doing uke workshops for beginners at the Philadelphia Folk Festival, with her trio, Lord Jake and the Ukuleladies In 2014, she began teaching professionally and she has taught kids and adults, focusing on basic chords and best practices, and has also done a wide range of uke workshops for the Philadelphia Folksong society as well as for the Uke Meetup group.

**May 10 - June 21 | \$79**

6 sessions, No class 5/31

The Comfort of Your Own Home

\$2 materials fee payable to the instructor.



Learn how to speak Japanese with Makiko! Photo by Creations by Irene

## FOR THE LOVE OF SINGING PART II

Sa from 9:30 AM to 11:00 AM

**WM25.** For people who have taken lessons in the past and want to get back into training their voices, are actively singing but want to know more about singing technique or have taken part I of this course. Connecting with your singing voice connects you to something very deep in yourself. The sound and feeling of it moves you both physically and emotionally and connects to others more deeply than most other forms of expression. For The Love Of Singing, Part II will recap breathing and posture for singing, strengthen your singing muscles, extend your range, and boost your confidence in your voice. The content of the class will include more advanced singing technique, learning about harmony singing well as solo singing. The music literature will include songs from a wide range of repertoire as well as vocal warm-ups and diction for singing.

**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).

**April 29 - June 3 | \$99**

6 sessions

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

\$5 materials fee payable to the instructor.





**Members of MALT's Board of Governors** from our Fall Celebration; John Autin, kneeling, left to right; Celeste Lamb, Lanina Cavicchio, Bob Rossman, Rene Vargas, Donna Carney, Patricia Robinson, Allison Cooper, and Janet Hoffman.

Not pictured - Rivkah Walton, Susan Beetle, Nima Koliwad, Jesse Wilson, Allyson Katzman

**MALT Staff**

Janet Greenwood Gala, John O'Donnell and Alexa Strus



*Cliveden's grounds open daily*

Learn about Cliveden's history through our landscape

Grounds open 9am to 5pm, Monday to Friday

Dogs are welcome

Visit our website to learn more!

6401 Germantown Avenue  
Philadelphia, PA 19144  
www.cliveden.org | 215-848-1777

**Seniors CONNECT ENGAGE THRIVE**

**NORTHWEST village network**

**Join us at our Saturday Socials!**  
Every Saturday - 10am-12pm  
@ Market at the Fareway in Chestnut Hill

Arts & Culture • Film Discussions • Community Connections  
Social Gatherings • Ride Share • Social Justice Engagement

**NorthwestVillageNetwork.org**  
267-571-9697

Northwest Village Network (NVN) members receive up to 10% off two MALT classes per term. MALT and NVN are nonprofits, and members of Mt. Airy Community Services Corporation. Visit [www.macscorp.org](http://www.macscorp.org)

**Hidden Gardens Tour Sweet Sassafras Sponsor Elfant Wissahickon Realtors**

**WE'RE LOCAL WE'RE GLOBAL®**

*Leading*  
REAL ESTATE COMPANIES OF THE WORLD

**EWRhomes.com**  
Chestnut Hill Office | Headquarters  
215.247.3600  
8039 Germantown Ave.

**Elfant Wissahickon**  
— REALTORS® —

Additional offices in Rittenhouse Square, Flourtown, Spring Arts, and Fishtown

**MT. AIRY AXIS COWORKING**

Work here while the kids are in school

- Memberships Start at \$135/Month\*
- Offices Start at \$750/Month
- Day Passes
- Event Space Rental

\* With a 6 month commitment

520 Carpenter Lane  
[www.mtairyaxis.com](http://www.mtairyaxis.com)  
(267) 223-5423





## Interested in pursuing a divinity degree?

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

Learn more about what ULS has to offer at [uls.edu](http://uls.edu)

## TEMPLE HEALTH-CHESTNUT HILL HOSPITAL Community Wellness Programs

*All wellness lectures are virtual and free! Lectures occur on Thursdays from noon to 1 p.m. For more information or to register, visit [CHWellnessEvents.com](http://CHWellnessEvents.com).*

### APRIL EVENTS

**Uterine Fibroids—Diagnosis and Management**

April 6

**Dizziness—Causes and Management**

April 13

**Care and Protection for Black and Brown Skin**

April 20

**Strategies to Prevent Heart Disease**

April 27

### MAY EVENTS

**Migraines—Causes and Cures**

May 4

**Sleep Issues —Remedies and Help**

May 11

**Managing Chronic Pain: Useful Tools and Approaches**

May 18

**Back and Neck Pain—How to Alleviate or Manage**

May 25



**Temple Health**  
Chestnut Hill Hospital

**REGISTER TODAY!**  
[CHWellnessEvents.com](http://CHWellnessEvents.com)  
or scan here.



**Renovated in 2022.  
Right on the Ave.**



**Flex Desks | Dedicated Desks  
Lounge | Conference Room  
Starting from \$89/month  
6700 Germantown Ave. (lower level)  
[WorkMtAiry.com](http://WorkMtAiry.com)**



# 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:

- Center on the Hill
- Chestnut Hill Friends Meeting
- Grace Epiphany Church
- NewCourtland-Germantown Campus, Eisenhardt Building
- Mt. Airy Axis
- Presbyterian Church of Chestnut Hill
- St. Paul's Episcopal Church
- Summit Church (gym only)
- Unitarian Society of Germantown
- United Lutheran Seminary
- Wesley Enhanced Living

## LOCATIONS

Wow! MALT has 50 ONLINE CLASSES THIS SPRING  
Visit [mtairylearningtree.org](http://mtairylearningtree.org) to find a class you'll love!

### Action Karate

11 W Mt Airy Ave.  
Philadelphia, PA 19119

### Attic Brewing

137 Berkley Street, Philadelphia, PA 19144

### Bella Mosaic Art Studio

6780 Germantown Ave.  
Philadelphia, PA 19119

### Chanticleer

786 Church Rd  
Wayne, PA 19087

### Chestnut Hill Friends Meeting House

20 E Mermaid Ln  
Philadelphia, PA 19118

### Chestnut Hill Music Academy

22 East Chestnut Hill Ave.  
Philadelphia, PA 19119

### Center on the Hill Presbyterian Church of Chestnut Hill

8855 Germantown Ave.  
Philadelphia, PA 19118

### Cliveden Carriage House

6401 Germantown Ave.  
Philadelphia, PA 19144

### Chestnut Hill United Church

8812 Germantown Ave.  
Philadelphia, PA 19118

### Commodore Barry Arts and Cultural Center

6815 Emlen Street  
Philadelphia, PA, 19119

### East Falls Glassworks

3510 Scotts Ln.  
Philadelphia, PA 19129

### Elite Sports

5050 Umbria St  
Philadelphia, PA 19128

### Flaco's Dance Factory

411 Old York Rd.  
Jenkintown, PA 19046

### Fergie's Instructional Training

47 E High St,  
Philadelphia, PA 19144

### Grace Epiphany Church

224 East Gowen Ave.  
Philadelphia, PA 19119

### Henry Got Crops

7095 Henry Ave.  
Philadelphia, PA 19128

### Lest We Forget Slavery Museum

5501 Germantown Ave  
Philadelphia, PA 19144

### MALT Office

661 Greene Street  
Philadelphia, PA 19119

### Mt Airy Axis

520 Carpenter Lane  
Philadelphia, PA 19119

### Mt. Airy Performing Arts Academy

230 E Gowen Avenue  
Philadelphia, PA 19119

### NewCourtland's Germantown Campus

Eisenhardt Bldg.  
6950 Germantown Ave.

### Northlight

### Community Center

175 Green Lane  
Philadelphia, 19127

### Church of

### St. Martin-in-the-Fields

8000 St. Martin's Lane  
Philadelphia, PA 19118

### St. Paul's Episcopal Church

22 E. Chestnut Hill Avenue  
Philadelphia, PA 19118

### Summit Presbyterian Church

6757 Greene St.  
Philadelphia, PA 19119

### Unitarian Society of Germantown

6511 Lincoln Drive, Philadelphia, PA 19119

### United Lutheran Seminary

7301 Germantown Ave  
Philadelphia, PA 19119

### Wesley Enhanced Living at Stapley

6300 Greene Street  
Philadelphia, PA 19144

### Wissahickon Dance Academy

38 E School House Lane  
Philadelphia, PA 19144

### Work Mt. Airy

6700 Germantown Ave  
Lower Level  
Philadelphia, PA 19119

## COVID-19 POLICY

We are committed to the health and safety of our teachers, students and community. We have considered the advice from the CDC, as well as the Philadelphia Health Department, and we have developed the following safety measures.

The most up-to-date information is on our website, [www.mtairylearningtree.org](http://www.mtairylearningtree.org). If you have any questions call our office at 215-843-6333.

### Effective March 15, 2023

- At indoor classes wearing a mask is encouraged regardless of vaccination status.
- Teachers and students will be informed of the class location's COVID-19 policy prior to class if it differs from MALT policy.
- We will host our classes in rooms that have enough space to spread out with at least 3 feet of social distance, and we will limit the attendance to accommodate the class location.
- Partner Dance Classes: We encourage students to take classes with a partner. You may be asked to change partners. Some of our dance classes are partners only classes.
- If you are not feeling well please do not attend class.

### Some class locations require additional COVID-19 precautions.

Center on the Hill  
Masks required unless proof of vaccination is provided

East Falls Glassworks  
Proof of vaccination required

Wesley Enhanced Living  
Proof of vaccination and masks required

Private Homes  
Teachers may request that students are vaccinated and/or use a mask if the class takes place in their home.

**The most recent information for each class will be in the class's online description.**

# 4 Easy Ways to Register

1. **Online:** [www.mtairylearningtree.org](http://www.mtairylearningtree.org), by Visa or MasterCard.

2. **Phone:** Call us at 215.843.6333 and leave a message. We will return your call.

3. **Visit:** Open to the public on Monday - Thursday, from 9 AM to 2 PM.
4. **Mail:** Fill out registration form on the next page. Enclose a check, money order or MasterCard/Visa number (with expiration date) and mail to:  
**Mt. Airy Learning Tree**  
6601 Greene Street, Philadelphia, PA 19119

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

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

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

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

**For In-Person Classes**  
Updated on 8/15/22: MALT strongly encourages wearing a mask at indoor classes. Some locations may have a different COVID-19 Policy. Check our website for the most up-to-date policy.

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

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

**Discounts and Scholarships**  
Discounts cannot be combined.

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

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

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

# Tips from the Tree

## Make Your MALT Class a Satisfactory Experience

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

# REGISTRATION FORM

name

address

cityzip code

day tel.#eve.#

email

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

Title of Course or Workshop Code (e.g. AC01)	Section (A, B, C, etc.)	Fee
1.		
2.		
3.		
4.		
Subtotal:		
Add non-refundable \$6 registration fee per person, per term. (fee waived if ONLY registering for Gala and/or Garden Tour)		\$6
Optional donation to the Fern Bell Scholarship Fund		
Optional donation for Flower Power Campaign to support MALT		

**As of 3/15/23:** For indoor classes MALT encourages wearing a mask. Some Locations may have a different COVID-19 Policy. Check our website for the most up-to-date policy.

## Make check payable to MALT.

I hereby authorize the use of Mastercard/Visa:

name on card

card #exp. dateCCV

billing zip code

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

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.



**MACSC**  
**Mt. Airy Learning Tree**  
6601 Greene Street  
Philadelphia, PA 19119  
[www.mtairylearningtree.org](http://www.mtairylearningtree.org)

*Dated Material*

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
PHILA. PA  
PERMIT #592



**BETTER  
TOGETHER**

Chestnut Hill Hospital is  
now part of Temple Health.

Together, with our passion for quality patient care and commitment to community, we will continue to offer the health care you count on, while giving you better access to the advanced services of a trusted university health system.

**215-248-8200**

[TempleHealth.org/ChestnutHill](http://TempleHealth.org/ChestnutHill)

Scan to  
Learn More



 **Temple Health**  
Chestnut Hill Hospital



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