

FALL 2026

MALT

MT. AIRY LEARNING TREE
NEIGHBORS TEACHING NEIGHBORS



FEATURING CLASSES IN
Mt. Airy, Chestnut Hill
Germantown, East Falls
Roxborough & Manayunk

**ANNUAL WEST MT. AIRY
HISTORIC HOUSE TOUR**
SUNDAY, OCTOBER 18



**MT. AIRY
LEARNING TREE**

270+ COURSES!
SEPT•OCT•NOV•DEC
IN PERSON • ONLINE

FALL TERM BEGINS SEPTEMBER 14



DIRECTOR’S NOTE

One thing I LOVE about MALT is that a class can lead to so much more! Recently, a friend told me, “The best thing that has happened to me all year is I took the beginner pickleball class!” The class turned into a group of friends who now play together every week.

Through MALT a student discovered a German-town playwrights’ group and has had a show produced. Book clubs and writing classes may continue after the term ends, and a T’ai Chi class celebrated the end of the term by going out to lunch at a local restaurant.

MALT can be your jumping-off place!
With 275 classes, there are plenty of ways to

try something new, meet people, and have fun. Make holiday gifts, learn to bake bread, join Pilates, or try a new language. Who knows where your next class will take you?

This fall we are partnering once again with West Mt. Airy Neighbors to present our Annual West Mt. Airy Historic House Tour. The homes are exquisite, and the proceeds support both of our nonprofits. Mark your calendar and join us!

Have a great fall term learning, and meeting your neighbors!

~ Janet Gala, Executive Director

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Thank You to Our Main Sponsor
Temple Health Chestnut Hill Hospital



On the Cover: Clockwise from top left: Yoga with Jen May, p. 63; Beginning Mosaics at Bella Mosaics, p. 20; 3rd Annual West Mt. Airy House Tour, p. 3; Foraging with Allison Houghton, p. 10.

Catalog Graphic Design - Janet Gala

MALT Mission Statement

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

STAFF

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Assistant Director Sammy Lifson-Neubardt	Graphic Designer Jo Song

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

6601 Greene Street, Philadelphia, PA 19119
info@mtairylearningtree.org
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3rd ANNUAL

WEST MT. AIRY HISTORIC HOUSE TOUR

SUNDAY | OCTOBER 18, 2026
12:00 PM – 4:00 PM

Presented By:



MT. AIRY
LEARNING TREE
NEIGHBORS TEACHING NEIGHBORS



TWO1. This self-guided tour offers a rare opportunity to step inside some of West Mt. Airy's most distinctive 19th- and 20th-century homes, with knowledgeable docents at each stop sharing the history, architecture, and stories behind these remarkable residences. Visitors will experience a diverse collection of architectural styles, from a stately Georgian Revival mansion and elegant Colonial Revival homes to a striking modern European-style residence.

More than a home tour, this event celebrates the rich architectural heritage of West Mt. Airy while raising awareness of the importance of historic preservation. All proceeds of the tour support both MALT and WMAN.

Please note: This is not a walking tour; registrants should plan to drive or bike between houses. We appreciate your support! If you cannot attend, consider making a tax-deductible donation.

New homes featured each year!

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

*Begin your adventure between 12:00 pm and 2:00 pm
by picking up a Tour Program and Map at 30 Pelham Rd.*

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**CLASSES ARE
FILLING UP!**

ONLINE REGISTRATION
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THANK YOU TO OUR HISTORIC HOUSE TOUR PLATINUM SPONSOR!

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Photo by Jo Song

Christopher Coan, right, leading his popular yoga/pilates mix class at Summit Presbyterian Church.

YOGA/PILATES MIX

Th from 6:30 PM to 7:30 PM

EX13. Stretch the muscles of the core with yoga, then strengthen the muscles with Pilates. This is a great combination for the body and mind. Suitable for those familiar with yoga and athletic beginners. Bring a mat.

Christopher Coan is a certified Pilates and Kripalu Yoga teacher who has taught for MALT for over two decades. His classes are influenced by martial arts study, Buddhism and various healing modalities such as acupuncture and Ayurveda.

September 17 - November 5 | \$99

8 sessions

Summit Presbyterian Church, 6757 Greene St. at Westview

'80S AEROBICS

EX01. Remember when exercise was fun? It can be again. Experience this moderate level traditional, '80s style aerobics class. The easy-to-follow routine is choreographed to a fabulous eclectic mix of music. This one-of-a-kind class is fun and energizing in a supportive and inclusive environment. The philosophy of this moderate level class is to encourage exercisers to work at their own pace and within their own challenges. Bring a mat, water bottle and light free weights if you wish. Beginners are welcome – no stress.

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

A. September 14 - November 16 | \$99

(no class 10/19 or 10/26)

M from 6:45 PM to 7:45 PM

B. September 19 - November 14 | \$99

(no class 10/24)

Sa from 8:30 AM to 9:30 AM

8 sessions

Chestnut Hill United, 8812 Germantown Ave.

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



Fern Bell Scholarships

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

NEW WELLNESS
WEDNESDAY: MOVE,
STRENGTHEN & RECHARGE

W from 6:30 PM to 8:00 PM

EXo2. Make the most of your midweek with this fun, all-level workout designed to strengthen both body and mind. Each class begins with energizing line dancing, followed by a variety of cardio, bodyweight strengthening, core exercises, stretching, and intentional movement. The session ends with guided relaxation and meditation to help you recharge. An optional, weather permitting, Saturday morning group walk offers additional motivation, movement, and community. Whether you're looking to improve fitness, reduce stress, or simply feel your best, this welcoming class provides a supportive space to move with purpose.

Shelly White has taught classes for national gyms, nonprofits, churches, and schools for more than 20 years. She teaches a wide range of formats, including PILOXING®, Body Works Plus Abs, cycling, jump rope, cardio kickboxing, BOSU, cardio hoop, swing, Kwando, and line dancing.

September 23 - November 18 | \$119
8 sessions, (no class 11/11)

Water Tower Recreation Center, 209 East Hartwell Ln.

ROWZONE FITNESS ROW & TONE

Su from 8:00 AM to 8:45 AM

EXo3. The RowZone Fitness indoor studio workout is a perfect combination of cardio, strength, and technical rowing training with the use of Concept2 rowing machines. We add in body toning exercises. Our classes are taught by the **RowZone Staff** who are rowers, rowing enthusiasts, and trainers, and suit all levels and ages. This class will challenge your mind and body while giving you a workout that you will never forget.

October 4-25 | \$80
4 sessions

The Wall Cycling, 132 Levering St., Manayunk

Enjoy Our Fitness Classes!

Whether your goal is to get in shape, or build stamina and flexibility we want to you enjoy your classes at MALT!

If you have a health concern or a chronic condition, it is always best to check with your physician before beginning a new exercise program. When you register, you will be reminded of this, and prompted to complete a waiver. We hope you have a great time taking classes this fall with MALT!

BOXING FITNESS ACTION

EXo5. 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 in karate and a full-time martial arts instructor for children and adults. She is also a former amateur boxer and includes training that can challenge every level. She is the owner of Action Karate in Mt. Airy.

A. September 14 - October 5 | \$89
M from 7:30 PM to 8:15 PM

B. October 19 - November 9 | \$89
M from 7:30 PM to 8:15 PM

C. November 16 - December 7 | \$89
M from 7:30 PM to 8:15 PM

4 sessions

Action Karate, 11 W Mt. Airy Ave.

A \$59 materials fee will be required at the first class for Action Karate boxing gloves. Please note no outside equipment allowed.

KALI STICK TRAINING

Th from 7:30 PM to 8:15 PM

EXo6. Learn basic stick strikes and blocks while developing hand-eye coordination, general coordination, discipline and general athleticism. Kali stick work develops quicker reflexes and reaction times, which is so important for self defense. Being able to react quickly also helps develop balance and response time for simple tasks throughout our daily lives. Single and double sticks will be utilized. All experience levels welcome!

Tim Wetzel is a 3rd degree Black Belt in karate and a martial arts instructor for children and adults. He has been training with sticks for 5+ years and has a passion to teach this amazing martial art.

September 17 - October 29 | \$89
7 sessions

Action Karate, 11 W Mt. Airy Ave.

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

STRONG AGAIN

EX08. This class is designed to improve strength and overall activity level of folks over 50. Are you stiff when you wake in the morning? Do your joints ache and creak when you move? Do you lack energy and endurance? Are your abs weak and is your lower back always sore? If you answered yes to two or more of these questions, you need this class! Become stronger, more agile, and improve your overall functional fitness with this class.

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.

Women

A. September 18 - October 9 | \$69

F from 1:30 PM to 2:30 PM

B. October 16 - November 6 | \$69

F from 1:30 PM to 2:30 PM

Men

C. September 14 - October 5 | \$69

M from 1:30 PM to 2:30 PM

D. October 12 - November 2 | \$69

M from 1:30 PM to 2:30 PM

4 sessions

Fit Foundation, 47 E High St.

REAL MEN STRETCH

EX09. Designed specifically for men, this class focuses on improving flexibility, increasing range of motion, and easing tension in tight muscles and joints. Through guided stretches and simple mobility exercises, participants will reduce stress and enhance their overall ability to move with greater ease and comfort—both in daily life and physical activity.

Yvonne Ferguson-Hardin

A. September 16 - October 7 | \$64

W from 11:00 AM to 11:45 AM

B. October 14 - November 4 | \$64

W from 11:00 AM to 11:45 AM

C. September 18 - October 9 | \$64

F from 11:30 AM to 12:15 PM

D. October 16 - November 6 | \$64

F from 11:30 AM to 12:15 PM

4 sessions

Fit Foundation, 47 E High St.

BOXING AND TRX CHALLENGE

EX11. Come join this challenging and fun class! You'll box using heavy bags and spar with others, plus take on TRX suspension moves. TRX uses adjustable straps and your body weight to build strength, balance, and core stability with movements like rows, squats, lunges, and planks. This energizing workout focuses on body conditioning, toning, and adding spice to your routine. Course fee includes the use of provided boxing gloves.

Yvonne Ferguson-Hardin

A. September 19 - October 10 | \$64

Sa from 9:00 AM to 10:00 AM

B. October 17 - November 7 | \$64

Sa from 9:00 AM to 10:00 AM

4 sessions

Fit Foundation, 47 E High St.

CHANGE OF HEART: HAPPILY MANAGING YOUR A1C AND CHOLESTEROL

Su from 7:00 PM to 8:30 PM

EX19. Concerns about blood work can lead to lifestyle changes that make you better for life! If you or someone you care about have high LDL (often called "bad" cholesterol), or your A1C (the marker for pre-diabetes and diabetes) is high, come learn what you can do to shift the results and feel better. The class will cover how diet, certain exercise, supplements and natural therapies can assist in life affirming changes. We will also learn about integrative approaches that blend the use of western medicines with natural medicine. You can achieve improved results, feel better, and lessen the worry of your friends and family. Previous students are welcome to renew information, but the final 1/2 hour of each class will be devoted to current and follow-up suggestions for participants who have already started making lifestyle changes to improve their heart health.

Nancy Post, M.Ac., Ph.D. worked closely with the cardiology department at Temple University, and together with cardiologist Dr. David Becker, created an integrative approach that she and Dr. Becker employed while treating patients. In recent years, she has studied and incorporated new methods of neuro-motor acupuncture and brain health in her practice in order to help her patients age with the best function possible. Dr. Post won the 2024 City and State Healthcare Trailblazer award for her breakthrough work in healthcare.

October 11-25 | \$69

3 sessions

Cathedral Village, 600 E. Cathedral Rd.,
Roxborough



We are delighted to offer many tours this fall that celebrate Philadelphia's rich history!

ARCHITECTURE AND HISTORY WALKING TOUR OF MT. AIRY

Su from 1:00 PM to 3:30 PM

TW02. 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.

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

October 11 | \$34

Meet at United Lutheran Seminary, 7301 Germantown Ave.

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

David's beautiful map of Mt. Airy is available for purchase; call MALT at 215-843-6333 for more information.

WALKING TOUR OF PHILADELPHIA'S CHINATOWN

TW11. Enjoy a guided tour of Philly's iconic neighborhood. The tour will include exploring delicacies at an Asian market, and end with a curated and delicious lunch at a Dim Sum restaurant with the tour group. Dim Sum, literally meaning "to touch your heart", is served as an innumerable assortment of delicacies, consisting of varieties of dumplings, steamed dishes, and other goodies. Students should bring money for lunch and any purchases they may want to make.

Glenn Bergman

A. October 23 | \$34

F from 9:30 AM to 1:30 PM

B. November 7 | \$34

Sa from 9:30 AM to 1:30 PM

Materials fee: bring money to pay the instructor for dim sum lunch which will cost approximately \$30 - \$35.

Meet at Ting Wong Restaurant, 138 N. 10th St. in Center City

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

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

Glenn Bergman is the former Executive Director of Philabundance, and previously served for 11 years as the General Manager of the Weavers Way Co-Op. He has led his popular food tours for MALT to Chinatown and Northeast Philly.

A. December 4 | \$42

F from 9:00 AM to 3:00 PM

B. November 14 | \$42

Sa from 9:00 AM to 3:00 PM

\$35 materials fee payable to the instructor for food sampling. Be sure to bring additional funds to taste wine, beers or to purchase additional food for yourself and groceries to take home.

Meet at High Point Café, Richard Allen Lane Train Station at 9:00 am OR meet us at Net Cost Store parking lot located at 11701 Bustleton Ave. at 9:45 am. Carpooling may be organized for those leaving from High Point Cafe.



Elise Rivers leading her tour of Tourison. Elise has taught over 100 MALT courses since she joined us in 2005!

TAKE A WALKING TOUR OF TOURISON: AN ARCHITECTURAL HISTORY OF EAST MT. AIRY

Sa from 2:00 PM to 4:30 PM

TW03. East Mt. Airy has a fascinating and little known history, and many fabulous houses. Who built and designed these houses, and created most of what we know as East Mt. Airy? Attend “A Walking Tour of Tourison” to find out more! Ashton Tourison, Sr. was a builder with strong principles with respect to beauty, community and integrity, and he and his family created a residential architectural legacy that has lasted more than 100 years, as well as leaving other surprising Mt. Airy legacies. Please join us as we journey back in time to c. 1905!

Elise Rivers Esq., M.Ac., worked in the field of historic preservation in the 1990’s as Assistant Director of Preservation Worcester in Massachusetts and Executive Director of Landmark West, an historic preservation non-profit advocating for the upper west side of Manhattan. Her passion for beauty in architecture has never waned, and she was inspired to put together this walking tour after living in and loving her own Tourison home. She is grateful for the extensive archives of Historic Germantown.

November 7 | \$34

Meet at Lovett Library, 6945 Germantown Ave
For a donation of any size to Historic Germantown, at the conclusion of the tour, you will receive a link to a video that shows house interiors as well as many other details about the Tourison family and East Mt Airy history.

NEW PUERTO RICAN FOOD TOUR OF NORTH PHILADELPHIA

Sa from 9:00 AM to 4:00 PM

TW13. Join Glenn for a tour of the Puerto Rican food and cultural highlights of Philadelphia. The Puerto Rican community in Philadelphia is the second largest outside of the island (NY being first). Glenn is partnering with Xiente for this tour of great PR bakeries, sit down and stand up food establishments, and a grocery store. You will learn about small family owned establishments in the lower Northeast section of Philly. If time allows we will end up at a bar that sells traditional PR appetizers.

Glenn Bergman

Xiente (formerly the Norris Square Community Alliance) has for 45 years partnered with Philadelphia families to build pathways from poverty to prosperity through education, housing, workforce development, and financial empowerment. Xiente is thrilled to be partnering on this food and cultural tour of their community.

October 3 | \$44

Attendees will visit locations together in a van provided by Xiente. Meet at the Xiente lot on Hancock Street between Norris and Diamond, or at High Point Cafe - Richard Allen Lane Station, 7210 Cresheim Rd. Carpooling may be organized for those leaving from High Point Cafe.

SHIBE PARK/CONNIE MACK STADIUM AND BEYOND

Tu from 1:30 PM to 3:00 PM

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

Rick Spector has more than 40 years experience lecturing and producing videos about Philadelphia nostalgia, and the history of television, radio, movies, and sport.

September 22 | \$34

MALT Office, 6601 Greene St.

PHILADELPHIA MUSICAL HISTORY BUS TOUR

Su from 10:00 AM to 2:00 PM

TW15. 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.

November 22 | \$59

Meet the bus at Wayne and Cliveden

Be advised: Course fee has increased due to the price of gas. Timing subject to change due to traffic or other factors.

PHILLY GAYBORHOOD AND LGBTQ TOUR: TELLING LGBTQ STORIES WITH PRIDE

Sa from 11:00 AM to 1:00 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 Kuromiya: 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 is the cofounder of Philadelphia's top rated Beyond the Bell Tours. Beyond the Bell designs inclusive historical walking tours that put the people back into people's history. Rebecca is passionate about the intersection of social justice and tourism.

October 10 | \$39

Meet at 13th and Locust Streets

DRAG ME PHILLY TOUR

Sa from 6:00 PM to 7:30 PM

TW17. Take a unique tour of Philadelphia, exploring the history of drag in the city, celebrating stories of our local drag performers, and hearing the ins and outs of our drag scene today. Drawing from oral history interviews of several drag artists, this tour will honor drag pioneers, spotlight defining moments in history, and point out murals that highlight Philly's LGBTQ history.

Rebecca Fisher

October 10 | \$39

Meet at Walnut St. Theatre, 825 Walnut St. in Center City

Tour is approximately 1.5 miles long and will end at Franky Bradley's, 1320 Chancellor Street. Tour will last approximately 90 minutes. Wheelchair accessible upon request.

FALL FORAGING FUN IN THE CRESHEIM WOODS

F from 4:00 PM to 6:00 PM

TW20. Even though there are thousands of edible species out there, we modern-day humans focus on less than 100 cultivated plant species for the majority of our diets! What flavors, delicacies, and nutrient-dense deliciousness do we miss? A lot. Come join me for a dive into the incredible wild edibles all around us and some of the history on why we eat what we eat and some enticing reasons (and recipes) on why we should. We'll learn about species like black walnut, acorns, beechnuts, spicebush, chicken-of-the-woods and turkey tail mushrooms!

Allison Houghton is an author, educator, and soil nerd who is passionate about soil health, ecological design, and climate resiliency. She runs The Sparrow Underground: a business that works with gardeners and land managers to strategically build local ecological resilience. She has served in various leadership roles including at the Northeast Organic Farming Association, The Food Project, and the Mt. Airy Ecolab.

October 23 | \$34

Meet at High Point - Richard Allen Lane Station, 7210 Cresheim Rd.

NEW PHILADELPHIA'S FOUNDING PALATE: THE TABLE OF HERCULES POSEY

F from 6:30 PM to 9:00 PM

TW18. Welcome to the kitchen of Hercules Posey, the culinary powerhouse, who served as George Washington's enslaved head cook when Philadelphia stood as our nation's capital. At that time, a dinner invitation to Washington's table was one of the most sought-after honors for high ranking politicians and foreign dignitaries.

Letters, receipts, and menus show the level of his creativity and gifts, but they also reveal the intense anguish caused by the daily oppression he and his family endured. Hercules' story becomes even more layered within the context of Philadelphia's robust Underground Railroad and abolitionist activity, which set the stage for his eventual escape.

Historic food trivia, team cooking challenges, and opportunities to recreate proprietary spice blends are just a few of the ingredients that make this a one-of-a-kind event. The experience culminates in a modest feast of classic colonial dishes transformed with modern twists. The menu offers options for vegetarians, vegans, and omnivores and may include Mac and Cheese, Gumbo, Hoppin' John, etc. Come hungry and curious for history not-often-told that shaped the nation's palate.

Christopher Ridenhour is a lifelong Germantown and Mt. Airy resident and founder of The Welcome Home Collective, which produces concerts, theatre, and cultural events at Annunciation Church BVM. He is also a member of Playback for Change, an improvisational troupe focused on building community through theatre and shared cultural understanding.

November 13 | \$30

Church of the Annunciation, 324 Carpenter Ln.

\$10 materials fee will be automatically added upon registration.



**HISTORIC
GERMANTOWN**
Freedom's Backyard

Historic Germantown is a partnership of twenty extraordinary historic houses, destinations, and museums in Northwest Philadelphia. MALT is honored to be offering tours in collaboration with Historic Germantown and its member organizations! Proceed from tours benefit the individual museums and MALT.

PERSPECTIVES ON THE BATTLE OF GERMANTOWN

Th from 10:30 AM to 12 N

TW19. Join Cliveden's Education Director Carolyn Wallace to learn about the Battle of Germantown and unpack Washington's plan to liberate occupied Philadelphia. Find out what happened on that gray, foggy morning in October 1777 and see how the battle is remembered by the community and in art.

Carolyn Wallace is an interpreter, educator, and collections manager with over fifteen years of experience working with historic sites. In her current role as Education Director for Cliveden of the National Trust, her work focuses on research and interpretation of diverse narratives through sustainable programming for youth and adults and exhibit design. Carolyn is passionate about making connections between past and present and helping visitors to do the same.

October 22 | \$25

Cliveden Carriage House,
6401 Germantown Ave.
Member of Historic Germantown

A GUIDED TOUR OF THE LEST WE FORGET MUSEUM OF SLAVERY

TW21. 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. October 10 | \$20

Sa from 12 N to 2:00 PM

B. October 20 | \$20

Tu from 12 N to 2:00 PM

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

NEW GERMANTOWN ART GALLERY WALK

F from 2:00 PM to 4:00 PM

TW24. Skip the crowds at the mall on Black Friday and instead enjoy the day by exploring Germantown's growing arts scene. Visit three locally owned galleries featuring rotating exhibits by some of the area's most acclaimed artists, while discovering vibrant murals and public sculptures along the way. This leisurely walk covers less than a mile, making it the perfect opportunity to enjoy inspiring art, support local creatives, and stretch your legs after Thanksgiving.

Marty Foley, since retiring from Greene Street Friends School, has been working as a professional tour guide. Marty regularly hosts visitors from around the world on Old City history tours, South Philadelphia public art tours, and day trips to Valley Forge, Longwood Gardens and Lancaster County, in addition to weeklong tours from Virginia to Maine.

November 27 | \$34

Meet at Center in the Park,
5818 Germantown Ave.

A WALKING TOUR OF COLONIAL-ERA GERMANTOWN AVENUE

Sa from 10:00 AM to 12 N

TW25. In this two-session walking tour you'll be transported to the Colonial era, when the "Great Road" was a dusty, rutted thoroughfare that carried people, animals, and goods into the city and out to the backwoods. Once bustling with homes and businesses serving the needs of the day, Germantown Avenue would go on to become one of America's most historic streets. This walking tour begins and ends at Market Square and follows the Avenue between Logan and Hortter Streets, with a refreshment stop midway. Along the way participants will peel back the layers to see through vintage drawings and photographs, how the street appeared in Colonial times. You'll hear stories of how residents lived, loved, entertained themselves, schemed and struggled, and made and lost fortunes. After this excursion into history, you'll never look at Germantown Avenue the same way again.

David Murphey has pursued family genealogy for 15+ years, in the process of which he discovered links with many of the first immigrant settlers of Germantown. A published author of social history, his aim is to make the past come alive for others.

A. October 3-10 | \$49

B. October 17-24 | \$49

2 sessions

Meet at Market Square,
5501 Germantown Ave.

WYCK BEHIND THE SCENES TOUR

W from 5:00 PM to 6:30 PM

TW23. Climb the stairs into the collections rooms on the upper floors and explore the 10,000+ objects that reveal the personalities behind the people in the paintings. Explore 19th century cabinets of curiosities and learn about the material culture left behind by the Wistar-Haines family. You may be surprised by what you discover. This exclusive, behind-the-scenes tour allows you to get up close and personal with the fascinating history of one family's multi-generational home inhabited from 1690 to 1972.

Kim Staub is the Executive Director of Wyck with over 12 years of experience in historic site management.

September 30 | \$34

Wyck House, 6026 Germantown Ave.
Member of Historic Germantown

Note: This tour includes old, winding staircases and possibly dust on the 3rd floor. Please make sure you are comfortable with the physical aspects of this tour before registering.

NEW VICTORIAN CHRISTMAS TRADITIONS

Sa from 3:00 PM to 4:30 PM

TW26. Join Executive Director Dr. George Boudreau in the parlor of the Ebenezer Maxwell Mansion for an engaging presentation on how the Victorians transformed Christmas from a solemn religious observance into the holiday we celebrate today. Through an illustrated lecture and presentation, you'll discover the origins of beloved traditions including Christmas trees, carols, gift-giving, festive foods, and the stories that helped shape Old St. Nick into the modern Santa Claus. Along the way, you'll gain insights into Victorian life in Philadelphia and the customs that continue to influence our holiday celebrations.

George Boudreau is the executive director of the Ebenezer Maxwell Mansion. A public historian who specializes in historic house museums, Boudreau holds a Ph.D. in American history and has held post-doctoral research fellowships at Monticello, Mount Vernon, Colonial Williamsburg, and Jamestown.

December 5 | \$39

Ebenezer Maxwell Mansion,
200 West Tulpehocken Street
Member of Historic Germantown

LEARNING TO LOOK AT ART: MUSEUM TOURS AND DISCUSSION

Sa from 11:00 AM to 1:00 PM

TW22. This six-week visual art appreciation course introduces students to the foundations of seeing, interpreting, and enjoying art across history and contemporary practice. Participants explore key themes such as identity, storytelling, materials, and cultural context while engaging with painting, sculpture, mixed media, and global traditions. Through guided discussion and close looking, learners build confidence, deepen visual literacy, and develop a richer understanding of how artists communicate meaning across time and place. This class offers exposure to a wide range of artistic traditions — including historic, contemporary, and Black art — so participants feel empowered, curious, and connected to the art they encounter in the world. Museum locations may include Woodmere Art Museum, La Salle Art Museum, Herman Street Artists' Studios, Ubuntu Art Gallery, Church of the Annunciation.

William Jiggetts has been collecting art for over thirty years and is the founder of the Museum of African American Art Collections. William is an active and engaged participant in the art world here in Philadelphia, and internationally. Currently, he serves as a trustee, board member, and advisor for several arts and community organizations.

October 10 - November 14 | \$104
6 sessions

First class will meet at Woodmere Art Museum, 9201 Germantown Ave.

There is a \$20 materials fee for museum admission.

TOUR WOODMERE ART MUSEUM'S FRANCES M. MAGUIRE HALL FOR ART & EDUCATION

Sa from 11:00 PM to 12:30 PM

TW27. Enjoy a guided tour of Woodmere's newly renovated Frances M. Maguire Hall for Art & Education, a 19th-century mansion thoughtfully transformed into 14 new galleries that showcase the strengths of the Museum's collection. The installation highlights contemporary art by Philadelphia artists alongside notable 20th-century works in Illustration Arts, Modernism and Realism, stained glass, and Pennsylvania Impressionism. Explore the Jewelry Vault, featuring both historical and contemporary pieces by Philadelphia artists, and experience Violet Oakley's "Building of the House of Wisdom" murals, originally commissioned in 1910 for Charlton Yarnall's mansion. Oakley was the first woman artist in the United States commissioned to create a public mural for the PA State Capitol. Learn about the history of this mid-19th-century mansion—once home to elegant parlors and bedrooms, now vibrant galleries—and admire Art Deco lighting and etched mirrors from Philadelphia's Boyd Theatre, along with Edward Maene's hand-carved woodwork, including intricate white oak panels adorned with medallions of cornucopia, fantastical creatures, flowers, and plants. The addition of Maguire Hall expands Woodmere's Outdoor Wonder from six to ten acres of lush greenspace, deepening the Museum's commitment to immersive "art + nature" experiences.

Tour will be led by a member of **Woodmere Art Museum's** Education Department.

October 10 | \$34

Woodmere Art Museum, Frances M. Maguire Hall, 9001 Germantown Ave.

Class fee includes admission to the museum.

WHY SHOULD YOU TAKE THIS COURSE?

Hear it from the teacher himself,
William:



NEW EXPLORE LISTEN WITH YOUR EYES: CELEBRATING THE LIFE AND WORK OF MOE BROOKER

Sa from 11:00 AM to 12:30 PM

TW28. Explore "Listen with Your Eyes," the first major retrospective celebrating the life and work of Moe Brooker (1940–2022), one of Philadelphia’s most influential and visionary artists. Spanning more than five decades, the exhibition traces Brooker’s remarkable artistic journey, from his early academic realist paintings to the luminous abstract works for which he is best known. Inspired by jazz, the rhythms of the Philadelphia cityscape, African and African American artistic traditions, and a deep sense of spirituality, Brooker created vibrant compositions that pulse with movement, color, and energy. Bringing together paintings, drawings, prints, and archival materials, the exhibition offers a rare opportunity to experience the full breadth of his artistic legacy while exploring the themes of improvisation, identity, creativity, and resilience that continue to inspire artists and audiences alike.

Tour will be led by a member of **Woodmere Art Museum’s** Education Department.

October 31 | \$34

Woodmere Art Museum, 9201 Germantown Avenue

Class fee includes admission to the museum.





Revolutionary Germantown Festival

Saturday October 3, 2026

10 am - 4 pm


Rain or shine!



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























6401 Germantown Ave. | 215-848-1777

SUPREME COURT UPDATE: THE 2025-2026 TERM

Tu from 6:00 PM to 8:00 PM

TW04. What did the Supreme Court decide this year, and what do those decisions mean for our rights, government, and everyday lives?

The Court weighed in on some of the nation’s most contentious issues, including transgender participation in school sports, First Amendment protections for therapists’ speech, immigration and birthright citizenship, voting rights, campaign finance, presidential power, and the limits of government authority. In *West Virginia v. B. P. J.*, for example, the Court ruled on whether states may restrict transgender girls from participating on girls’ sports teams. In *Chiles v. Salazar*, the Court considered whether laws restricting so-called conversion therapy violate the First Amendment.

We will unpack these and other landmark decisions, explore the justices’ opinions and dissents, and consider how the Court’s rulings may affect American society for years to come. We will also look ahead to the 2026-2027 term and the important cases already on the Court’s agenda. The Court is expected to again consider the 2nd Amendment Right to bear arms, citizenship requirements for voting, additional immigration and executive power issues.

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

December 8 | \$34

United Lutheran Seminary,
7301 Germantown Ave.

NEW AN INDEPENDENT JUDICIARY: THE VIEW TODAY

W from 6:00 PM to 8:00 PM

TW05. The independence of the courts is a cornerstone of American democracy, but what does judicial independence really mean, and why does it matter today? How does the increase in individual violent threats to members of the judiciary impact the ability of courts to be effective? Explore the history and role of an independent judiciary and examine the challenges facing the courts in today’s political and social climate. We will hear directly from at least one member of the judiciary and have an opportunity to ask questions and share ideas. Bring your curiosity and join the conversation!

Kathleen Smith

October 28 | \$34

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

14 | MT. AIRY LEARNING TREE/FALL 2026



Taking a MALT class is a great way to stay informed and involved!

WRONGFUL CONVICTIONS: HOW SYSTEMIC FAILURES IMPACT INNOCENT LIVES

Th from 6:00 PM to 8:30 PM

TW07. Tragically, wrongful convictions are a part of our criminal legal system. In this class, we will delve into how wrongful convictions occur at various levels of the legal system both locally and across the country. Students will get a firsthand account from someone who was wrongfully convicted and spent 27 years in prison for a crime he did not commit. Together, we will talk about the ways folks are working to change the system. True crime buffs and anyone who cares about civics, social justice, or the legal system: this class is for you.

Yahya Moore spent 27 years in prison for a crime he did not commit. While in prison, he facilitated a restorative justice education program, became a legal reference aid in the prison, and helped countless people earn their freedom. With the help of the Abolitionist Law Center, Yahya won his own freedom in July 2023, when his life sentence without parole was vacated. He is now a paralegal at the Pennsylvania Innocence Project. He is the co-founder of Way Moore Justice Support, a nonprofit supporting wrongfully convicted court petitioners, and co-author of *The Little Book of Listening*.

Tricia Way has been teaching in prisons and higher education institutions for over two decades and currently teaches about restorative justice and wrongful convictions at Chestnut Hill College. She is the co-founder of Way Moore Justice Support, a nonprofit supporting wrongfully convicted court petitioners, and co-author of *The Little Book of Listening*.

October 8 | \$34

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

DEMOCRACY IS NOT A SPECTATOR SPORT

W from 6:30 PM to 8:30 PM

TW06. Become a more informed voter, community member, volunteer and activist! Learn about critical democracy policy issues including the policies, processes and political context that affect voting and election policies and critical current events, including how to get involved to help defend democracy. We'll discuss current hot topics and provide reputable resources and opportunities to help you become more informed, involved and help focus your energy in ways that can make a difference.

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

October 7 | \$34

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

NEW INTRODUCTION TO RESTORATIVE JUSTICE

W from 6:30 PM to 8:00 PM

TW08. Restorative justice (RJ) is a growing movement offering a community-based alternative to our punitive criminal legal system. Using a variety of practices, RJ builds community, facilitates collective problem-solving, healing, and accountability, and welcomes people back into our communities after a separation. Through an interactive community building circle, a restorative conference, and a reintegration circle, we will experience the three core "tiers" of restorative justice firsthand. Whether you're curious about restorative justice, work with people, or want new ways to build stronger communities and respond to conflict, this course is for you. Students will also learn about related programming in the city of Philadelphia and how to get involved.

Yahya Moore and **Tricia Way**

October 21 - November 4 | \$59

3 sessions

Chestnut Hill Friends Meeting House,
20 E. Mermaid Ln.

NEW MAKE A MACRAMÉ WALL HANGING

Tu from 6:30 PM to 8:30 PM

ACo1. Create a beautiful piece in this beginner-friendly macramé wall hanging class. You'll learn foundational knots step-by-step while crafting a timeless piece perfect for adding warmth and texture to your home. Macramé is more than just crafting — it's a mindful, grounding experience. Come unwind, connect, and leave with a piece you'll be proud to display in your home. No experience is needed — just come ready to relax, get creative, and enjoy the calming rhythm of knotting. By the end of class, you'll leave with a finished wall hanging and

the confidence to continue your macramé journey.

Lori Spadaro has had a gazillion hobbies over the years, and this one has stuck! She has spent time perfecting each of the beginner macramé techniques so they can be taught with ease and confidence. This is her first time teaching with MALT.

October 27 | \$39

MALT Office, 6601 Greene St.

\$10 materials fee payable to the instructor at the class.

NEW MEND YOUR CLOTHES! HAND SEWING TECHNIQUES TO FIX THE CLOTHES YOU LOVE

Th from 6:00 PM to 8:30 PM

ACo3. Does your favorite garment have a hole in it? Are your best jeans wearing through at the knee? Let's learn to fix it! In this course, you'll learn and practice several hand sewing techniques. These techniques will allow you to patch holes, fix rips & tears, and add a unique touch to many types of garments without a sewing machine. Even if you have never picked up a sewing needle before, this class will provide the knowledge and support to help you give the clothes you love a new life.

Itohan Asemota is a size-inclusive alteration specialist and creative based in Germantown. She's also the founder of HNI Collective, a sustainable fashion service agency that provides production, consulting, and pop up event services. Her ethos is that clothing repair is an act of resilience and everybody deserves to have clothes that they actually enjoy wearing for a long time.

October 8 | \$54

MALT Office, 6601 Greene St.



Lori Spadaro with her macramé art!

DUST OFF YOUR SEWING MACHINE

Sa from 12:30 PM to 4:30 PM

ACo2. 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 learned from her high school art teacher that success can come from the learning process rather than the "perfect finished product." Those high school "discovery projects" led to a lifetime of crafting – and isn't life a "discovery project?" Bea is happily retired after a 47-year career at a data company. She attended a MALT class way back in 1994 but not again until 2008! Since then, she has taken over 20 classes. In 2017, she made the switch from student to instructor, teaching a variety of introductory craft classes.

A. September 26 | \$54

B. November 7 | \$54

C. December 12 | \$54

Church of the Annunciation, 324 Carpenter Ln.

Bring your own WORKING sewing machine. If you plan on purchasing a machine for class please ask MALT to contact the instructor for recommendations on machines and ones to avoid. Instructions for testing your sewing machine will be sent out two weeks prior to class. Needles, thread, scissors, and fabrics will be provided. For ages 18 and up.

\$15 materials fee payable to the instructor.

SLOW STITCH: SASHIKO FOR MENDING, DECORATIVE STITCHING, AND TEXTILE ART

Tu from 6:00 PM to 8:00 PM

ACo4. Sashiko is a simple Japanese hand stitch that creates beautiful patterns through repetition and rhythm. In this two-week workshop, we'll explore sashiko as a quiet, meditative way to work with cloth—strengthening fabric, adding pattern, and creating small quilted and stitched pieces. The first class will work on technique, the second will be for student projects including mending or decorative textiles. Samples will be created and you will leave with ideas for using sashiko in quilts, clothing, and home textiles. This class is suitable for beginners and experienced stitchers who enjoy slow handwork and pattern.

Abby Link is a lifelong maker with decades of experience in sewing, quilting, and textile arts. She has a particular passion for finishing vintage quilt tops from the 1930s, '40s, and '50s, honoring the original maker's hand. She believes textiles carry memory, meaning, and emotion. She believes Mending Matters!

October 13-20 | \$54

2 sessions

Chestnut Hill Friends Meeting House,
20 E. Mermaid Ln.

Sashiko needles and thread will be available for \$10 at the first class. You may choose to shop your own or use conventional needle and embroidery thread. Fabric for samples and practice will be supplied.

INTRODUCTION TO LEATHERCRAFTING

Sa from 10:00 AM to 1:00 PM

AC13. Learn the basics of leathercrafting! Students will gain an understanding of working with leather, how to plan a project with the material and execute it with the tools and techniques taught in this course. They will learn this by hands-on crafting a small project of their choice, selecting between a bracelet, bookmark, tray, or other similar small craft.

Matt Fitzsimons of Moonlight Leather is a mechanical engineer living in Roxborough. He has been leathercrafting for three years; his biggest achievement is making a full leather suit of armor that he has worn to many Renaissance Festivals. He is excited to open the door to this fun and rewarding craft to others.

October 17 | \$64

Cathedral Village, 600 E. Cathedral Rd.,
Roxborough

\$10 materials fee payable to the instructor for dyes, hardware, and other materials.

NEW CRAFT A HALLOWEEN COSTUME

Tu from 7:30 PM to 9:00 PM

ACo6. Gather with creative neighbors to brainstorm, design and create one or more Halloween costumes for yourself or a child. Share ideas and bring your own materials for a fun, crafty group experience. Instructor has costume ideas from Disney musicals to share, and our collective imagination and resources will help each class member to complete an outfit. Materials fee covers glue, scissors, trim and other supplies, but NOT primary fabric or clothing.

Cyndi Skripak has volunteered as the Costume Designer and Wardrobe Manager for Houston Elementary School musicals for the past several years. She is a retired church minister, and also spends her time volunteering in the library at Houston.

October 6-20 | \$64

3 sessions

North Light Community Center, 175 Green Lane,
Manayunk

\$6 materials fee payable to the instructor at the class.

MAKE A FELTED EYEGLASS CASE

Sa from 1:00 PM to 5:00 PM

ACo5. Keep your eyeglasses safe and happy in your own handmade glasses case! You'll learn the basics of wet felting from fibers to finish. Art is therapy, and felting is contagious! You will have fun, get funky with fibers, and work with your hands to create something new.

Marcie Ziskind is an artist who works with animal fibers called "roving" to make felt and items that are created from felt. She has studied with fiber artists around the world and has been introduced to many different felting techniques and projects. She is a full-time artist exhibiting her work at notable crafts fairs in the area.

October 10 | \$74

Woodmere Art Museum, 9201 Germantown Ave.

A supply list will be provided after registration. To purchase wool roving from the instructor (recommended unless you have your own reliable source of Merino or Corriedale wool), please add the optional \$25 materials fee during registration. An additional \$5 materials fee is payable directly to the instructor at class.

Course titles in purple take place
"Across the Creek" in Manayunk,
East Falls, Roxborough or
along the Schuylkill River.

NEW STITCHED STORIES & COLOR PLAY

Sa from 1:00 PM to 3:30 PM

AC07. Step into a fun, beginner-friendly collage experience where fabric, paper, and paint come together to tell your story in a whole new way. In this no-pressure creative session, you'll explore layering textures, mixing materials, and playing with color while learning simple collage techniques. No experience needed, just curiosity. Come ready to cut, tear, arrange, and create freely while discovering how fabric can transform your art into something bold, expressive, and uniquely yours.

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

November 21 | \$39

ARTrageous Brush and Flow,
6345 Germantown Ave.

\$10 materials fee payable to the instructor at class.

CREATE TRADITIONAL AFRICAN BATIK & ADIRE TEXTILES

Sa from 1:00 PM to 4:00 PM

AC08. Take a creative journey into the world of batik and adire (tie and dye) textile-making. Drawing inspiration from his Yoruba roots and Nigerian heritage, Muiyiwa, an expert in the field, will guide you through the process of using wax and dye to create intricate patterns and motifs. You will start by applying hot wax to 100% cotton fabrics to create patterns, then immerse them in vibrant dyes. Finally, we'll carefully remove the wax, revealing beautiful, colorful designs. Discover the influence of African culture as you explore the vibrant world of African textiles that hold deep cultural significance. You may infuse your designs with your unique voice, or use African patterns to create beautiful cotton fabric or a cotton shirt. By the end of the class, you'll have crafted textiles that reflect the beauty and essence of African traditions.

Muiyiwa Togun is the Founder and CEO of Roy Urban Kollection (RUK), an African textile, art and fashion manufacturer and brand. He is an artist, textile and fashion designer, pulling inspiration from his Yoruba roots and his lived experience as a Nigerian youth.

A. October 17 | \$95

B. December 12 | \$95

Woodmere Art Museum,
9201 Germantown Ave.

\$30 materials fee payable to the instructor.

NEW DIP IT FALL: OSAGE ORANGE, SANDALWOOD & CUTCH WORKSHOP

Sa from 1:00 PM to 4:00 PM

AC09. In this hands-on workshop, we'll dye with osage orange, sandalwood, and cutch, materials rooted in regional use and global histories of trade and extraction. Together they produce a range of golds, ambers, russets, warm browns, olives, and near-blacks, with layered overdyed effects that shift across the cloth. We'll explore resist techniques using folded clamping with autumnal forms, alongside mordant and stencil applications for layered tonal variation. Along the way, we'll consider how these dyes are grown, harvested, and circulated within broader material histories. Participants will leave with several finished textile pieces that record the process, color, and transformation.

Nya Patrinos, MFA, is an artist and textile designer whose work explores history, material culture, and the stories carried by cloth. Her practice draws on botanical painting, natural dyes, pattern, and process to connect making with memory, labor, and place. Her recent collection, *Vanishing Blooms*, explores extinct and endangered flowers and was shown at the Botanical Gardens in Marnay-sur-Seine, France.

October 3 | \$49

Wyck House, 6026 Germantown Ave.

\$20 materials fee payable to the instructor at class (cash, check, or venmo).

PAPERCUT CARDS FOR THE HOLIDAYS

Tu from 6:30 PM to 8:30 PM

AC12. Celebrate the season with a fun, hands-on workshop where you'll create beautiful papercut holiday cards. Learn to safely use a hobby knife while working with instructor-provided templates or designing your own. Make cards for Christmas, Hanukkah, Kwanzaa—or all three! You'll leave with handmade cards ready to share and the skills to create your own cards for any holiday in the future.

Mindy Shapiro is a papercut artist, Past-President of the Guild of American Papercutters and a Certified Zentangle® Teacher (CZT). Mindy's love language is her art and she strives to share that with others through her teaching.

December 1 | \$34

Cathedral Village, 600 E. Cathedral Rd.,
Roxborough

\$10 materials fee will be automatically added upon registration. Bring the following supplies if you have them: self-healing cutting mat, #11 X-acto knife.

CRAFTING WITH CARDS: CREATE DODECAHEDRON ORNAMENTS

Sa from 1:00 PM to 4:00 PM

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

Connie Koppe. Many of you know Connie Koppe as a singing teacher, but in addition, she has been a seamstress and crafter most of her life. She learned sewing skills from her mother, her great aunts, junior high home economics, and from reading the patterns.

November 14 | \$42

North Light Community Center,
175 Green Lane, Manayunk

\$5 materials fee payable to the instructor.

BOTANICAL ALCHEMY: MANDALA BANNERS WITH NATURE

Sa from 1:00 PM to 3:00 PM

AC10. Step into the magic of the natural world through Botanical Alchemy. In this relaxing, sensory-rich workshop, students will create a nature mandala on a cotton banner using hand-dyed fabric and seasonal botanicals. We'll explore color, composition, and intuitive design as we work with plants to make something meaningful. You'll leave with a one-of-a-kind hanging artwork and a renewed sense of connection to nature, and yourself. All materials provided, but students are welcome to bring personal botanicals to infuse their story into the piece.

Carin Sauerwein is a natural dyer, artist, and educator with over 25 years of experience in botanical dyeing. After leaving the corporate fashion world, she founded Dye on the Side to reconnect with nature, creativity, and community. Her teaching practice is rooted in sustainability, sensory play, and creating calm through color.

October 24 | \$44

Woodmere Art Museum,
9201 Germantown Ave.

\$20 materials fee to be paid to instructor. Includes: prepped 22" x 22" cotton banner, dried/preserved/fresh botanicals, dye, and take-home packaging. Students may bring their own botanicals for added personalization.

BEGINNER KNITTING: MAKE A TEXTURED SCARF

W from 6:30 PM to 8:30 PM

AC24. This class is for true beginners or anyone looking to brush up on some basic knitting skills. We'll be making The Road Scarf which is great for new knitters to learn different types of textures and stitches. For this project, we'll learn to make a knit and purl stitch, some basic increases and decreases, casting on and binding off, reading your work, and reading a pattern.

Jason Hellmann lives in Chestnut Hill with his family, and is a self-taught knitter with seven years experience. His favorite things to make are textured sweaters, and he enjoys helping several Philadelphia-based fiber companies with their digital marketing and media through his company Local Thread.

November 4 - December 9 | \$84
6 sessions

Kelbourne Woolens, 231 W. Mt. Pleasant Ave.

Materials should be purchased before class, and instructor can provide a discount code for MALT students to Kelbourne Woolens upon request. Students should come with a minimum of 600 yards of worsted weight yarn (suggested is Kelbourne Woolens Germantown), and US size 8 needles. Needles can be either wooden or metallic, and circular needles with a 24 inch cable can also be used to work this scarf flat if that is preferred. The pattern is free and will be emailed to you upon registration.

NEW ANYTHING BUT A BRUSH

Sa from 1:00 PM to 3:00 PM

AC15. Who said you need a paintbrush to make art? In this Anything But a Brush class, we're ditching the rules and reaching for the unexpected—think sponges, palette knives, rollers, fingers, found objects, and whatever else sparks curiosity. This is your chance to experiment, get a little messy, and create bold, one-of-a-kind artwork in the most freeing way possible. No pressure, no perfection, just pure, unfiltered creativity and a whole lot of fun.

Moneek Pines

October 17 | \$34

ARTrageous Brush and Flow,
6345 Germantown Ave.

\$12 materials fee payable to the instructor at the first class.



Explore drawing and journaling with Zipora Schulz

WYCK INSPIRED: NATURALIST'S NOTEBOOK AND ARTS PROJECT

Tu from 5:30 PM to 7:00 PM

AC14. This is a rare opportunity to gain access to the Wyck House's collection of scientific/naturalist specimens. Using a sketchbook provided, we will observe and draw in each session, surveying a selection of animal, plant and mineral specimens. As we look and draw, we will learn about their history in the collection, the characteristics of the specimen itself and develop an artistic toolkit of drawing, coloring, and visual-note-taking. We will also look at decorative objects and (weather permitting) parts of the garden that relate to the specimen visually, historically or scientifically. Studio/drawing sessions will take place in Wyck's Ed Shed and the garden grounds.

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

September 22 - October 27 | \$89

6 sessions

Wyck House, 6026 Germantown Ave.

Bring a water bottle, snack and camp chair/stool (optional, recommended).

CREATIVE DRAWING & JOURNALING

Th from 6:30 PM to 8:30 PM

AC33. Explore techniques that include imaginative drawing, collage, existing poetry, and our own writing. We will draw inspiration from nature, dream imagery and known artists' works. This pictorial/literacy union enhances the imagination and allows the mind to make mysterious connections. We'll practice drawing techniques along with using other media (collage, paint, fabric, sewing, some simple book-making art, bamboo and sumi ink brush, etc). We will also look at "altered books." At the end, each student will have created a personal art journal. This class is for all levels; adults and teens welcome. Note: there will also be some new additions for those who already took the course and would like to continue, as well as individual brainstorming for their journals!

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

October 1-22 | \$64

4 sessions

Friends Free Library Germantown Friends School, 5418 Germantown Avenue

Bring a blank journal of any size (not too small!); can be a hard-back or a sketch book. Also please bring a copy of your favorite poem to the first class.

BEGINNING MOSAICS

Th from 7:00 PM to 9:00 PM

AC19. Learn the art of mosaic! Make a beautiful wall hanging or picture frame for your home. Explore the tools and techniques used in this ancient art form. Students will leave with a working knowledge of the art form and be able to do variations of the project at home.

Jessica Liddell

September 17-24 | \$59

2 sessions

Bella Mosaic, 6780 Germantown Ave

\$25 materials fee payable to the instructor. This class may be taught by a staff member of Bella Mosaic.



Create beautiful earrings with Carcia!

NEW BURLESQUE AFTER DARK: WICK IT WAX

F from 6:30 PM to 8:30 PM

AC17. Step into an unforgettable evening where candlelight, fine wine, delicious bites, and the timeless allure of burlesque come together in one immersive experience. Discover the captivating history of burlesque as an art form rooted in confidence, glamour, storytelling, and self-expression. You'll blend luxurious fragrances, rich colors, and decorative accents to design a custom candle inspired by your own burlesque persona—whether bold, mysterious, romantic, playful, or unapologetically glamorous. The experience concludes with a playful introduction to burlesque-inspired movement, focusing on posture, poise, stage presence, and self-confidence in a fun, welcoming, and judgment-free atmosphere. Whether you're celebrating a special occasion or simply treating yourself to a unique night out, Burlesque After Dark: Wick it Wax is an evening of creativity, connection, laughter, and indulgence. Leave with a handcrafted signature candle, a deeper appreciation for the artistry of burlesque, and memories that linger long after the flame is lit.

Jojo Gass is a burlesque enthusiast and MALT instructor with over 23 years of experience, creating bold, playful, and memorable creative workshops from chess for women to the ultimate clay par-tay.

Mo Ivory is the owner of Wick it Wax, creating immersive candle-making experiences that blend creativity, atmosphere, and hands-on artistry.

October 23 | \$34

ARTrageous Brush and Flow,
6345 Germantown Ave.

\$20 materials fee per person will be automatically added upon registration.

NEW MAKE YOUR OWN POLYMER CLAY EARRINGS

Th from 6:00 PM to 8:00 PM

AC22. Discover the art of creating stylish, lightweight polymer clay earrings from start to finish. In this hands-on course, students will learn the fundamentals of working with polymer clay, including conditioning, color mixing, texturing, cutting, baking, and assembling professional-quality earrings. By the end of the course, you will have a solid understanding of how to work with polymer clay, and you will leave with completed earring sets and the skills to continue creating independently.

Carcia Morris is a jewelry artist and maker specializing in handcrafted polymer clay earrings. Her approach to teaching focuses on clear instruction, creativity, and practical skills. She is excited to combine real-world experience with a passion for sharing knowledge in an encouraging, beginner-friendly environment.

November 5 | \$39

Wesley Enhanced Living, 6300 Greene St.

\$25 materials fee payable to the instructor at the class for clay, jewelry findings, and tools.

CREATE YOUR OWN SPARKLE: JEWELRY MAKING BASICS FOR FUN

Sa from 1:00 PM to 3:00 PM

AC23. Create your own sparkle! Craft your own bracelet or earrings with quality gemstones, stainless steel and nickel-free findings. It's a delightful process of combining colors and various gemstones and soothing music to form unique designs. It will be an afternoon of fun and laughter with a splash of learning some simple stringing techniques. No experience necessary. Speak your style through pieces that you create!

Tienn Harris is the creative designer and proud owner of Fire Red Designs LLC. Taking inspiration from her creative grandmother, she has been crafting jewelry for over a decade. Fire Red Designs has been featured in Nina Cheyenne's Fashion Show and The Baldie Con Expo, and some of her pieces have been showcased at the gift shop at the African American Museum. Tienn believes making jewelry can be therapeutic and looks forward to sharing her skills with the community.

October 3 | \$34

ARTrageous Brush and Flow,
6345 Germantown Ave.

\$20 materials fee per person to be paid to the teacher at class. Each student will leave with one bracelet and one pair of earrings, but more materials can be purchased at class if you so desire.



Learn basic brush strokes and meanings behind kanji characters with Natalie, who also teaches *Introductory Japanese Conversation* (p.38) and *Fusion Bellydance* (p.47).

JAPANESE CALLIGRAPHY

Su from 10:30 AM to 12:30 PM

AC34. Experience the beauty and mindfulness of Japanese calligraphy. In this hands-on workshop, you'll learn basic brush strokes and writing techniques while exploring the meaning behind the Japanese kanji characters. Participants will practice writing simple words and kanji, creating elegant works of their own. Whether you're interested in Japanese culture, art, or simply looking for a relaxing and meditative creative experience, this workshop is a wonderful introduction to the traditional art of shodo (Japanese calligraphy).

Natalie Mancini teaches Japanese conversation, Japanese calligraphy, as well as fusion bellydance classes at MALT. She grew up in Japan and is a native speaker of Japanese. Natalie holds a master's degree in Japanese linguistics and state teaching licenses. Since 2009, she has been teaching Japanese at various institutions across the U.S., from middle school to universities, and has developed curricula ranging from introductory to advanced levels. In addition to language instruction, she practiced calligraphy throughout her school years in Japan and enjoys sharing this traditional art form with her students.

October 11 | \$39

Wesley Enhanced Living, 6300 Greene St.

\$5 materials fee payable to the instructor.

CUSTOMIZE YOUR OWN LIP GLOSS

Sa from 11:00 AM to 1:00 PM

AC20. Let's make our own lip gloss in this engaging and informative workshop. We'll provide step-by-step guidance, recipes, vendors, and empowerment to create your own unique lip glosses that reflect your style and personality. You will make several lip glosses that you can keep or gift to your friends.

Cheri Skipworth is the creative behind Hand-made U Studio, a craft space in North Philadelphia where crafting and community come together. Cheri has over 20 years of experience teaching arts and crafts to others.

November 14 | \$34

Wesley Enhanced Living, 6300 Greene St.

\$20 materials fee per person will be automatically added upon registration.

MAKE YOUR OWN BODY BUTTER AND SUGAR SCRUB

Sa from 10:00 AM to 1:00 PM

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

Cheri Skipworth

December 5 | \$34

Wesley Enhanced Living, 6300 Greene St.

\$25 materials fee per person will be automatically added upon registration.

DIGITAL CAMERAS: SLRS & MIRRORLESS

M from 7:00 PM to 9:00 PM

AC25. Do you have a digital SLR but keep it on auto everything? Trying to get the most out of your camera but you don't know what all the buttons do? Bring your camera and learn how to take more control over your photography. The final class will be a feedback night during which each student will show off the skills learned throughout the course! Be sure to charge your battery before each class. Your camera must have the following letters on the top dial: P, M, A, & S or P, M, Av, & Tv.

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

September 28 - October 19 | \$84

4 sessions

MALT Office, 6601 Greene St.

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

COMPOSE BETTER PICTURES!

M from 7:00 PM to 9:00 PM

AC26. Would you like to improve your digital photography? Practice different compositional techniques each week. We'll review at least one image that worked and one that didn't for each student every week. Familiarity with your camera and how to change settings is required, although we will do some review in class. All camera types welcome--please bring them to class each week.

Nicki Toizer

November 2-16 | \$64

3 sessions

MALT Office, 6601 Greene St.

For the first class, bring in a flash drive or media card with: 1) One of your favorite photos; 2) One or two images that didn't work out quite so well, all taken with the camera you plan to use in class.



Kamal Bostic-Smith

NEW CINEMATOGRAPHY FOR YOU!

Sa from 10:00 AM to 12 N

AC28. Discover the art of visual storytelling in this beginner-friendly cinematography class designed for adults. Whether you're interested in filmmaking or capturing special occasions, this course will guide you through the essentials of camera framing, composition, and editing. Using just your smartphone as your primary tool, you'll learn how to create compelling, cinematic visuals with confidence. Led by award-winning cinematographer Kamal Bostic-Smith, this welcoming environment encourages creativity, growth, and hands-on learning, perfect for anyone ready to bring their ideas to life on screen.

Kamal Bostic-Smith is a member of the Screen Actors Guild and an award-winning independent filmmaker who has written, directed, edited, and served as cinematographer on five film projects: *A Girl Named Blank*, *Out There*, *Safe Distance*, *Holiday*, and *Flipped*. In addition to filmmaking, Kamal teaches drama classes connected to his productions, helping aspiring actors develop their craft on set and in the classroom. He is also a drama and tap dance instructor. Kamal holds a Bachelor's degree in Human Development and Community Engagement from Temple University.

October 3-24 | \$89

4 sessions

United Lutheran Seminary,
7301 Germantown Ave.

All students must have a working knowledge of their smartphone, and available phone storage for 30-second clips.

INTRODUCTION TO IPHONE PHOTOGRAPHY

W from 6:30 PM to 8:30 PM

AC27. The iPhone camera is continually improving, producing better and easier ways to capture your photographs. Their ease is unsurpassed, replacing point and shoot cameras as well as DSLRs with convenient and easier ways to capture and post produce images, and send via email, messaging or post on social media sites. This workshop serves as an introduction to the continually evolving world of iPhone photography and its extensive capabilities. Instruction will include a brief history of photography, and basic composition. Anyone interested in getting more out of using their iPhone camera app, taking better photos and experiencing the range of controls that the camera offers will gain an enormous amount of information and begin to create more well composed, dynamic photographs.

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

September 23 - October 7 | \$64

3 sessions

MALT Office, 6601 Greene St.

NEW FROM HIVE TO SKIN: THE BEAUTY OF HONEY WORKSHOP

Sa from 3:00 PM to 5:00 PM

AC30. Discover the remarkable journey of honey from the hive to your skincare routine in this interactive educational experience. Participants will explore the fascinating world of honeybees, enjoy a guided tasting of locally harvested honey, and learn why raw honey has been valued in skincare for generations. During the workshop, you'll create a gentle Honey Facial Cleanser and a nourishing Honey Sugar Lip Scrub to take home while gaining practical knowledge about natural ingredients, pollinators, and healthy skin. This workshop blends science, wellness, and hands-on learning into a unique experience inspired by nature.

Latoya Johnson

November 14 | \$49

Wesley Enhanced Living, 6300 Greene St.

\$20 materials fee payable to the instructor.

NATURAL SKINCARE LAB: WINTER RADIANCE! FORMULATING YOUR ANTI-AGING FACE SERUM

Sa from 3:00 PM to 4:30 PM

AC29. Discover the secrets to a glowing complexion with our comprehensive course on natural skincare. Learn how to build an effective skincare routine tailored to your skin type, explore the benefits of natural ingredients, and avoid common pitfalls. As a highlight, we'll guide you through creating your very own custom face serum using premium natural ingredients. Transform your skincare habits and achieve radiant, healthy skin with our expert guidance and hands-on experience. Join us and embark on your journey to flawless skin today!

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

October 10 | \$44

United Lutheran Seminary,
7301 Germantown Ave.

\$15 materials fee payable to the instructor.

COLD PROCESS SOAP MAKING

Sa from 1:00 PM to 4:30 PM

AC31. Leave with 2 lbs. of your own customized soap incorporating oils such as coconut, olive, palm and cocoa butter with lye and water. The lye goes through the chemical reaction of saponification and is not present in the end product. This hands-on class will give you an overview of the process along with handouts to help your success making more in the future. After the soap has "cured," you will have hard, cleansing, lathering, moisturizing bars of soap. Give as gifts or keep for yourself.

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

November 7 | \$49

Wesley Enhanced Living, 6300 Greene St.

\$48 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.



Create beautiful art from your sweet pet's photo!

PAINT YOUR PET!

Sa from 9:30 AM to 12 N

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

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

October 24-31

2 sessions

Individual - One Adult | \$64

Adult and Child | \$106

Unitarian Universalists of Mt. Airy,
6900 Stenton Ave.

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

DRAWING AND PAINTING AT MINDY'S STUDIO

AC35. This class is for teens and adults who want to develop their drawing and painting skills and hone their artistic vision. The focus will be on representational art work, but abstraction, invention, and three-dimensional projects will also be options. You will get to choose your own drawing and/or painting projects and materials, with as much guidance or freedom as you would like. Beginners, seasoned artists, and everyone in between are all welcome. Come join this relaxed, supportive community of artists cheering each other on, learning from each other, and creating an artistic home together. You will also have the option of working outside in nice weather. Mindy has dropped her masking policy, but does ask people who are sick to please stay home and come for a make-up class.

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

A. September 15 - October 27 | \$168

Tu from 9:30 AM to 11:30 AM

B. September 17 - October 29 | \$168

Th from 2:00 PM to 4:00 PM

7 sessions

Mindy Flexer Art School, 5225 Greene St.

\$15 optional materials fee payable to the instructor at the class, if you would like to use Mindy's acrylic paint at the studio. Or, you can bring your own materials.



**MALT has
275 classes in
our Fall term!**

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

Give a MALT Gift Certificate!



Explore color and shape creating beautiful floral watercolors with Nya Patrinos!

NEW FLORAL WATERCOLOR PAINTING

M from 6:00 PM to 8:00 PM

AC36. This four-week watercolor series explores flowers through shifting approaches to observation and expression, working from fresh seasonal blooms and a limited palette. Across the course, we'll move from structured study to more intuitive painting, building confidence through water, form, and process: exploring value and wash, simplified shapes and composition, negative space, and, finally, loose wet-on-wet painting that allows for spontaneity and flow. No art experience necessary.

Nya Patrinos, MFA, is an artist and textile designer whose work explores history, material culture, and the stories carried by cloth. Her practice draws on botanical painting, natural dyes, pattern, and process to connect making with memory, labor, and place. Her recent collection, *Vanishing Blooms*, explores extinct and endangered flowers and was shown at the Botanical Gardens in Marnay-sur-Seine, France.

September 28 - October 26 | \$89

4 sessions, (no class 10/12)

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

A \$20 materials fee (paid in class) covers fresh flowers for painting subjects. Please bring your own watercolors, brushes, and paper — a suggested supply list will be emailed after you register.

NEW ZENTANGLE®: EXPLORING BLACK AND GREY TILES

W from 6:30 PM to 8:30 PM

AC16. This two-week class explores two unique techniques and projects. In the first class, you'll focus on creating a paperweight while discovering the beauty of drawing on black tiles using white gel pens and a white pencil to create highlights and shading. You'll build on familiar tangles, learn new ones, and complete a decorative paperweight to take home. In the second class, you'll work on a grey tile using blue ink, adding depth and dimension with highlights and shadows while continuing to expand your techniques and repertoire of tangles.

Mindy Shapiro

October 21-28 | \$64

2 sessions

Cathedral Village, 600 E. Cathedral Rd.,
Roxborough

\$18 materials fee will be automatically added upon registration.

See Page 12-14

NEW
Art Appreciation
Museum Tours

NEW FOREST BATH + BOTANICAL ALCHEMY: MANDALA BANNERS IN NATURE

Sa from 1:00 PM to 4:00 PM

AC38. Join us for this unique MALT collaboration! We will gather at Blue Bell Park for a meditative Forest Bath with Maegan followed by a Botanical Alchemy hand-dyeing workshop with Carin. The Forest Bath will offer the opportunity to immerse your senses in the restorative power of nature! We will engage in restorative forest therapy practices focused on mindfulness, meditation, and slowing down. Then we will celebrate the magic of the natural world through Botanical Alchemy. Students will create beautiful hand-dyed botanical banners to take home using hand-dyed fabrics and foraged botanicals. At the end of this workshop, you will leave with a one-of-a-kind fabric hanging artwork, and a renewed sense of gratitude and connection to nature, and yourself. All materials provided, but students are welcome to bring their own dried botanicals and cotton fabric for dyeing.

Maegan D'Amato is a licensed mental health therapist and registered 500-hour yoga therapist. She has been using mindfulness meditation to help herself and others heal for nearly a decade. As a part of this, Maegan has been guiding Forest Baths in urban settings since 2018.

Carin Sauerwein is a natural dyer, artist, and educator with over 25 years of experience in botanical dyeing. After leaving the corporate fashion world, she founded Dye on the Side to reconnect with nature, creativity, and community. Her teaching practice is rooted in sustainability, sensory play, and creating calm through color.

October 10 | \$54

Blue Bell Park, 842 West Walnut Ln.

\$20 materials fee to be paid to workshop leaders. Includes: prepped 22" x 22" cotton banner, dye, and take-home packaging. Students may bring their own dried botanicals and plain cotton fabrics for added personalization.

BASIC DRAWING

M from 2:00 PM to 4:00 PM

AC39. "To draw, you must close your eyes and sing" - Pablo Picasso

In this class, we will use drawing as a way to see the world, as a path of endless discovery. We'll explore the lyrical quality of line and gesture, texture and light. We'll work from nature, the human figure, and the built environment in a variety of media: pencil, charcoal, conte crayon, and pastel. Please join us!

Barbara Macauley is an architect with over twenty years teaching experience, and the art of drawing has been a passion throughout her life. She coordinated and taught freshman drawing classes at Thomas Jefferson University for ten years, and currently teaches freshman drawing class in the interior design department of Harcum College. She's also taught at Moore College of Art, The Rhode Island School of Design, and Roger Williams University in Rhode Island.

September 28 - November 23 | \$129

8 sessions, (no class 10/12)

Ridge Avenue United Methodist Church,
7811 Ridge Ave., Roxborough

Please bring the following materials to class: Drawing pad, 18" x 24" Strathmore or Utrecht, smooth surface; Kneaded eraser; White vinyl eraser; Soft charcoal square drawing sticks (not thin vine charcoal). Other possible supplies to be discussed.

FUN WITH WATERCOLOR TECHNIQUES

W from 6:30 PM to 8:30 PM

AC37. 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.

October 7-November 4 | \$89

4 sessions, (no class 10/21)

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

BYO materials or buy them from the list provided upon registration.

WATERCOLOR AND DRAWING FOUNDATIONS

Tu from 1:30 PM to 3:30 PM

AC40. Join in the fun of learning how to handle materials and processes in drawing and watercolor in a supportive, friendly environment. Receive hands-on instruction in basic watercolor washes, color mixing, line drawing and shading techniques. We do a few projects together with plenty of hands-on instruction. The class welcomes newcomers as well as those who want to brush up on their skills!!

Marcia Jones, MFA, is a teaching artist in Mt. Airy with 50 years experience teaching art to all ages, in art centers and art schools. Her instruction-based teaching method, which she named 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 was awarded MALT's Barbara Bloom Teacher Award in 2022.

September 15 - October 13 | \$110

5 sessions

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

Supply list provided by instructor after registration.

WATERCOLOR AND DRAWING LEVEL 2

Tu from 1:30 PM to 3:30 PM

AC41. This course is for those who have taken Watercolor & Drawing Foundations with Marcia, or for those who would like to take Level 2 again. Our projects vary from season to season and will primarily focus on advanced color mixing, brushwork and the handling of edges. We will expand the basic primary palette used in Watercolor & Drawing Foundations to learn more about the specific characteristics of watercolor. Our projects will include still life, landscape, or any other subject which inspires us!

Marcia Jones

October 20 - November 17 | \$110

5 sessions

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

Supply list provided by instructor after registration.

MAKING ART MAKES US SMARTER: PASTELS

W from 1:30 PM to 3:30 PM

AC42. This course welcomes newcomers as well as those who want to renew pastel skills. You will receive instruction in both chalk and oil pastels, including various color application techniques, and paper explorations. Pastel can be applied energetically in broad strokes like paint or in fine layers like drawing. Vibrant colors and strong covering power make this medium fun and exciting. We will be working in a safe, air-filtered room, and masks will be strongly recommended to protect our health.

Marcia Jones

September 30 - October 28 | \$110

5 sessions

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

Supply list provided by instructor after registration.

CALLIGRAPHY

Sa from 1:00 PM to 4:00 PM

AC43. Add some flair to your signature, some pizzazz to your greeting cards! Don't worry—we're not going to recreate an ancient manuscript! Learn how to use a calligraphy marker, basic strokes, shapes, and formats. Students will do some practice exercises then develop their own alphabet script. Each student will take home calligraphy pens and exercise sheets plus have access to an online library of class materials.

Bea Quindlen learned from her high school art teacher that success can come from the learning process rather than the "perfect finished product." Those high school "discovery projects" led to a lifetime of crafting – and isn't life a "discovery project?" Bea is happily retired after a 47-year career at a data company. She attended a MALT class way back in 1994 but not again until 2008! Since then, she has taken over 20 classes. In 2017, she made the switch from student to instructor, teaching a variety of introductory craft classes.

October 10 | \$54

Church of the Annunciation,
324 Carpenter Ln.

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

EXPRESSIVE COLLAGE WORKSHOP

F from 10:00 AM to 12 N

AC44. Get your emotions and creative juices flowing, express your artistic vision or simply let your subconscious guide you as you combine images and colors to produce a work of art. Expressive collage is fun, playful and for everyone who wants to create with paper. Absolutely no previous art experience is necessary. You will be amazed at how easy, relaxing, and rewarding it is to make a collage. You are welcome to bring your own photographs, magazines and papers to class, but know that everything you need to create work will be provided. Rebecca has a vast collection of magazines, wrapping papers, newspapers and calendars. Scissors and glue will be provided as well.

Rebecca Hoenig

October 16-23 | \$34

2 sessions

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

\$5 materials fee payable to the instructor.

NEW CREATIVE EXPRESSION THROUGH ART

F from 6:30 PM to 8:00 PM

AC45. Join us for a welcoming four-week art-making experience centered on creativity, connection, and personal expression. Guided by an art therapist, you'll explore thoughts, feelings, and life experiences through engaging art activities in a supportive, judgment-free environment. Each session includes creative prompts, hands-on art making, and opportunities for reflection and group discussion. No artistic experience is necessary. During this class, you'll build community, practice self-care, and discover how creative expression can enhance well-being and provide new perspectives.

Sondra Rosenberg

November 6 - December 4 | \$79

4 sessions, (no class 11/27)

Unitarian Universalists of Mt. Airy, 6900 Stenton Ave.

\$10 materials fee for supplies payable to the instructor at the first class. Please bring your own sketchbook (approximately 14"x17").



Jo Song has been MALT's graphic design intern this spring and summer, and we're delighted to have her as a teacher too!

NEW FLORAL ARRANGING

Sa from 11:00 AM to 1:30 PM

AC46. With the holidays just around the corner, get into the spirit of the season through the art of floral design! In this class, you'll learn the essential principles of floral design and how to work with fresh fall flowers and foliage. Walking through each step together, you will create a beautiful holiday centerpiece to take home (or give as a gift) by the end of the class. No previous floral experience is needed, so bring a friend and meet your neighbors for a fun, festive activity!

Jo Song's passion for floral design starts from her roots as an artist. Her career in floral design starts in Maryland, where she had been working as a professional florist before starting her studies at Drexel University in Graphic Design. Her work as a floral designer spans from heart-felt gifts for a loved one to wedding ceremonies. You may also find some of her work as a graphic designer featured in MALT's special events, photos, and promotional content from this past summer as a part of her Drexel Co-op experience!

November 7 | \$44

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

An additional \$30 materials fee will be automatically added upon registration, for all materials including fresh flowers and a vase. Students must bring a pair of garden shears.

NEW 21ST CENTURY SHORT FORM: A READING COURSE

Tu from 6:00 PM to 7:30 PM

WMo2. Do you wish you were more of a reader? Reading, like writing, is more fun when we do it in community. Each week, we will discuss a pair of texts published after 2000, mixing short stories, essays, theory, memoir, and journalism. Through writing prompts, partner work, and group discussion, we will explore these works individually and in relation to one another, seeking greater enjoyment in our reading while reflecting on how writers are responding to the unique challenges of our contemporary moment. The reading list includes works by George Saunders, Mark Greif, Tony Tulathimutte, Alexander Chee, Torrey Peters, Paul Preciado, Youngmi Mayer, Deborah Eisenberg, Hanif Abdurraqib, and Octavia Butler.

Cat Powell (she/they) is a writer and teacher who has taught writing to students of all ages in a wide range of settings for nearly twenty years. She has degrees in English literature from

Harvard University and the University of Cape Town, and an MFA in fiction from Columbia University. Her short fiction has appeared in *The Fairy Tale Review*, *Action*, *Spectacle!*, *The South Dakota Review*, *New Contrast*, and *The Missouri Review*.

November 10 - December 8 | \$74
5 sessions

Unitarian Universalists of Mt. Airy,
6900 Stenton Ave.

\$10 materials fee payable to the instructor at the class for printouts. Bring a notebook to write in; pen and paper strongly encouraged.

See Page 23

NEW
Cinematography
for You!



Cat Powell

NEW EXPLORING THE PAST: A HISTORY BOOK CLUB

Tu from 6:30 PM to 8:00 PM

WMo3. The History Book Club will read and discuss history books in a friendly, casual, and inquisitive setting. Selected titles will explore history at the civilizational level (Persia and China) and at the personal, biographical level (FDR). No prior knowledge or expertise is expected, just a curiosity about other times and places. While not a comprehensive or exhaustive study of history, the course is meant to open our imaginations to past events—both as fascinating stories in their own right and as ways to better understand our present and future. We welcome all students, whether you're well-versed in history or simply curious about why it's worth reading. In September and October, we begin with surveys of Persia (*Persians: The Age of the Great Kings* by Lloyd Llewellyn-Jones) and China (*China: A History* by John Keay). November and December will bring us a focus on one lengthy biography of FDR (*Traitor to His Class* by H.W. Brands), split across the final two sessions. Students can find these books at the Free Library of Philadelphia, or local bookshops.

Eric Tillberg studied Art History in college and International Relations in graduate school. He has been interested in politics, culture, and history for years. Eric ran a history book club in Durham, NC from 2019 to 2024, which was well-loved.

**September 29, October 27, November 24,
December 22 | \$105**
4 sessions

Unitarian Universalists of Mt. Airy,
6900 Stenton Ave.

NEW GATHERING ON SORROW'S GROUND

Th from 3:00 PM to 4:30 PM

WMo4. Many of us are carrying grief in our bodies and our lives while holding onto harmful messaging that we must push through, get over it, move on. Grief is natural and sacred to the human experience. Let us meet this inevitable guest together, creating a welcome space to learn what it has to teach us, how to care for our grief and approach it from a place of reverence, and how it might be inviting us to deeper compassion for ourselves and each other. Through wisdom sharing, writing, embodiment practices, poetry and ritual, we will tend this ground of sorrows together, gathering in community as we were always meant to.

Naila Francis is a writer/poet, certified grief coach, interfaith minister and death midwife. She helps people transform their relationship to grief and loss through one-on-one coaching, workshops, rituals and ceremonies. Her work is often informed by her love of poetry, nature and spiritual practice. She is also a founding member of Salt Trails, a Philadelphia collective honoring grief through community rituals and gatherings.

October 15 - November 12 | \$79

5 sessions

Chestnut Hill Friends Meeting House,
20 E. Mermaid Ln.

MEMOIRS AND ESSAYS: KEEPING THE MOMENTUM ONLINE

Th from 6:30 PM to 8:30 PM

WMo5. Do you have more chapters from your memoir, new personal essays, percolating ideas, writing questions or discussion points since you last took Nancy's "Memoirs and Essays" class? This updated workshop, a continuation of "Memoirs," is for previous students to keep you enthused and productive: writing, sharing, receiving Nancy's written feedback, with new in-class exercises and material!

Nancy Rasmussen has taught non-fiction writing courses at three universities in addition to her long-running memoir class for MALT. She has also written short pieces for several magazines along with personal essays for her writers' group. Currently, Nancy edits for and coaches various clients, helping them share their stories with others.

November 5 - December 3 | \$74

4 sessions, (no class 11/26)

The Comfort of Your Own Home

WRITING THE PERSONAL ESSAY ONLINE

F from 10:00 AM to 11:00 AM

WMo6. 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 a BA in Literature from Purchase College/SUNY and an MA and PhD in English: Cultural and Critical Studies from the University of Pittsburgh. Llana has taught non-fiction and essay writing at several colleges and universities and is currently an Assistant Teaching Professor of English and Philosophy at Drexel University. Her own writing has been published in several academic journals.

September 25 - November 6 | \$79

6 sessions, (no class 10/9)

The Comfort of Your Own Home

FLASH FICTION WORKSHOP

F from 7:00 PM to 8:30 PM

WMo7. What is Flash Fiction? Simply, very short fiction, usually under 1000 words. In this workshop, we'll read and practice various types of flash fiction, including the dribble (50 words), drabble (100 words) and even the 6 word autobiography! Come prepared to experiment, try new forms and improve your fiction writing skills. Students will get a chance to write many short stories, learn various fiction techniques, as well as read a variety of stories and take away various prompts to try at home.

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

October 30 - November 20 | \$64

4 sessions

Wesley Enhanced Living, 6300 Greene St.

FUN WITH POETRY

Sa from 9:00 AM to 10:30 AM

WMo8. Poetry is another way to tell a story, by exploring one's own truths, observations, feelings, and even humor. Poetry is more than rhyme schemes and syllable counts - it can be fun! You will have the opportunity to experiment with your inner poet, even if you don't think you have one. This course is an outlet to connect individuals to their own poetic design, allowing a brave space to try new things without judgment. No experience necessary: all you need is curiosity. At the end of the course, students will have a small collection of poetry (3-10+) to build on their own if so inspired.

Sarah O'Connor has been writing since childhood, making little chapbooks, and leaving them on public transit for others to find. She loves sharing the experience of writing with others through an in-person connection. Sarah has led writing workshops for women living in shelters due to family violence, and in doing so, discovered the inspiring power of poetry. She has studied creative writing at the University of Pennsylvania and recently completed a diploma in creative writing at the University of Oxford.

September 19 - October 10 | \$64

4 sessions

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

The course will be pen and paper based. Electronic devices are discouraged (unless needed) as to provide sensory downtime from screens.

INTRODUCTION TO IMPROV COMEDY

W from 6:30 PM to 8:00 PM

SR15. If you've seen shows like SNL, MadTV, or In Living Color, you've seen the foundations of longform improv. In this class, you'll learn to create unscripted scenes on the spot using the core principle of "Yes, And." Longform improv is all about communication, listening, and supporting your scene partners while building longer, more dynamic scenes. You'll develop confidence, spontaneity, and creativity: all while having a great time stepping into different characters and situations.

An Nichols is an established performer in the Philadelphia community. She trained at Philly Improv Theater, the Magnet and performed with the PA Ren Faire, NJ Ren Faire, Bright Invention Ensemble, Philly Improv Theatre Conservatory, Lancaster Improv, ComedySportz, and Philly Fringe Festival. She served as the diversity advisor for ImprovUtopia and directed Improvised Star Trek for ImprovFest Ireland.

November 4 - December 9 | \$89

6 sessions

Cliveden Carriage House, 6401 Germantown Ave.

STAND UP COMEDY WORKSHOP

Sa from 10:00 AM to 12 N

WMo9. People say you're funny? Come learn stand up! It's easier than you think. Our workshop is aimed at beginning and intermediate comedians, but experienced comics are welcome and will benefit! You'll learn to craft material that works, own the stage like a pro, deal with hecklers, overcome fear, host a show, and promote yourself. The workshop is four weeks and includes guest comedy teachers and culminates with a performance. The workshop may be repeated for enhanced learning.

Brian Foley started stand-up later in life. He's a trial lawyer and law professor but rose fast and has performed at the world famous The Comedy Studio in Boston; as part of Florida's Funniest; in Seoul, Korea; and Flemington, NJ. He's opened for Joe Matarese, Joe Conklin, John Kensil, The Legendary Wid, Chris Rich, and others. He is the author of *A New Financial You in 28 Days! A 37-Day Plan* (Gegensatz Press). Brian also teaches public speaking and consults with attorneys regarding storytelling and trial.

September 19 - October 17 | \$74

Graduation show November 8 at Chestnut Hill
Brewing Company, 5:30-7:00 PM.

4 sessions, (no class 10/10)

Unitarian Society of Germantown,
6511 Lincoln Drive

INTRODUCTION TO SCREENWRITING

W from 6:30 PM to 8:30 PM

WM10. This class teaches the practical, technical and creative approaches to writing for the screen. Students learn about visual storytelling, screenplay structure and formatting from an experienced working screenwriter. Students who have an interest in screenwriting will have their eyes opened and minds blown in this comprehensive course, learning how to conceive of a story for the screen, write an outline for a screenplay and then start to write a screenplay.

David Greenberg has been writing screenplays professionally for over twenty-five years. He teaches screenwriting at Drexel University and has also taught at University of the Arts, Temple University, Moore College of Art, Arcadia University and Montgomery County Community College. His book *Screenwriting for Micro-Budget Films* has been called one of the greatest screenwriting books of all time by bookauthority.org. His feature writing-directing debut, *Stomping Ground*, is distributed by Breaking Glass Pictures.

October 14 - November 18 | \$119

6 sessions

MALT Office, 6601 Greene St.



Nathan Alling Long has been teaching with MALT since 2006!

INTERMEDIATE & ADVANCED SCREENWRITING WORKSHOP

M from 6:30 PM to 8:30 PM

WM11. If you have screenwriting basics down, join us for an informal workshop to bring in your projects and exchange feedback with other writers. Present your script, get tips from screenwriting professor David J. Greenberg, and learn from peers who are on the same journey as you.

David Greenberg

October 19 - November 23 | \$119

6 sessions

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

THE ART OF THE SENTENCE ONLINE

Su from 6:00 PM to 9:00 PM

WM12. The Art of the Sentence looks closely at how sentences are constructed to help make your writing more interesting and powerful. By looking closely at sample sentences, this class offers several perspectives and techniques to help you write more effectively. The class will include several writing exercises, including writing very short and long sentences, with a chance to share your work, as well as tips on how to edit your sentences to make them stronger.

Nathan Alling Long

November 15 | \$34

The Comfort of Your Own Home

THE BASICS OF ACTING

F from 5:30 PM to 7:00 PM

WM13. Discover the fundamentals of acting in this comprehensive course. Explore physical and emotional techniques, acting principles, and scene study methods to bring characters to life. Develop emotional recall, sense memory, and imagination skills to create authentic performances. Through interactive exercises, scene work, and discussions, students will be well on their way to launching their acting career, or simply enhancing their creative expression. This course is perfect for individuals seeking to overcome stage fright, develop confidence, and pursue their passions.

Denisha Marriott has over 17 years of experience in the entertainment industry. She began her acting journey in theater and later transitioned to working in TV and film, and soon began training actors. She has worked with actors that have booked work on Disney, Hulu, HBO, Comedy Central, Universal Studios, Netflix, and more. She is a huge believer that every actor in the world can reach their goals by being grounded in their faith and putting the work in to excel to new heights.

October 16 - November 13 | \$74

5 sessions

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

Prior to class, please purchase "The Power of the Actor" by Ivana Chubbuck.

FRAME DRUMMING: RHYTHM FOR YOUR SOUL

Sa from 3:00 PM to 4:30 PM

WM17. Would you like to learn the art of the frame drum? In a world full of rushing, disconnection, and chaos, the frame drum – the world's oldest instrument – can be an amazing antidote. This class will soothe your nervous system, shift you into a more connected way of being, and strengthen your own inner rhythm. Frame drumming together creates a sense of community! This class is an introduction to the upright style of the frame drum, the most ancient way of playing the drum. No musical experience is required. Expect to learn the basic strokes and a couple of rhythms to play.

Natanya Apfelbaum has been studying the frame drum for the last five years. She has studied with a number of master teachers. She spent two years living in Sicily, studying frame drumming and dance. Most recently, she lived in Turkey for three months, where she learned traditional Turkish frame drumming.

November 7 | \$34

Chestnut Hill United, 8812 Germantown Ave.

Instructor will have frame drums available for use during the workshop. These are available for purchase afterward for \$40.

NEW INTRODUCTION TO THE BANJO

W from 6:30 PM to 7:30 PM

WM18. During its 300-year history, the banjo has at times been an object of ridicule and scorn. But, as with most prejudices, those reactions reflect a limited understanding of the banjo's role in shaping American music and music around the world. Both melodic and percussive, the banjo is a uniquely expressive instrument with the power to stir the soul. This course offers an overview of the banjo's rich history, along with an introduction to a variety of playing styles. You'll learn several traditional right-hand techniques, including down-picking (frailing and clawhammer) and one- and two-finger up-picking, while exploring different tunings. If you don't have a banjo, but are curious, come anyway; this class will help you decide whether to get one. The emphasis will be on accompanying yourself as you sing.

David Murphey plays multiple stringed instruments and has taught both groups and individuals of all ages.

October 7-28 | \$64

4 sessions

Kelbourne Woolens, 231 W. Mt. Pleasant Ave.

BEGINNING ADULT PIANO

W from 6:30 PM to 7:30 PM

WM19. Improve your listening, memorization and problem-solving skills, while learning to play beautiful music! This course will cover the essentials: clefs, note reading, fingering, counting/meter, dynamics, body/hand position, and basic music theory. A look into the piano will help you understand how this classical instrument works as well. You will gain a sense of accomplishment in the multitasking aspects of playing the piano. Simple at-home exercises will reinforce the class work, and daily practice is strongly encouraged. Students will need to bring their own keyboards to the class.

Stephanie Ben-Salem holds a BA and MA in piano performance, as well as a MA in education, and has been teaching students from all ages, abilities and backgrounds for the past 44 years. Besides the piano, she is very proficient in violin, cello, sitar, darbouka, santoor, and tabla as well as a plethora of other instruments. She has been a performing artist for over 50 years throughout the US and Europe.

September 16 - October 21 | \$109

6 sessions

Cliveden Carriage House,
6401 Germantown Ave.

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

NEW REDISCOVERING YOUR SINGING VOICE

Sa from 10:00 AM to 11:30 AM

WM21. Reconnect, rediscover, and explore the singing voice of who you are today. Singing and speaking voices naturally change as we age, especially if you haven't sung in a while. In each class, we'll begin with vocal calisthenics to strengthen the voice, improve range, and build confidence, then apply what we've learned through group singing, with optional solo opportunities. The songs we sing will reflect the interests and preferences of the class.

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 has taught at the University of the Arts and gives private speech and singing lessons from her home in Germantown. Connie has taught singing for the Learning Tree since 2001. She is particularly interested in promoting confidence in students of all ages to use their singing voices for their own joy.

October 10 - November 14 | \$89

6 sessions

Church of the Annunciation, 324 Carpenter Ln.

NEW MOZART'S FORTIETH SYMPHONY: A DEEP DIVE INTO A MASTERPIECE

W from 6:30 PM to 7:30 PM

WM24. Are you new to classical music, or would you like to deepen your appreciation of it? You might be surprised how much you can learn by focusing on a single masterpiece. In this class, we'll take a deep dive into Mozart's Symphony No. 40. After an introductory session, each of the remaining classes will explore one movement of the symphony. Along the way, you'll learn how to listen more actively, understand the structure of a symphony, and explore how the music relates to its own time and ours. The class also incorporates online resources to enrich your listening experience.

Richard Wattenbarger holds a Ph.D. in historical musicology from the University of Minnesota and has taught at La Salle University, Temple University, and Delaware Valley University. He has written program notes and articles for both scholarly and general audiences and enjoys helping people discover new ways to listen to and appreciate classical music.

October 21 - November 18 | \$74

5 sessions

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

BEGINNING CELLO

WM25. Adult beginners -- let's explore the cello! Do you love the sound of the cello? Are you curious about how it feels to be making this beautiful sound? Or did you play the cello as a child and are considering picking it up again? This cello immersion class is for you! You'll learn to hold the cello and bow comfortably and use your senses to create pitch, tone, rhythm, and dynamics. Your instructor, a professional cellist and experienced cello teacher, will play with you, and you'll experience the joys of making music together from our very first class! No prior musical background or music reading skills are required. This class is for those who love the cello and want to experience playing it firsthand!

Karla Holland-Moritz is a retired San Diego Symphony cellist with a Master of Music Performance degree from Yale. With her many years of professional playing and teaching experience, she delights in introducing people to the wonders of the cello!

Karla will contact all students upon registration to inquire whether a rental cello is needed or not, and to provide additional information. For those who need to rent a cello, she has arranged with Paul Stevens Violins in Ardmore to provide a short-term rental. The rental fee, starting the week of Sept. 14 until Oct. 3 is \$127.20 including tax, with an option to extend for a small fee. *Please do not under any circumstances rent or purchase an online cello!*

A. September 19 - October 3 | \$109

Sa from 10:30 AM to 12 N

B. September 19 - October 3 | \$109

Sa from 2:00 PM to 3:30 PM

3 sessions + 3 private sessions

Private Music Studio in W. Mt. Airy

Course fee includes three weeks of Saturday group classes PLUS three private or semi-private lessons. Private or semi-private lessons to be scheduled on weekends or weekdays with instructor at students' convenience.



Duke Ellington at the Hurricane Cabaret, 1948.
Photo by Gordon Parks. Library of Congress.



Karla Holland-Moritz

BEGINNING PIANO LEVEL 2

W from 6:30 PM to 7:30 PM

WM20. This class goes beyond the beginning level of piano. Basic knowledge should include note reading, note and rest value counting, and fingering. This class continues with repertoire, technical and some theoretical training. The final class culminates in review and student performances. Students should have their own portable keyboards to bring to each class.

Stephanie Ben-Salem

October 28 - December 9 | \$120

6 sessions, (no class 11/25)

Unitarian Society of Germantown,
6511 Lincoln Drive

NEW THE HISTORY OF RECORDED MUSIC, 1900 TO 1950

Th from 6:00 PM to 8:30 PM

WM26. From the beginning of recorded sound in the early 1900s to the development of bebop following WWII, we'll listen to a wide selection of vintage music, all played on the original 78 RPM records from my personal collection. Famous artists of the time period like Fats Waller and Duke Ellington will be featured, as well as now-forgotten greats like the delightfully jazzy Annette Hanshaw, and the brilliant comedian Bert Williams. You will hear historical material you are unlikely to hear anywhere else. Music fans will be sure to enjoy this entertaining and informative course.

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

October 1 - November 5 | \$59

6 sessions

Private home in Chestnut Hill

NEW DEMYSTIFYING THE SHAPES AND SOUNDS OF FOREIGN LANGUAGES

Tu from 5:30 PM to 7:00 PM

WM27. Writing represents the way a language is spoken and has constantly evolved over centuries to accommodate changes in speech. The way language is written has also evolved over human history. This course will be a journey across three major languages within the Indo-European language family - Latin/Roman, Hindi/Sanskrit, and Arabic - to explore their sounds, the way they are represented in writing, and learn a tiny bit of language history along the way. Students will learn how to write in each of these scripts and leave with the ability to read the sounds of different languages. This simple course is intended for anyone interested about language in culture, art, and music. Suitable for beginners.

Mittal Trivedi is a polyglot scholar studying languages through a cultural lens. She speaks six languages including Italian and Spanish, and has had different experiences in learning all of them. Her passion for Italian developed when she spent three years in Italy for her doctorate on Sanskrit. Her background in language research means she was able to employ pattern recognition in grammar and use immersion techniques to get into the mindset of speaking Italian.

December 1-22 | \$59

4 sessions

Church of the Annunciation, 324 Carpenter Ln.

CONVERSATIONAL ITALIAN FOR BEGINNERS

M from 5:30 PM to 7:00 PM

WM28. If you want to learn Italian but find it difficult to begin, this course is for you! Using real-life situations, you will learn to speak basic Italian: how to greet people, how to order at a restaurant, how to get directions, and how to ask questions to someone to get more information. You will learn what an Italian sentence looks like, how to get a sense of the masculine vs. feminine articles for words, and certain nuances like the double negative sentence formation or the literal meanings employed by the language. This class will be fun, interactive, and will use audio-visual resources to give you the knowledge you need to travel around in Italy.

Mittal Trivedi

October 19 - December 7 | \$109

8 sessions

Church of the Annunciation, 324 Carpenter Ln.

NEW NEXT STEP ITALIAN: ACTIVATING CONVERSATIONAL FLUENCY

Tu from 5:30 PM to 7:00 PM

WM29. Have you learned the basics of Italian language and are now looking to talk in more than the present tense? This course can help you understand the commonly used tenses and get you on track to develop vocabulary to unlock a wider range of expression. The course is ideal as the next step for students who have taken our Conversational Italian for Beginners course and for those who have studied basic Italian elsewhere and would like to reconnect with it.

Mittal Trivedi

September 29 - November 17 | \$109

8 sessions

Church of the Annunciation, 324 Carpenter Ln.

DISCOVER FRENCH

W from 4:45 PM to 6:15 PM

WM30. Discover French is the perfect starting point for complete beginners or anyone who wants to start fresh! In this welcoming class, you'll learn how to introduce yourself, share information about yourself and others, and explore food and dining in France—giving you the tools to confidently order at a restaurant and understand interactions with waitstaff, an essential skill for travel. From day one, the focus is on speaking, with practical tools to help you build sentences and develop clear, confident pronunciation so you can communicate right away. You'll learn simple, effective patterns and tricks that allow you to speak without having to think about conjugation. You'll leave with a strong foundation, real conversational skills, and a personal connection to the French language and culture—ready to keep learning or travel with ease.

Julia Podgorsek was born and raised in France and has been teaching French in the US for over 10 years.

September 16 - November 4 | \$109

8 sessions

Chestnut Hill Hospital, 8835 Germantown Ave.

NOT SURE WHICH FRENCH CLASS TO JOIN?

Find your French level here:



RECONNECT WITH YOUR FRENCH

Th from 4:45 PM to 6:15 PM

WM31. Reconnect with Your French is perfect for anyone who studied French in the past and wants to bring it back—without starting from zero. In this dynamic and supportive class, you'll quickly reactivate what you already know while filling in the gaps along the way. The focus is on speaking from the start, with simple tools and patterns that help you find your words again and feel comfortable expressing yourself. Through guided practice and conversation, you'll rebuild your confidence, improve your pronunciation, and get used to hearing and understanding French again. You'll leave feeling reconnected to the language, more at ease speaking, and ready to keep going—whether for travel, work, or pure enjoyment.

Julia Podgorsek

September 17 - November 5 | \$109

8 sessions

Chestnut Hill Hospital, 8835 Germantown Ave.

ACTIVATE YOUR FRENCH

Th from 6:30 PM to 8:00 PM

WM32. Activate Your French is designed for learners who already have a solid foundation in French but feel stuck when it comes to speaking fluently and confidently. You already understand a lot, but speaking doesn't flow as easily as you'd like, and self-doubt often gets in the way. This class is here to change that. The goal is simple: get you talking. You'll learn to let go of perfection, embrace mistakes, and keep speaking until your ideas, emotions, and stories come through naturally. It's about breaking the inhibition that blocks fluency and learning to use the French you already have. At the same time, you'll explore the art of conversation: how to engage, react, and connect with others in French. You'll leave more confident, more spontaneous, and finally able to speak without overthinking.

Julia Podgorsek

September 17 - November 5 | \$109

8 sessions

Chestnut Hill Hospital, 8835 Germantown Ave.

ENGAGE WITH FRENCH

W from 6:30 PM to 8:00 PM

WM33. Engage with French is a conversation-based class designed for fluent speakers who want to keep their French active, natural, and alive. Each week, we explore a different piece of French media—films, articles, podcasts, radio excerpts, and more—opening the door to the richness and diversity of French culture. These materials become the starting point for lively, in-depth conversations that go beyond language practice and into ideas, opinions, and cultural exchange. The focus is on expression, nuance, and spontaneity in real conversation. You'll refine your ability to react, debate, and connect with others in French, while staying immersed in authentic content. This is your space to keep French part of your life, expand your cultural horizons, and stay fluent through meaningful exchange.

Julia Podgorsek

September 16 - November 4 | \$109

8 sessions

Chestnut Hill Hospital, 8835 Germantown Ave.

ASL LEVEL 1 ABC BOOK LESSONS 1-5

M from 6:30 PM to 8:30 PM

WM34. Beginners learn American Sign Language (ASL) in a relaxed learning environment with structured and spontaneous dialogue. You will develop appropriate conversational strategies unique to Deaf Culture while learning ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL.

This class is offered through the **Deaf-Hearing Communication Center, Inc. (DHCC)**, an organization dedicated to communication access, education, and advocacy for Deaf and Hard of Hearing individuals. In addition to learning ASL, students will be introduced to key ideas, stories, and aspects of Deaf culture and history.

October 12 - December 14 | \$193

10 sessions

United Lutheran Seminary,
7301 Germantown Ave.

Our Level 1 classes utilize the textbook *A Basic Course in American Sign Language (ABC) - Second Edition*, which can be purchased separately from Amazon, eBay, or www.diglo.com. The textbook costs approximately \$40 and is used for Levels 2, 3, and 4.

ASL LEVEL 2 ABC BOOK LESSONS 5-8

Th from 6:30 PM to 8:30 PM

WM35. This is the second level of American Sign Language (ASL) classes. This class is intended for beginners with some prior knowledge of ASL – specifically, students who have already taken and passed ASL 1 or who have been evaluated into this level (in the case of students who already have prior knowledge but didn't take classes with DHCC). In this class, you will continue to learn ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL.

This class is offered through the **Deaf-Hearing Communication Center, Inc. (DHCC)**

October 8 - December 17 | \$193

10 sessions, (no class 11/26)

United Lutheran Seminary,
7301 Germantown Ave.

Textbook required: A Basic Course in American Sign Language (ABC) - Second Edition

ASL LEVEL 3 ABC BOOK LESSONS 9-12

W from 6:30 PM to 8:30 PM

WM36. This is the third level of American Sign Language (ASL) classes. This class is intended for students with some prior knowledge of ASL – specifically, students who have already taken and passed ASL Levels 1 and 2 or who have been evaluated into this level (in the case of students who already have prior knowledge but didn't take classes with DHCC). In this class, you will continue to learn ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL.

This class is offered through the **Deaf-Hearing Communication Center, Inc. (DHCC)**

October 7 - December 16 | \$193

10 sessions, (no class 11/25)

United Lutheran Seminary,
7301 Germantown Ave.

Textbook required: A Basic Course in American Sign Language (ABC) - Second Edition

NEW CONVERSATIONAL ASL RECEPTIVE & EXPRESSIVE

M from 6:30 PM to 8:30 PM

WM39. This class focuses on developing both the ability to understand (receptive) and produce (expressive) American Sign Language (ASL). Receptive skills involve understanding signs and language, while expressive skills involve creating and signing accurately. In this class, you will continue learning receptive skills (comprehension, listening, reading, and contextual understanding) and expressive skills (signing accuracy, vocabulary, grammar, natural expression, narrative, and communication). MUST complete ASL 5 in order to take Conversational ASL Receptive & Expressive or complete an evaluation with one of our qualified Deaf instructors.

This class is offered through the **Deaf-Hearing Communication Center, Inc. (DHCC)**.

October 12 - December 14 | \$193

10 sessions

Chestnut Hill Hospital, 8835 Germantown Ave.

INTRODUCTORY JAPANESE CONVERSATION ONLINE

Sa from 11:00 AM to 12:30 PM

WM37. Have you always wanted to learn Japanese? This beginner-friendly course focuses on speaking and listening rather than reading and writing. Through interactive activities and guided conversations, you'll learn essential vocabulary, basic sentence structures, and practical expressions for everyday situations. By the end of the course, you'll be able to introduce yourself, ask and answer simple questions, and engage in basic conversations in Japanese. No prior experience is required.

Natalie Mancini teaches Japanese conversation, Japanese calligraphy, as well as fusion bellydance classes at MALT. She grew up in Japan and is a native speaker of Japanese. Natalie holds a master's degree in Japanese linguistics and state teaching licenses. Since 2009, she has been teaching Japanese at various institutions across the U.S., from middle school to universities, and has developed curricula ranging from introductory to advanced levels. In addition to language instruction, she practiced calligraphy throughout her school years in Japan and enjoys sharing this traditional art form with her students.

October 17 - November 14 | \$74

5 sessions

The Comfort of Your Own Home



We're proud to partner with the Deaf-Hearing Communication Center to be able to offer ASL courses.

NEW BEGINNING SPANISH

Tu from 5:00 PM to 6:30 PM

WM38. Ready to sharpen up your Spanish language skills? Do you like to travel to México, Central America, South America, Spain or the Caribbean? Do you want to be able to read basic Spanish or carry on a simple conversation with native speakers? In this introductory class, we will learn common expressions, conversational exchanges and important everyday vocabulary supported with sentence building and proper pronunciation. Join us for a lively, interactive and entertaining linguistic experience. ¡Vamos!

Rodney Chonka speaks and has taught many languages and is a frequent traveler to México where he enjoys la playa, la cocina y el tequila!

September 22 - October 27 | \$89
6 sessions

Chestnut Hill Hospital, 8835 Germantown Ave.

NEW FILMS ABOUT ARTISTS (COUPLED)

W from 2:00 PM to 5:00 PM

WM40. In this class, we will screen and discuss three dramatic biographical films about real-life visual artists. The artists portrayed are all partnered with a spouse who influences their work in some way, perhaps as inspiration, muse, motivator, accountant, or the opposite. We will look at these entertaining films to see what we can learn about the individual artists, their work, and the creative process. Artists to be considered include: Jackson Pollock, Frida Kahlo, and Maud Lewis.

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

September 30 - October 14 | \$44
3 sessions

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

NEW FILMS BY THE MCDONAGH BROTHERS

Tu from 2:00 PM to 5:00 PM

WM41. We will screen films by Martin McDonagh and John McDonagh, London Irish playwrights and filmmakers who produce complex and thought-provoking dark comedies, many set in Ireland. For this class, we will view together and discuss three films, *Calvary* (2014), *Three Billboards Outside Ebbing Missouri* (2017), and *The Banshees of Inisherin* (2022).

Barbara Sheehan

October 27 - November 10 | \$44
3 sessions

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

NEW MURDER MYSTERY MOVIES OF THE 1930S

M from 5:00 PM to 8:00 PM

WM42. We'll watch a series of murder mysteries from the golden age of movies. Sherlock Holmes, Perry Mason, and Bulldog Drummond are just a few of the fictional crime-solvers featured, along with less-remembered characters like Glenda Farrell's wisecracking Torchy Blane and the deadpan wit of Edna May Oliver's Hildegarde Withers. Each film will be accompanied by vintage cartoons and short films of the time period.

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

September 21 - November 23 | \$99
9 sessions, (no class 10/12)

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

GETTING TO KNOW YOUR IPHONE

Sa from 10:00 AM to 12 N

CCo1. 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 fun and hands-on two-part course. Students with an iPhone should bring it to class and are encouraged to discuss their favorite apps. Designed for all iPhone models currently in use.

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

October 31 - November 7 | \$49
2 sessions

Ridge Avenue United Methodist Church,
7811 Ridge Ave., Roxborough

SCAM SPOTTING: PROTECTING YOURSELF ONLINE AND BEYOND

Sa from 10:00 AM to 12 N

CCo2. As technology has become more sophisticated and complex, so have the scams that utilize it. Whether it's cold calls, impersonating loved ones, or generating deep fakes, scammers are constantly finding new ways to defraud us. This course will present an overview of modern-day financial scams, what to look for, and how to avoid them.

Karl Morris, Ph.D., is a professor of computer science at Temple University. He studies software development, smart systems, and education. He also has over 20 years of experience as a technologist and consultant in private, public, and non-profit sectors.

October 10 | \$34

United Lutheran Seminary,
7301 Germantown Ave.



Karl Morris

THE ETHICAL CONCERNS OF AI IN SOCIETY

Sa from 10:00 AM to 12 N

CCo3. As artificial intelligence becomes more prevalent in society, it is more important than ever that we understand not just the benefits of AI, but the ethical concerns of the technology and potential harms it can cause to marginalized communities. In this course, we will take a look at how modern AI systems function and gain a better understanding of how bias becomes a part of these systems and the impact it can cause.

Karl Morris

November 7 | \$34

United Lutheran Seminary,
7301 Germantown Ave.

NEW AI FOR NEWBIES

Th from 6:00 PM to 8:00 PM

CCo4. Explore the practical and societal impact of artificial intelligence in this interactive session designed for those who are new to AI and curious about its possibilities. Discover why AI is much more than ChatGPT as you explore tools and ideas that support research, creativity, and everyday tasks. Learn Anthropic's 4D Framework for AI fluency, built around Delegation, Description, Discernment, and Diligence, to use AI effectively, ethically, and safely. Through real-world examples, you'll also explore Google's NotebookLM and the broader social and economic impact of AI. Leave with practical strategies and new ideas to continue the conversation.

Jeremy DePrisco is a technologist and multimedia artist with more than 30 years of experience in recording, performance, and digital media. He helps individuals, organizations, schools, and nonprofits make the most of technology, with a current focus on AI tools.

October 8 | \$39

United Lutheran Seminary,
7301 Germantown Ave.

NEW INTRODUCTION TO GOOGLE SUITE (DOCS, SHEETS, SLIDES, AND FORMS)

W from 12:30 PM to 2:00 PM

CC05. Learn the fundamentals of Google Workspace in four hands-on, 90-minute sessions. Explore Google Docs, Sheets, Slides, and Forms while building practical skills in creating, formatting, sharing, collaborating, and organizing files in Google Drive. Participants will create professional documents, simple spreadsheets, engaging presentations, and online forms. No prior experience is required—just bring a Gmail account and a willingness to learn.

Stacie Sawyer, M.Ed., is a business educator with more than 30 years of teaching experience in and around Philadelphia. An award-winning educator and IRS-certified tax preparer, she has helped hundreds of students and community members develop practical business, technology, and financial skills. As the owner of SMS Philly Financial Services LLC, she regularly uses Google Workspace tools to manage documents, collaborate with clients, and operate her business efficiently.

October 14 - November 4 | \$89

4 sessions

North Light Community Center,
175 Green Lane, Manayunk

There is an optional \$10 materials fee for a quick-guide booklet you may find helpful. Please bring your own laptop to class.

NEW WINDOWS 11 BASICS

Th from 12:30 PM to 2:00 PM

CC06. Gain confidence using Windows 11 in this beginner-friendly course. Learn to navigate the desktop, Start menu, taskbar, File Explorer, settings, and notifications. Practice organizing files and folders, connecting to Wi-Fi, using common apps and managing updates. By the end of the class, you'll have the essential skills to use a Windows 11 computer comfortably at home, school, or work.

Stacie Sawyer

October 22-29 | \$49

2 sessions

North Light Community Center,
175 Green Lane, Manayunk

There is an optional \$10 materials fee for a quick-guide booklet you may find helpful. Please bring your own laptop to class.

DESIGNS MADE SIMPLE: CANVA FOR BEGINNERS

CC07. Learn how to create stunning designs in Canva, even if you're brand new! Canva is a free online graphic design tool that anyone can use. This beginner workshop walks you step-by-step through Canva's tools, templates, and elements so you can confidently design social media posts, flyers, and more.

Janice Henderson was an educator for 34 years, and used Canva during her teacher career to create worksheets, displays, and instructional resources. She now uses those same skills to design images for tumblers, t-shirts, and party favors. Her passion has always been crafting, whether it is scrapbooking, creating balloon displays, or designing digital images. Janice has a Masters degree in Instructional Technology and is Google certified.

A. September 26 - October 3 | \$49

Sa from 10:00 AM to 12 N

B. November 14-21 | \$49

Sa from 10:00 AM to 12 N

2 sessions

MALT Office, 6601 Greene St.

BACKYARD ASTRONOMY

Tu from 6:30 PM to 8:00 PM

CC20. Do you ever look up on a clear night and wonder what is up there? Well, with a little planning and some affordable equipment, you can find out! Join us for four classes covering observing techniques, how to find interesting objects in the sky, and equipment like binoculars and telescopes to enhance your journey through the sky. Join us to take the first steps in becoming an amateur astronomer.

Ben Buono has a B.S. in Astrophysics from Mount Union College and 7 years with NASA in Greenbelt MD working with the unmanned spacecraft attitude and orbit determination sections.

October 13 - November 10 | \$69

4 sessions, (no class 11/3)

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

NEW WINE TASTING - FRANCE OFF THE BEATEN PATH

Th from 7:00 PM to 9:00 PM

CKo1. Continuing our theme from last spring on lesser known varietals, we will take a deep dive into French grown varietals that are not well known among most US wine consumers. We'll be sampling wines from different regions around France, discovering delightful libations that may be a little harder to track down but are worth the trouble to explore for novel tasting profiles, food pairings and expanding one's palate. So put aside for now the Burgundies, the Bordeaux and the Provencal rosés, and

make a toast to Vive la Différence. Santé!

Rodney Chonka has toured wineries throughout Europe and the US and has led wine tastings at MALT since 2009.

A. November 5 | \$34

B. November 12 | \$34

Cliveden Carriage House,
6401 Germantown Ave.

\$15 materials fee per person will be automatically added upon registration.

NEW CRAFTING FIRE CIDER FOR SEASONAL WELLNESS

Sa from 6:00 PM to 8:00 PM

CKo3. Let's make Fire Cider! Fire Cider is a traditional immune supportive tonic with deep roots in folk medicine. This tasty vinegar-based infusion supports immune function, stokes digestive fire, and warms you from the inside out. We'll dive into the history of Fire Cider along with the actions and properties of ingredients, plus make and take home your own infusing batch of Fire Cider. We'll have opportunities to taste variations along the way to customize and make it your own. Leave feeling empowered to enjoy this wonderful remedy for seasons to come!

Simone Davis is an herbalist, gardener, educator, and founder of Nommo Apothecary. As a practicing herbalist of 9 years, she has run a Brooklyn Apothecary for 3 years and oversees a free Community Herb Clinic. Her work takes on many forms and particularly upholds sharing plant wisdom with marginalized communities to foster empowerment through collective well-being. She is guided by regenerative practices that focus on seasonal attunement.

October 3 | \$39

Airy Kitchens, 88 W Johnson St.

\$15 materials fee payable to the instructor.

NEW INTRODUCTION TO HERBAL TEA BLENDING

Sa from 10:30 AM to 12:30 PM

CKo4. Slow down and explore the sensory experience of herbs and tea! In this beginner-friendly workshop, you will learn the basics of creating personalized herbal tea blends for relaxation and wellness. Participants will learn about a variety of herbs commonly used in tea, including lavender, chamomile, mint, and hibiscus, while experimenting with scent, flavor, and balance. Each participant will create and take home their own custom herbal tea blend.

Cynthia Byron is a Licensed Professional Counselor, therapeutic horticulture practitioner, and owner of Ujima Life Services in Cheltenham. Her work focuses on the connection between nature, creativity, wellness, and emotional well-being through community-centered programming and therapeutic horticulture experiences. She enjoys creating accessible workshops that encourage relaxation, learning, and meaningful connection.

November 7 | \$39

Wesley Enhanced Living, 6300 Greene St.

\$5 materials fee payable to the instructor at class.

THE ART OF CLASSIC MIXOLOGY

M from 7:00 PM to 8:30 PM

CKo5. The classic cocktail is back in fashion. As in old fashioned, Sazeracs and sidecars. Your friends will be stirred by your mixological prowess while you remain unshaken as you pour the perfect martini. In this introductory class, you will learn how to create a dozen or so elixirs that have stood the test of time. In the process, you'll learn some entertaining history of each to pass along to your guests along with the hors d'oeuvres.

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

October 19 | \$34

Commodore Barry Arts and Cultural Center,
6815 Emlen St.

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

THE SCIENCE OF NOUVEAU MIXOLOGY

M from 7:00 PM to 8:30 PM

CKo6. Graduates of “The Art of Classic Mixology” and other wet-bar wizards will enhance their art of classic cocktail making with some intoxicating science. Discover special ingredients and techniques; make split based cocktails; produce syrups and shrubs; and learn how to fat-wash your favorite drink (yes, those bacon-infused old fashioned are delish!) Incorporate herbs, fruits and spices sagely and invent your own unique signature cocktail!

Liz Aubry

November 9 | \$34

Commodore Barry Arts and Cultural Center,
6815 Emlen St.

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

NEW GOT TOMATOES?

Tu from 6:00 PM to 8:00 PM

CKo7. Let’s explore a garden favorite & fall harvest star! We will dehydrate, blend & chop to excite your tastebuds beyond your expectations. We are talking salsa & corn chips, pizza crackers, cheeze-its & the ultimate tomato chips. Think lasagne, & eggplant bruschetta crisps, oh my! If you like fresh & flavorful, you won’t want to miss this one! Gluten & dairy free, low glycemic index. Be sure to bring takeaway containers for samples & a healthy appetite for pure yum! Tomatoes never looked or tasted this good!

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

September 29 | \$34

Unitarian Society of Germantown,
6511 Lincoln Drive

There is a \$20 materials fee payable to the instructor.



We love a mother-daughter teaching duo! Leila (L) and Guerdy (R) love to bring people together through food and cooking.

NEW FLAVORS OF THE DIASPORA: HAITIAN COOKING, CULTURE AND CONNECTION

Sa from 1:00 PM to 3:30 PM

CK11. Love good food? Come cook with us! This class is where Haitian cooking meets culture, music, and community. Join a Haitian mother-daughter duo as we prepare iconic dishes like griot, fried plantains, and legume while exploring the stories, traditions, and flavors that connect Haiti to the African diaspora. We’ll laugh, cook, eat, and share conversation in a warm, welcoming space. Whether you’re reconnecting with your roots or trying Haitian food for the first time, you’ll leave with recipes, new skills, delicious food to take home, and a full heart.

Leila and Guerdy Jerome are a Haitian mother-daughter duo who love bringing people together through food. Guerdy was born and raised in Haiti and spent years running her own catering business, cooking for weddings, parties, corporate events, and celebrations of all kinds. Leila learned everything she knows about Haitian cooking right beside her mother in the kitchen. Today, Leila is an artist and educator who loves hosting community dinners that bring people together through good food, meaningful conversation, and Black culture. We’re excited to share our family recipes, stories, and a little taste of Haiti with you.

October 17 | \$39

Unitarian Society of Germantown,
6511 Lincoln Drive

There is a \$25 materials fee payable to the instructors.



*Did you know you can make your own wine?
Daniel Spicer can't wait to share his techniques!
Photo by Jo Song.*

NEW FROM FRUIT TO FIRST SIP: MAKE YOUR OWN RED WINE!

Th from 6:00 PM to 9:00 PM

CK02. Discover the art of home winemaking in this fun, hands-on workshop! You'll help transform fresh black grapes, cherries, and blueberries into a delicious Pinot Noir-style dry red wine, then take home a 16-ounce fermenting jar with an air lock to complete the process over the next few days. This rich, flavorful wine pairs beautifully with pasta, steak, dark chocolate, or can be enjoyed on its own. Step-by-step instruction will give you the skills and confidence to make this wine again and again to share with family and friends.

Daniel Spicer, a passionate home winemaker for more than a decade, has refined techniques through years of experimenting with fruit, flavors, and fermentation. He enjoys introducing others to the craft in a relaxed, welcoming environment and helping beginners discover a creative and rewarding new hobby.

October 1 | \$42

MALT Office, 6601 Greene St.

\$25 materials fee payable to the instructor for fruit, mash, 16oz ball jar, with air lock on top.



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www.mtairylearningtree.org,

KITCHEN RX: RESTORE YOUR HEALTH WITH FOOD AS MEDICINE

Tu from 7:00 PM to 9:00 PM

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

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

November 10 | \$34

Private home near W. Springfield and Crefeld

A VERY MERRY GLUTEN & DAIRY FREE HOLIDAY FEAST

Tu from 6:00 PM to 8:00 PM

CK09. Live your best life this holiday season with a sumptuous gluten and dairy free stuffing, un-turkey loaf, desserts to live for (low glycemic index of course!) and a variety of healthy remakes of the traditionals (mashed no-tatoes, nog and more). There will be a selection of holiday cookies and a cake or pie so those pecans will have somewhere to go!

Dorothy Bauer

November 10 | \$34

Unitarian Society of Germantown,
6511 Lincoln Drive

\$20 materials fee payable to the instructor.

FIRE BUILDING AND DUTCH OVEN VEGETARIAN STEW

Su from 3:00 PM to 6:00 PM

CK10. Have you ever used a tree's stored sunlight and warmth to prepare a meal? Come learn the basics of fire building and Dutch oven cooking while enjoying a community-shared meal. Whether you've done this before or not, you're welcome to join in the fun, challenges, and satisfaction of eating a root veggie and bean stew prepared with coals from a fire you built. We will also bake cornbread over the fire to complete the meal. Enjoy the connections that come from sharing the warmth and nourishment the fire provides. This class is a great chance to build your skills, enjoy good food, and connect with others in a relaxed, outdoor setting. You will enjoy your stew in a beautiful handmade bowl by Potter Nick Corso. Families welcome with children 10 years and older.

Rachel Kriger and **Nick Corso** have cooked many meals on open fires in their backyard over the past 10 years. Before living in Philadelphia, they lived at Heathcote Community in Maryland, where they shared community meals every night, and Nick's famous cob oven pizza (perhaps a future cob building class is in order to get that experience here!). They cherished the connections they had there and want to share that experience with you. So come cozy up by the fire and let's nourish ourselves.

October 25

Individual | \$36

Parent & Child | \$39

Private home on Wises Mill Road

There is no materials fee, however like stone soup, bring a vegetable or vegetarian ingredient to add to the pot. Students will have the option to purchase handmade pottery by Nick Corso of Wissahickon Pottery.



MAKING SOURDOUGH BREAD

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

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

A. November 14 | \$42

Sa from 3:00 PM to 6:00 PM

B. November 21 | \$42

Sa from 3:00 PM to 6:00 PM

Unitarian Society of Germantown,
6511 Lincoln Drive

Please bring a medium (2 quart) bowl, a 12-20 oz jar with lid, and a sturdy stirring spatula. There is a \$10 materials fee payable to the instructor.

CHALLAH BAKING

W from 6:00 PM to 8:00 PM

CK22. Traditionally made to be enjoyed on the Jewish Sabbath, this rich, golden bread is delicious any day of the week! Learn to make a beautifully braided loaf with a tender, slightly sweet interior and a golden crust. Enjoy it fresh from the oven, then put any leftovers to delicious use in classic French toast, bread pudding, or simply toasted with butter.

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

September 23 | \$34

Unitarian Society of Germantown,
6511 Lincoln Drive

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

BALLROOM DANCING 101: THE BASICS

Th from 7:45 PM to 8:40 PM

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

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

September 24 - November 12

Couples Fee | \$169

8 sessions

Presbyterian Church of Chestnut Hill,
8855 Germantown Ave.

BALLROOM DANCING 102: BEYOND THE BASICS

Th from 8:45 PM to 9:40 PM

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

Debra Klingler

September 24 - November 12

Couples Fee | \$169

8 sessions

Presbyterian Church of Chestnut Hill,
8855 Germantown Ave.

Note: 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.

For all Ballroom Classes

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

BALLROOM DANCING 103: MORE FUNDAMENTALS

Th from 6:45 PM to 7:40 PM

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

Debra Klingler

September 24 - November 12

Couples Fee | \$169

8 sessions

Presbyterian Church of Chestnut Hill,
8855 Germantown Ave.

Note: 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.

PHILLY STYLE DANCE: BOP, CHA-CHA & STRAND FOR ABSOLUTE BEGINNERS

Tu from 6:00 PM to 7:30 PM

DA14. Beloved Philly dance instructors June and Audrey Donaldson return to MALT to teach this fun, no-pressure introduction to partner dancing! Learn the basics of three classic social dances: Bop, Cha-Cha, and the Strand; popular at weddings, family parties, and Oldies/R&B events. This class is designed for absolute beginners, with simple steps, easy rhythms, and a welcoming vibe. No partner needed, just bring your enthusiasm. Whether you're gearing up for a special event or just want to feel more at ease on the dance floor, June and Audrey will help you build skills and confidence, one step at a time.

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

September 22 - October 6

Individual | \$69

Couples Fee | \$119

3 sessions

Venetian Club, 8030 Germantown Ave.



An Nichols (front) is a certified BellyQueen, and she also teaches improv (p.32)! What can't she do?

BELLYDANCE FOR COUCH POTATOES

Sa from 10:00 AM to 11:15 AM

DAo5. Are you a couch potato? Are you more likely to binge-watch Netflix than bench-press weights? From one couch potato to another, this class is for you! The more sedentary we become, the less we use our core and pelvic muscles. American bellydance is all about body positivity and internal muscle movement. This class will teach you how to use your core muscles to execute moves like chest slides and undulations. Come on out and learn to re-activate your body in a stress-free environment.

An Nichols is a certified BellyQueen bellydance instructor who studied under June Seaney (Turkish Dance), Tessa Myers (Belly Set Go), Habiba, Kaeshi Chai (BellyQueen), Oreet (Bellydancer of the year, 2007) and Zoe Akili. She has taught at the Philly Free Library branches, FDR Park, and performs in various local festivals.

September 19 - October 10 | \$69
4 sessions

Chestnut Hill United, 8812 Germantown Ave.

NEW ADVANCED BELLYDANCE CONCEPTS

Sa from 10:00 AM to 11:30 AM

DAo6. Have you taken a series of bellydance classes? If so, you may be ready for advanced bellydance concepts! We'll drill sinewy moves like undulations, figure 8s, mayas, and sidewinders, then apply those concepts to a choreography.

An Nichols

November 7-14 | \$49
2 sessions

Chestnut Hill United, 8812 Germantown Ave.

FUSION BELLYDANCE

Su from 10:45 AM to 12 N

DAo4. Discover the joy of movement in our fusion belly dance class, where you'll explore a variety of rhythms, styles, and expressive techniques. We'll start with small, precise isolation exercises and gradually build into larger, flowing movements that bring the whole body into the dance. Along the way, you'll learn essential belly dance fundamentals while moving to diverse music styles, helping you develop a rich sense of musicality and personal expression. More than just a dance class, this is a welcoming space to connect, build confidence, and cultivate a supportive community as you move and grow together.

Natalie Mancini began her dance journey over 20 years ago. She has taught and performed extensively throughout Hawaii and California, appearing at a wide range of events and shows. She has trained primarily with renowned bellydancers such as Zoe Jakes, Kami Liddle, and Kalae Kaina, and she has further expanded her skills through workshops with dancers and musicians from around the world. She was also a member of Shakti Dance Movement, a Hawaii-based troupe known for its dynamic fusion-style choreography.

November 1 - December 6 | \$99
6 sessions

Wissahickon Dance Academy,
38 E School House Ln.

BEGINNING SALSA

DAo7. Immerse yourself in the vibrant and rhythmic world of salsa with our dynamic dance class. Originating in the lively streets of New York in the 1960s, salsa is a fusion of Cuban dance music, like Son and Rumba, and American influences such as swing and tap. This class will not only teach you the fundamental steps and techniques of salsa but also delve into the rich cultural history that shaped this energetic dance form. From its roots in Cuba, where the influence of Latin American rhythms met American creativity, to the emergence of distinct styles like Cuban and Colombian salsa, our class explores the global journey of salsa. Whether you're a beginner or an experienced dancer, join us as we celebrate the universal appeal of salsa, a dance that has captivated hearts and moved feet across continents, from New York to Benin and Ghana. Get ready to step into the rhythm and embrace the passion of salsa!

Himasha Gunasekara's love for dance began in 2010 in Sri Lanka when she took Latin dance classes with her sister. After moving to New York in 2013, she fell in love with salsa and continued dancing after relocating to Philadelphia in 2019. At Flaco's Dance Factory, she found a welcoming community and now enjoys teaching, sharing her knowledge, and inspiring others with the joy of dance.

Jelissa Figueroa began her Salsa dance studies at a young age at the now famous former Philly dance studio, Salseros Intl. Coincidentally, she studied there at the same time as MALT board president, Rene Vargas. Her energy and passion for dancing is always a part of her classes, as is her sense of humor. She truly makes learning fun!

6 sessions, class fee is per person.

A. September 16 - October 21 | \$108

W from 6:30 PM to 7:30 PM

Himasha Gunasekara

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

B. November 4 - December 9 | \$108

W from 6:30 PM to 7:30 PM

Himasha Gunasekara

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

C. September 19 - October 24 | \$108

Sa from 6:30 PM to 7:30 PM

Jelissa Figueroa

Church of the Annunciation, 324 Carpenter Ln.

D. November 7 - December 12 | \$108

Sa from 6:30 PM to 7:30 PM

Jelissa Figueroa

Church of the Annunciation, 324 Carpenter Ln.

PHILLY BOP

Th from 6:30 PM to 7:30 PM

DAo8. Philly Bop is hot right now, and MALT has its hottest teacher. Begin with the basic steps of jitterbug at a slightly slower tempo and with more graceful and fluid movements. Then learn the more challenging part of improvisation. Bringing a partner is optional but always encouraged. This is the real deal, ladies and gents. The success rate of students in this class is astounding! Try it for yourself. You won't believe your feet.

Tony McFadden began dancing 50 years ago, and for over 20 years he has taught dance. He finds fulfillment in teaching students how to groove to great music and have fun. Since retiring eight years ago, he's been traveling nationwide, competing in dance competitions and leading dance events. Alongside line dancing, Tony teaches classes in Bop, Cha Cha, Salsa, Strand, 2-Step and Basic Line Dance. He also enjoys teaching basic Waltz, Bachata, Tango, Hustle, Foxtrot, Chicago Steppin, etc.

September 24 - October 29 | \$108

6 sessions

Ridge Avenue United Methodist Church,
7811 Ridge Ave., Roxborough

Students will change dance partners.

1,2,3 LINE DANCE WITH ME...B-LUV

W from 6:30 PM to 7:30 PM

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

B-Luv, a Choreographer/Instructor is a 32 year pioneer, trailblazer in the line dance community. She has won a plethora of awards including 2 Lifetime Achievement Awards, Choreographer of The Year and Philadelphia Dance Legend! She has worked with several artists in the music industry which include Grammy Award Winner Peabo Bryson! She has been given the gift to do what she truly LOVES to do.....choreography and dance and it is her passion!

September 30 - November 18 | \$89

6 sessions, (no class 10/21 or 11/4)

United Lutheran Seminary,
7301 Germantown Ave.

HIP HOP FOR ADULTS & TEENS

Tu from 5:30 PM to 6:30 PM

DA12. This class is an introduction into the vocabulary of Hip hop social dance. You will learn the essence of the foundational moves while also discussing the intent and history behind each. While learning and implementing the foundation for your dance, we will go over your internal groove starting from a two-step into your own style. We'll discuss how to listen to music on multiple levels, including how to dissect the music by instrument and apply it to your dance, polyrhythms, pockets of music, and discovering how to freestyle and speak the language of dance. Finally, we'll go over how to string these moves and concepts together to create an image and to create vibrant and fluid choreography of your own.

Sheeron Ma'at Randall began his dance career while working promotion and security for Philadelphia nightclubs. He was discovered by the founders of JustSole: Street Dance Theatre and studied the foundations of House dance and Hip-hop social dance while touring as a founding member. He continued his education via workshops and the MOPTOP Universal program in NYC's Peridance Center, and continues to develop his own unique style of dance.

September 22 - November 24 | \$180
10 sessions

Wissahickon Dance Academy, 38 E School House Ln.

CLASSIC R&B LINE DANCING!

DA09. These dances go back to the days of Dick Clark, The Geator and The Guy with the Goods. We'll groove to the music of the 60's and 70's learning the line dances from that same period, some of which are still enjoyed in clubs! This class is designed to focus on memory and sequencing, and is low to medium impact.

Tony McFadden

A. September 19 - October 24 | \$89
Sa from 10:00 AM to 11:00 AM

B. November 7 - December 12 | \$89
Sa from 10:00 AM to 11:00 AM

6 sessions

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

Classes at Flaco's Dance Factory.

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

DATE NIGHT DANCE

DA13. Grab your dancing shoes and a partner for an evening at Flaco's Dance Factory! Dance your way into an exciting date night, learning new moves that you can take out again and again. You'll be impressing your friends with your dance skills in no time, and having fun doing it! This date night evening will include lessons in two different rhythms.

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

A. October 2 | \$50 per couple
F from 7:30 PM to 9:00 PM

B. November 6 | \$50 per couple
F from 7:30 PM to 9:00 PM

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

BEGINNING TAP FOR ADULTS AND TEENS

DA16. Looking for a fun way to stay active and relieve stress? Step into the rhythm with this beginner-friendly tap dance class! We'll cover basic tap vocabulary and technique through center warm-ups and lively combinations. Along the way, you'll also learn some fascinating facts about the history of tap, and its unique connection to Philadelphia. No experience necessary, just bring your enthusiasm!

Corinne Karon graduated from The University of the Arts in Philadelphia with a BFA in Modern dance. She has tap danced on all the continents in the world, including Antarctica! Corinne performs throughout the country with Tap Team II for Young Audiences and has begun performing with Germaine Ingram. She teaches on a regular basis at the University of the Arts, Rowan University, Bryn Mawr College, Wissahickon Dance Academy, Chester Valley Dance Academy, Calabrese Center For Dance, and for Men on Tap.

A. September 19 - October 24 | \$108
Sa from 3:30 PM to 4:30 PM

B. November 7 - December 19 | \$108
Sa from 3:30 PM to 4:30 PM, (no class 11/28)

6 sessions

Wissahickon Dance Academy,
38 E School House Ln.



MALT is excited to welcome Emily Kutz to our teacher roster!

NEW NIA: A UNIQUE MOVEMENT EXPERIENCE

F from 6:00 PM to 7:00 PM

DA15. A powerful fusion of dance, martial arts, and mindfulness practices, Nia is a holistic movement & wellness practice addressing each aspect of your life - body, mind, and soul. Using a system of 52 simple moves, each Nia workout delivers full-body conditioning leaving you energized, mentally clear, and emotionally balanced. Done barefoot, and to unique, intentional music, Nia is for every person who desires to discover, explore, unleash, and enhance their individual potential to live a healthy and meaningful life.

Emily Kutz first discovered Nia in 2018 when a friend invited her to a class. By the end of the class she knew something had changed and she would never be the same. In 2019 she attended her first training and hasn't looked back since. Now 6 trainings later, she is blessed to be able to bring other people that life changing experience, just as she had at her first class. With over 5 years of experience leading and guiding people into their bodies, she is beyond grateful for all Nia has taught her and her participants.

October 2 - November 20 | \$109

8 sessions

Unitarian Society of Germantown,
6511 Lincoln Drive

VERNACULAR JAZZ DANCE: BEGINNER

Tu from 6:30 PM to 7:30 PM

DA17. This session, our theme centers on basic Charleston movements that originated in Black communities during the jazz and swing era. This class focuses on authentic, traditional solo jazz dance, distinct from Broadway or Bob Fosse styles. Class material will be tailored to the overall needs of the class, but students should be ready to have their balance and coordination challenged.

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

September 15 - October 6 | \$69

4 sessions

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

Recommended shoes include sneakers or other smooth-soled shoes.

NEW VERNACULAR JAZZ DANCE: INTERMEDIATE

Tu from 7:45 PM to 8:45 PM

DA18. This intermediate-level class is designed to challenge those with prior experience in vernacular jazz dance movements that originated in Black communities during the jazz and swing era. This class focuses on authentic, traditional solo jazz dance, distinct from Broadway or Bob Fosse styles. Class material will be tailored to the overall needs of the class, and the topic of focus will vary from session to session. Requires instructor permission for registration.

Frances Emberley

September 15 - October 6 | \$69

4 sessions

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

Recommended shoes include sneakers or other smooth-soled shoes.

LUNCHTIME LEARNING FREE AND LOW-COST MARKETING ONLINE

Th from 12 N to 1:00 PM

FCo1. Take a break in the middle of your workday for this practical two-week workshop designed for busy professionals, small business owners, and nonprofit leaders. Wondering how to put yourself out there to attract more clients, supporters, and funders? It starts with reaching the right people, at the right time, with the right message. You'll learn how to develop a communication strategy using free and low-cost, easy-to-implement marketing tactics. Topics include identifying and segmenting your audiences, building relationships with key media, and choosing the right promotional channels to increase visibility, engagement, and support.

Stef Arck-Baynes is a mission-driven communications professional with over 20 years of experience developing strategy, relationships, and compelling content for nonprofit brands and socially responsible for-profits. As the founder and CEO of Achieving Good Communications Co., clients have included: The Conferences for Women; Bucks County United Way; Atlanta Habitat for Humanity; and The Jewish Relief Agency. Prior to Achieving Good, she directed in-house communications at organizations such as Philabundance and Brooklyn Public Library. A born-and-bred Philadelphian, Stef attended Central High School (251!) and lives happily in Mt. Airy with her husband, their daughter, and dog.

October 8-15 | \$49

2 sessions

The Comfort of Your Own Home (or Office!)



LUNCHTIME LEARNING BUDGETING BASICS ONLINE

W from 12 N to 1:00 PM

FCo2. 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 has been a financial educator for 20+ years and she is dedicated to empowering individuals through financial literacy. She simplifies complex financial concepts, making wealth-building accessible. She helps her students master budgeting, investing, and financial confidence to take control of their futures.

October 14

Individual | \$29

Pair - Bring a friend or family member | \$39

The Comfort of Your Own Home (or Office!)

LUNCHTIME LEARNING NEW LINKEDIN TIPS TO BUILD YOUR BRAND ONLINE

Th from 12 N to 1:00 PM

FCo4. Your LinkedIn profile is often the first impression you make. Learn how to define your unique value proposition, build a strong personal brand, optimize your profile, and highlight the skills and experience that set you apart. Whether you're job searching, growing your career, or expanding your professional network, this practical lunchtime session will provide simple strategies to strengthen your online presence and make LinkedIn work for you.

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

October 22 | \$34

The Comfort of Your Own Home (or Office!)

LUNCHTIME LEARNING DEBT-FREE LIVING ONLINE

W from 12 N to 1:00 PM

FC11. Are you ready to free yourself from the burden of debt? Receive 2 simple, but critical, tools needed to develop a debt payoff plan: the budget and the net worth statement. With these you'll compile and prioritize your debts, and then create a budget that shows how much you can apply to your debt burden each month. Between classes compile your data and fill in the worksheets. Then we'll discuss a variety of paydown strategies, challenges, and hear insights you've had after compiling your financial statements. Walk away with a debt payoff plan and financial tools for life.

Vanessa Lowe can be heard on G-Town Radio and the Spotify podcast, Vanessa's Money Hour. She spent 21 years in federal service supporting access to capital for underserved communities. Retired at age 56, she continues that work by leading Invest for Better circles – Impact Investing Learning Circles for Women, and financial coaching via VLL Consulting. She's committed to moving personal and institutional money toward justice.

October 28 - November 4 | \$49

2 sessions

The Comfort of Your Own Home (or Office!)

\$10 materials fee payable to the instructor.

HOW TO DEVELOP SUCCESSFUL JOB SEARCH STRATEGIES ONLINE

W from 7:00 PM to 8:30 PM

FC03. Having a plan with multiple job search methods can help you find positions more quickly if you're a job seeker in career transition. Preparation is key. This session will provide a range of strategies, tactics, and career resources to help you reach your goals, with a focus on essential topics like keywords, Applicant Tracking Systems (ATS), LinkedIn databases, word clouds, and portfolio presentations. If you are currently employed, it's always better to be proactive than reactive, so engaging in career management will ensure you're always prepared. By attending, you will learn effective strategies to tap into the hidden job market, research and apply the best keywords to your resume and LinkedIn profile, customize your base resume to match job-specific keywords for ATS applications, and prepare a portfolio presentation to stand out in interviews.

Lynne Williams

September 23 | \$39

The Comfort of Your Own Home

HOME BUSINESS GOLDMINE ONLINE

Tu from 7:00 PM to 9:30 PM

FC07. 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 is an educator, national speaker and author of Stock Investing for Dummies and the owner of RavingCapitalist.com. He has taught with MALT for over 25 years.

December 1 | \$44

The Comfort of Your Own Home

Optional \$10 materials fee payable to the instructor.

\$50 WEALTH BUILDER ONLINE

M from 7:00 PM to 9:30 PM

FC08. Safely invest with as little as \$50! Learn how you can grow money even in this tough market. In one information-packed session you can learn how to wisely and profitably begin building your own financial empire as a small investor. This seminar was created specifically to meet the needs of the low- and middle-income investor. Safely buy high-potential stocks for as little as \$50 a month (with no commissions!) while minimizing risk; buy gold and silver for as little as \$50; start a high-powered financial portfolio for \$100; invest in mutual funds; and virtually guarantee \$1 million for your retirement!

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

November 30 | \$49

The Comfort of Your Own Home

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

ULTRA-INVESTING USING OPTIONS ONLINE

W from 7:00 PM to 9:30 PM

FC09. Aggressive investing might make you a fortune! This class is not for the financially risk-averse. Learn strategies that experienced investors are using to make tremendous profits in the world of options. The instructor has students and clients who have turned \$2,000 into \$100,000 in under 6 months! Using options on stocks, indexes, gold, oil, currencies or other commodities, you can make a small fortune overnight or (if you're not careful) lose one. Learn safe strategies, how to speculate with as little as \$200, how to use options for quick gains or steady income. Learn all about commodities, how to make money no matter which way the markets go, and resources and websites that can help you.

Paul Mladjenovic

December 2 | \$49

The Comfort of Your Own Home

Optional: \$10 materials fee for software payable to instructor.

NEW UNDERSTANDING THE REAL RETURN ON YOUR INVESTMENTS: TAXES, INFLATION & FEES

Tu from 6:30 PM to 8:30 PM

FC10. Are your investments performing as well as you think? Learn how taxes, inflation, advisor fees, and IRA distributions can affect your actual returns. This class will explain the impact of taxes on stock, bond, and IRA income and demonstrate how to use trusted public resources to evaluate investment performance and risk. This practical, educational course is designed to help you better understand your investments so you can make more informed financial decisions. Whether you invest on your own or work with a financial advisor, you'll gain greater confidence that your investment returns are what you think they are. No specific investment recommendations or tax advice will be provided.

Paul Frenkiel is a retired banker who managed investment portfolios totaling more than \$1.5 billion over his career. He enjoys helping others better understand investment returns, risk, and financial decision-making. A longtime Mt. Airy Learning Tree participant, Paul is excited to share practical knowledge that empowers neighbors to become more informed investors.

October 20 | \$44

Private home near W. Springfield and Crefeld

LISTING YOUR HOME FOR SALE

Sa from 10:00 AM to 12:30 PM

FHo6. 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, associate broker 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.

October 10 | \$39

Wesley Enhanced Living, 6300 Greene St.

\$5 materials fee payable to the instructor.

RETIREMENT PLANNING TODAY

FC15. Are you worried about your retirement? Do you need some help planning for your future? Explore the many options and decisions regarding retirement needs, expenses, income sources, various kinds of insurance, and estate planning. Whether you are just beginning to develop a retirement plan or rapidly approaching retirement, this class is for you. Learn how to define long-term goals and return from the class with practical information you can apply immediately. Couples may attend together for a single registration fee.

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

A. October 13-20 | \$34

Tuesday, 6:30 PM to 9:00 PM

B. October 22-29 | \$34

Thursday, 6:30 PM to 9:00 PM

2 sessions

LaSalle University, 1900 West Olney Ave.,
Holroyd Hall

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



Eric Prine

UNDERSTANDING MEDICARE CHOICES ONLINE

FC21. Medicare has gone from a single choice - turn 65 and enroll in Medicare - to a multiple choice challenge. Medicare eligibles face choices of a traditional plan, supplemental plans, Medicare managed care, and Medicare fee-for-service. Unscrupulous marketing techniques can prey on the 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 10 years.

A. October 14 | \$39

W from 6:30 PM to 8:30 PM

B. October 29 | \$39

Th from 6:30 PM to 8:30 PM

The Comfort of Your Own Home

A BEGINNER'S GUIDE TO REAL ESTATE INVESTING ONLINE

Th from 7:00 PM to 9:00 PM

FC14. Learn different tactics and strategies for purchasing a rental property or a long-term buy-and-hold investment property. We'll focus on deal finding, financing and management with special emphasis on adding value through the BRRRR method (Buy Rehab Rent Refinance Repeat).

Eric Prine worked as a professional interior and architecture photographer for over 15 years. He began real estate investing and doing property management over a decade ago. As a Realtor®, Eric is able to combine his love of architecture and real estate.

October 15-22 | \$59

2 sessions

The Comfort of Your Own Home

RETIRE EARLY: MASTERING TOP 10 TOOLS FOR FINANCIAL SUCCESS

W from 7:00 PM to 9:00 PM

FC20. Unlock the secrets to retiring early and achieving financial freedom with Vanessa as she shares her journey to becoming an "Early retiree pursuing passion projects." In this empowering class, you'll discover the essential tools for building wealth and securing your financial future. Starting with the fundamentals, Vanessa will guide you through creating a solid budget and net worth statement. From there, delve into the key strategies for maximizing wealth-building, including leveraging employer-sponsored retirement accounts, IRAs, IDAs, flexible spending, and health savings accounts. But that's not all - learn how to effectively manage credit and debt while still prioritizing savings. Vanessa will show you that it's possible to save while paying off debt, paving the way for a brighter financial future. With core templates and valuable resources provided, this interactive class offers a practical roadmap to financial success. Come prepared to share your own wealth-building ideas and join the journey towards early retirement and financial empowerment!

Vanessa Lowe can be heard on G-Town Radio and the Spotify podcast, Vanessa's Money Hour. She spent 21 years in federal service supporting access to capital for underserved communities. Retired at age 56, she continues that work by leading Invest for Better circles - Impact Investing Learning Circles for Women, and financial coaching via VLL Consulting. She's committed to moving personal and institutional money toward justice.

December 2 | \$39

MALT Office, 6601 Greene St.



Learn the basics of interior design with Architect and Artist Barbara Macauley.

SIT, STAY, AND CONNECT: BASIC MANNERS FOR DOGS

Tu from 7:00 PM to 8:00 PM

FHo2. Discover how dogs learn and communicate both with us and with each other. Using positive reinforcement training techniques, establish a foundation for teaching basic manners and obedience behaviors (responding to hearing their name, cues such as Sit, Down, Stay, Leave It, Drop It, Come). We'll also talk about how to be effective leaders in the human-dog relationship. Non-aggressive dogs only. Dogs should be 22 weeks or older at the beginning of the course. Additional family members (with no additional dogs) can register with the primary registrant using the "couples fee" registration option.

Christopher Switky has been a certified dog trainer since 2014. He is the founder of Positive Canine Concepts LLC, and a graduate of the Masters' Program in Dog Training at CATCH Canine Trainers Academy.

September 29 - November 3

Individual | \$175

Couples Fee | \$199

6 sessions

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

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

Can register as two family members with the couples fee; only 1 dog.

NEW INTRODUCTION TO INTERIOR DESIGN

W from 1:30 PM to 3:30 PM

FHo1. Discover the fundamentals of interior design by creating a personalized interior for a small house or apartment tailored to the client of your choice—a young professional, a retiree, a growing family, or even a favorite fictional character or superhero. Begin by developing a mood board with inspiring images, colors, materials, and furnishings that reflect your client's personality and style. Then bring your vision to life by designing the floor plan, selecting furniture, lighting, finishes, and color palettes. Whether your design is calm and inviting or bold and energetic, you'll learn the creative process behind transforming a space into a home.

Barbara Macauley is an architect with over twenty years teaching experience, and both drawing and design have been passions throughout her life. She taught grad and undergrad interior design at Thomas Jefferson University for ten years, as well as at Moore College of Art and The Rhode Island School of Design. She also taught architectural design classes at Roger Williams University in Rhode Island.

October 21 - December 9 | \$114

7 sessions, (no class 11/11)

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

A list of drawing/drafting supplies will be given out the first day of class. Students will need to bring a laptop to some sessions.

NEW THE LANGUAGE OF LEAVES: DECODING HOUSEPLANT HISTORY AND HABITAT

Sa from 1:00 PM to 3:00 PM

FH18. In this course you will learn to speak the language of plants to help your indoor jungle thrive. If you observe, plants have clues in their features that will tell you about their needs and habitat. We will address many common house plants, and each student will receive a new house plant and learn about its specific needs.

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

November 14 | \$39

Church of the Annunciation, 324 Carpenter Ln.

HOW TO BUY A CAR WITHOUT GETTING TAKEN FOR A RIDE ONLINE

Tu from 7:00 PM to 9:30 PM

FH05. 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 and an attorney. More recently he's had a decades long career in information technology, serving as a programmer, technical instructor and writer, and now an independent computer consultant to individuals, small businesses and nonprofits. After retiring from his last day job, he's enjoying model railroading, hosting a rock and blues show on G-town Radio, playing in a band, and sharing with others his knowledge of technology, car buying and investing.

September 29 | \$39

The Comfort of Your Own Home

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

Sa from 1:00 PM to 3:00 PM

FH03. You do not need a terminal diagnosis to think about and plan for the end of your life. There are many things you can do right now to prepare yourself and your loved ones for before and after your death. This class is designed to educate you on decisions you can make right now, how to document them, and ways to communicate them with loved ones. Together, we will work on creating a "Death File" - a collection of documents that contains everything your loved ones will need if/when you are ready to choose hospice if you face a terminal illness, or should you face death unexpectedly. The more prepared you are for death - internally and with your worldly affairs - the easier your transition from life will be. The goal of this class is to help you on your journey to cultivating peace in your relationship with death. An intentional relationship with our mortality can help inspire us to live our lives with a greater sense of ease and purpose, and to ensure that no matter how the end of our life looks for us, we will feel ready and prepared.

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

November 7-21 | \$69

3 sessions

MALT Office, 6601 Greene Street

You'll need to purchase a brightly colored accordion file folder with at least 10 pockets.

FALL FESTIVALS

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

Philadelphia Honey Festival

Saturday, Sept. 12, 10am to 4pm
Wyck Historic House and Garden
6026 Germantown Ave.

Mt. Airy Village Fair

Sunday, Sept. 20, 11am to 4pm
Intersection of Greene St. & Carpenter Ln.

Chestnut Hill Fall for the Arts

Sunday, September 27, 11am to 5pm
8000 to 8600 block of Germantown Ave.

Enjoy the many other fun events

in Mt. Airy this fall like the Mt. Airy Arts Festival on Oct. 3, allenslane.org; Mt. Airy Supper Sessions on Sept. 9, mtairycdc.org; and Mt. Airy Porchfest on Sept. 19, mtairyporchfest.com.

CONTAINER GARDENING FOR FRESH FRUITS, VEGGIES, AND HERBS

FH16. Step into the world of home gardening! Learn about the versatility of container gardening and break down the barriers of limited space to cultivate a flourishing, edible oasis right at your fingertips. Learn the ins and outs of growing your favorite produce in containers, from compact herbs on your windowsill to vibrant fruits and veggies on your balcony, deck or patio. Uncover the secrets to successful container gardening, ensuring a year-round harvest of flavorful and nutritious delights. Join us on a journey of discovery, where even the smallest spaces can yield bountiful results. Students will leave with a container, plant, and lots of resources.

Briana Smith-Torres

A. October 3 | \$44

Sa from 2:00 PM to 4:00 PM

B. October 24 | \$44

Sa from 2:00 PM to 4:00 PM

Church of the Annunciation, 324 Carpenter Ln.

CREATE YOUR OWN TERRARIUM

Sa from 1:00 PM to 3:00 PM

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

Briana Smith-Torres

December 5 | \$54

Church of the Annunciation, 324 Carpenter Ln.

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

Weekday Daytime Classes

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Writing the Personal Essay (Online)	p.31
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NEW ZENTANGLE® EXTRAVAGANZA: BOOKMAKING AND ILLUSIONS FOR TWEENS TO TEENS

Su from 2:00 PM to 5:00 PM

KDo1. Do you have a tween or teen who loves to doodle, draw, or fill notebooks with creative designs? This fun, hands-on workshop turns those sketches into art! Students will create a handmade sketchbook and fill it with Zentangle® patterns, a simple method of drawing structured, repetitive designs that encourages creativity, focus, and relaxation. They will also learn to create eye-catching optical illusions that seem to twist, pop, and move right off the

page. No drawing experience is needed, just curiosity and a willingness to experiment. Each student will leave with a personalized art book, new tangles, and inspiration to keep creating. This class is for ages 10 to 15 years old.

Mindy Shapiro is a papercut artist, Past-President of the Guild of American Papercutters and a Certified Zentangle® Teacher (CZT). Mindy's love language is her art and she strives to share that with others through her teaching.

October 25 | \$44

MALT Office, 6601 Greene Street

\$20 materials fee will be automatically added upon registration.

BEGINNING PIANO (AGES 5-10)

Th from 7:00 PM to 7:30 PM

KDo5. Piano is a wonderful first instrument for children. Easier than many, you just press a key and it sounds great. Plus the layout of white and black keys makes an understanding of the basics of music visually understandable, even to kids. Learn proper posture, hand positions, the musical alphabet, the math of music, basic note reading and much more.

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

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

October 8-29 | \$44

4 sessions

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

NEW GYM WARRIORS (AGES 3-14)

KDo4. Your child will build strength through the use of ninja obstacle courses while being introduced to the basic fundamentals of gymnastics & parkour techniques. The classes are designed to improve mobility, build self-confidence, develop independent abilities and increase interaction with other children while creating a fun & safe atmosphere for learning.

Theresa Henderson began her journey at Kendrick Gymnastics as a gymnast in her adolescent years. She competed for the City Tumbling team for several years. She started coaching at Kendrick Gymnastics in 2015. She demonstrated great pride in her position as an assistant coach in our recreational classes. In 2019, Theresa accepted a coaching position on our USAG-sanctioned Junior Olympic Team, Kendrick Kippettes. Theresa participates in program events and annual clinics and obtains yearly educational & safety certifications.

The mission of **Kendrick Gymnastics** is to provide a genuine and dedicated commitment to the sport of gymnastics, enabling young athletes to attain their fullest potential while cultivating a sense of self confidence that empowers children to challenge physical, mental and emotional limitations in the gym, at school and across social settings.

Age 3-5

A. September 14 - October 26 | \$90

(no class 10/12)

M from 4:30 PM to 5:30 PM

B. November 2 - December 14 | \$90

(no class 11/23)

M from 4:30 PM to 5:30 PM

Age 6-14

C. September 14 - October 26 | \$90

(no class 10/12)

M from 5:30 PM to 6:30 PM

D. November 2 - December 14 | \$90

(no class 11/23)

M from 5:30 PM to 6:30 PM

6 sessions

Kendrick Recreation Center, 5822 Ridge Ave., Roxborough



Kids can develop gross motor skills, flexibility, and balance in Christina's Creative Movement classes.

MONSTER STORY WORKSHOP (AGES 12-18)

M from 5:30 PM to 6:30 PM

KDo2. Unleash your creativity! In this course, teen writers will explore the world of monster metaphors. Monsters are a great way of exploring big ideas, from gender to culture clashes to innocence vs. guilt. From ancient monsters to today, we will discuss how monsters help us understand the “rules” of being human by breaking them. Through fun writing exercises, students will design their own monster metaphors and develop narratives that call attention to thought-provoking and important themes (and spooky ones too!).

Kathleen Kellett completed her Ph.D. in Childhood Studies from Rutgers University-Camden in 2023, where her dissertation involved developing and facilitating a monster book club for teenagers. She has multiple years of undergraduate teaching experience as both a graduate instructor at Rutgers and a lecturer at Stevens Institute of Technology, including courses about monster stories and childhood. She hopes to build a community of people interested in monster media, cultural beliefs about childhood, and political rhetoric. Support youth knowledge and youth rights, always!

October 19 - November 9 | \$54

4 sessions

MALT Office, 6601 Greene St.

CREATIVE MOVEMENT /PRE-BALLET (AGES 3-5)

KDo3. This class encourages students to explore their creativity and imagination during activities that develop gross motor skills, coordination, strength, flexibility, and balance. Students are introduced to the structure of dance in a fun environment. Students learn ballet steps, short choreography for an optional performance and get a strong foundation for future ballet training. Please wear leotard, tights, and ballet shoes.

Christina Castro-Tauser is the founding director of Expansions Contemporary Dance Ensemble and Executive Director of International Ballet Exchange. Christina is an adjunct faculty at Temple University and Teaching Artist for Taller Puertorriqueno.

A. September 18 - October 23 | \$108

F from 4:30 PM to 5:30 PM

B. November 6 - December 18 | \$108

(no class 11/27)

F from 4:30 PM to 5:30 PM

6 sessions

Wissahickon Dance Academy,
38 E School House Ln.

T'AI CHI CH'UAN: BEGINNING

Th from 8:00 PM to 8:45 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, as well as aiding in pain relief for musculoskeletal problems. It has been shown to be more helpful in controlling high blood pressure and fostering a healthier heart than aerobic exercise. The mental benefits include lowering stress, improving focus and resilience, helping reduce age-related cognitive decline and serving as an aid in controlling depression.

This class is for those who are new to T'ai Chi. The only equipment necessary are loose, comfortable clothing and flat-soled shoes.

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

September 17 - November 19 | \$109
10 sessions

Chestnut Hill United, 8812 Germantown Ave.

T'AI CHI CH'UAN: INTERMEDIATE

Th from 6:30 PM to 7:15 PM

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

Kurt Findeisen

September 17 - November 19 | \$109
10 sessions

Chestnut Hill United, 8812 Germantown Ave.

T'AI CHI CH'UAN: CONTINUING

Th from 7:15 PM to 8:00 PM

MB03. Continue the study of T'ai Chi Ch'uan through the Short Yang solo form. This course is designed for students who have had significant previous study experience with the Cheng Man-ch'ing short form. The postures reviewed will be commensurate with the knowledge of participating students.

Kurt Findeisen

September 17 - November 19 | \$109
10 sessions

Chestnut Hill United, 8812 Germantown Ave.

TAI CHI - CMC YANG STYLE - BEGINNING

W from 10:00 AM to 11:00 AM

MB08. Tai chi is an ancient, life-sustaining martial art. It is also a slow-motion, low impact, meditative form of exercise that benefits many aspects of your physical and mental health. It is said to strengthen bones, lower blood pressure, improve balance and relieve stress. Tai chi can be practiced almost anywhere and requires no special equipment beyond a pair of very flat-soled shoes. In the beginning class, you will learn the five primary principles of tai chi, and begin to learn the 37 postures of Cheng Man Ch'ing's Short Form. It is preferable to be able to stand and move independently for an hour to be comfortable in this class. It's fun, and we laugh a lot!

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

September 16 - December 2 | \$129
10 sessions, (no class 11/11 or 11/25)

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



Visit MALT at our table during upcoming festivals!
Left to right, Board Member Pat Robinson with
Executive Director Janet Gala. See festival list on p. 56.



Vicki (front) has taught nearly 100 courses with MALT, in less than 10 years!

TAI CHI - CMC YANG STYLE - INTERMEDIATE

W from 12:30 PM to 1:30 PM

MB09. In the Intermediate class, we will continue to learn the remaining postures from the end of the first third to the final posture. We will continue to develop our abilities to fulfill the five primary principles, and to understand how those principles can improve our health and well-being. Attendance in the Beginning class or ability to demonstrate beginning ability of the first third of the form is required.

Vicki Mehl

September 16 - December 2 | \$129

10 sessions, (no class 11/11 or 11/25)

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

TAI CHI - CMC YANG STYLE - CONTINUING

W from 11:15 AM to 12:15 PM

MB10. In this class, in addition to ongoing form correction, the intention is to go beyond the superficial practice of the postures to explore the internal aspects of nurturing and using chi in our daily lives. This class is for students who know the whole 37-posture short form in the style of Cheng Man Ch'ing. If you have previously studied tai chi with a different teacher, then participation in this class requires permission from the instructor.

Vicki Mehl

September 16 - December 2 | \$129

10 sessions, (no class 11/11 or 11/25)

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

T'AI CHI FOR HEALTH

Tu from 7:00 PM to 8:00 PM

MBo4. T'ai Chi's soft, flowing movements have been used to improve and maintain health since ancient times. The focus of Golden Breath T'ai Chi is on coordinating breath control with movement and adapts easily for those who prefer a seated practice. Through the form's fundamentals, you'll discover how breath and posture affect your nervous system, practicing at your own pace. This moving meditation is also beneficial for improving overall fitness, balance, coordination, and reducing stress — a valuable adjunct to pre-hab and rehab therapy. Enjoy a gentle, complete workout to relax the mind, restore the body, and rejuvenate the spirit!

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

October 6 - November 24 | \$79

6 sessions, (no class 11/3 or 11/10)

Summit Presbyterian Church, 6757 Greene St. at Westview

INTRO TO T'AI CHI WITH T'AI CHI WALKING

MB05. This class covers fundamentals common to all T'ai Chi practices: basic posture, breath coordination, and gentle movement suitable for ALL fitness levels. You'll learn Tai Chi Walking using the Guolin approach — a research-backed method that coordinates breathing with rhythmic walking. Highly recommended as preparation for the 6-week T'ai Chi for Health series. Perfect for those interested in T'ai Chi but not ready to commit to a multi-week class.

Kirsten Erwin

A. September 22 | \$39

Tu from 7:00 PM to 8:30 PM

B. September 29 | \$39

Tu from 7:00 PM to 8:30 PM

Summit Presbyterian Church, 6757 Greene St. at Westview

TAIJI QIGONG: SHIBASHI (SET 1)

Th from 9:30 AM to 10:30 AM

MB06. Taiji Qigong Shibashi is one of the most popular and fastest growing exercise forms practiced by millions of people around the world. Combining the slow and even movements of Taiji (Tai Chi) with Qigong breathing and meditation, participants will be led through the full 18-movement series, taking extra time to focus on 3-4 specific movements each class while learning and integrating key theoretical concepts of Oriental Medicine. It is the perfect practice for anyone seeking to improve health, encourage longevity, or address other issues like back and neck pain. The practice is performed standing but can be modified to any level of fitness.

Daniel Nemer, L.O.M. is the owner of G-town Acupuncture with over 20 years experience as a licensed practitioner of Acupuncture, Chinese Herbal and Oriental Medicine. He has practiced various styles of Taiji (Tai Chi), Qigong, meditation and Yoga for over 30 years. Since September 2022 he has been studying Taiji Qigong Shibashi, the 18 movements, in the lineage of its creator Professor Lin Housheng and is certified to teach Sets 1 and 2.

September 24 - October 22 | \$74

5 sessions

North Light Community Center, 175 Green Lane, Manayunk

QIGONG RETREAT: CULTIVATING CALM THROUGH BREATH AND MOVEMENT

Su from 3:00 PM to 5:00 PM

MB07. Discover the timeless wisdom of Qigong in this two-hour, beginner-friendly workshop designed to restore balance and boost vitality. Through gentle, flowing movement, intentional breathwork, and focused awareness, we'll explore practices that have supported well-being for thousands of years. You'll learn foundational Qigong forms and how to mindfully shift from stress and tension into a more energized, grounded state. This class is perfect for those new to Qigong and equally enriching for returning students looking to deepen their practice. Movements can be adapted for most physical abilities.

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.

November 8 | \$39

Summit Presbyterian Church, 6757 Greene St. at Westview

FUNCTIONAL YOGA FOR BODY AND BRAIN: THE LYT METHOD

Tu from 7:00 PM to 8:15 PM

MB11. Reconnect your body and mind while relieving joint pain, movement restrictions, and postural imbalances common in modern life. This class blends yoga, functional movement, brain mapping, and breathwork into a fun, challenging, and biomechanically smart practice based on the LYT Method: a system developed by physical therapists to improve core strength, flexibility, and balance. This class emphasizes alignment and neuromuscular control and may feel more rigorous than a traditional yoga class. You'll leave feeling stronger, more aligned, and more connected. If you have any questions about whether this class is a good fit for you, feel free to reach out!

Karen Rile is a writer, editor, and yoga teacher with over 800 hours of certification training. She is a Level 2, certified instructor of the LYT Method, the only yoga system created and mentored by physical therapists, and a certified Roll Model trainer. She is also a certified Flexibility Coach, Yoga Trapeze, and Yoga Breathing coach.

September 22 - December 1 | \$129

10 sessions, (no class 11/10)

Chestnut Hill United, 8812 Germantown Ave.



Start your Kundalini journey with Ananda and Sati.

YOGA FOR STRENGTH AND STRESS RELIEF

MB12. In yoga, movement and breath are equal partners in promoting strength, self-awareness, and relaxation. In this class, we work on overall strength and mobility, with an emphasis on poses that increase core strength and balance. We use breathing techniques for core engagement and others for relaxation. This class is appropriate for beginners and for those looking to focus on fundamentals. Props are used strategically to maximize the strength-building and relaxing qualities of the poses. Chairs are used to progress in balancing sequences and to build endurance in positions like plank pose. Blocks and straps are used to make stretching more comfortable, to allow access to deep breathing, and to enhance the stress-relieving potential of the practice.

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. A background in biology research and high school teaching provided skills for teaching about movement in an understandable way and teaching with individual variability in mind. Jen has a 250 hr. certification in Vinyasa yoga from Wake Up Yoga; a 300 hr. Yoga Wellness Educator Training from Yoga U. Online; and a 50 hr training in myofascial release from Yoga Medicine.

A. September 14 - October 26 | \$94

(no class 9/21)

M from 10:00 AM to 11:15 AM

B. November 2 - December 14 | \$94

(no class 11/30)

M from 10:00 AM to 11:15 AM

6 sessions

Unitarian Society of Germantown,
6511 Lincoln Drive

KUNDALINI JOURNEY

W from 7:00 PM to 8:15 PM

MB13. Kundalini Yoga is a comprehensive practice that uses energizing postures, refreshing breathwork, focused meditation, and uplifting music to deliver a vital experience for inner balance. This practice works to balance the glands, which relate to the seven chakras, through breathwork, movement, and meditation. Some of the tools of the practice, like powerful breathwork and sound vibration, help steady the mind and center yourself. This series will be an 8-week exploration of the many facets of Kundalini Yoga, experiencing the teachings of pranayama (breathwork), asana (posture and movement), meditation, and deep relaxation. This is an all-levels practice and very accessible - just bring your desire to grow.

Ananda Archambault has been a Kundalini Yoga teacher for 22 years, and has practiced for more than 30 years. Originally learning the practice and teaching in Massachusetts, Ananda moved to Philadelphia in 2012 and began teaching at Yoga on Main and the Salvation Army Kroc Center. She finds this form of yoga provides a technology that yields the greatest results, and can address all areas of being human.

Sati Rose is a highly trained and seasoned yoga teacher with nearly twenty years of experience guiding students through grounded, spiritually informed practice. Rooted in traditional philosophy and modern application, Sati blends movement, breathwork, meditation, and subtle energetic awareness to create classes that are both accessible and deeply transformative. Known for her calm authority, clarity of instruction, and heart-centered teaching style, Sati creates space for students to grow at their own pace while connecting to something deeper within themselves.

September 23 - November 11 | \$119

8 sessions

Chestnut Hill United, 8812 Germantown Ave.

NEW "BEGINNER" BEGINNER YOGA

Th from 6:30 PM to 7:30 PM

MB14. This class is so beginner you have to say it twice! It is designed for those new to yoga or looking to refine foundational skills in a welcoming, supportive environment. You will explore fundamental poses, alignment principles, breath awareness, and mindfulness techniques through gentle, easy-to-follow sequences that build strength, flexibility, and balance at your own pace. Whether you want to reduce stress, increase body awareness, or simply unwind after a long week, this Beginner Yoga class offers a perfect starting point. No previous experience or flexibility is required — just an open heart and willingness to learn.

Aisha Waters is a yoga instructor and founder of Space & Grace Yoga and Wellness, a woman-owned, Black-owned studio. She is passionate about creating a welcoming space where students can slow down, build confidence, and grow through yoga while feeling empowered and free to be their authentic self.

October 1 - November 12 | \$84
(no class 10/15)

6 sessions

Space & Grace Yoga and Wellness,
6120 Greene Street., Unit B

YOGA, A CHAIR AND YOU

F from 11:30 AM to 1:00 PM

MB15. 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.

October 2-30 | \$74
5 sessions

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



Aisha Waters' class is perfect if you've been too nervous to try yoga before.

YOGA LIBERATION ACCESSIBLE TO ALL BODIES

Su from 2:00 PM to 3:30 PM

MB16. Yoga invites an inner and outer transformation of the body, mind and heart. Students learn to embrace and deepen their awakening by exploring the yoga practice. Interoception, the ability to sense and feel what's happening inside the body, is nourished through a basic understanding and overview of anatomy and physiology. We focus, concentrate, and refine the quality of our awareness through yoga practice. Neuroplasticity takes hold to reshape and restructure our brain for calm and composure. Restorative yoga, breath awareness and meditation are included. Classes are tailored and respectful to the individual needs of the student always.

Debra Lynn is a yoga instructor and body therapist. She practiced as a NYS Licensed Massage Therapist for 25 years. Debra studied privately with a Kripalu yoga teacher for ten years and completed a rigorous yoga teacher training program with Francois Raoult and daily training at the Iyengar Institute of Manhattan. She continues extensive training in yoga, meditation, and mindfulness including pain management, and trauma sensitive yoga. She has an innate ability to enable students to connect with their bodies to cultivate peace and joy. Debra is a well-seasoned yoga teacher adapting her teaching to the needs of the students in front of her.

September 20 - November 22 | \$129
10 sessions

Private Yoga Studio in Germantown

All equipment will be provided. This is a small class limited to 6 students.

GENTLE AWAKENING YOGA

MB17. 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.

A. September 27 - November 1 | \$95

Su from 10:00 AM to 11:15 AM
In Person

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

B. September 27 - November 1 | \$95

Su from 10:00 AM to 11:15 AM
Online

The Comfort of Your Own Home

6 sessions

YOGA FOR BONE HEALTH

MB18. 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 for both men and women. Previous experience is helpful but not required. Please note: Men tend to suffer bone loss about 10 years later than women (over the age of 50). It is never too late to support your bone density.

Linda Kish

A. September 23 - October 28 | \$95

W from 6:00 PM to 7:15 PM
In Person

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

B. September 23 - October 28 | \$95

W from 6:00 PM to 7:15 PM
Online

The Comfort of Your Own Home

6 sessions

NEW REGULATE AND SOOTHE YOUR OWN NERVOUS SYSTEM WITH HANDS-ON SOMATIC TECHNIQUES

Th from 7:00 PM to 8:15 PM

MB19. You have the power to calm your own nervous system and to help heal yourself from the inside out. Each week, we'll practice breathwork, self-fascial release, lymphatic drainage, self-massage, and other techniques you can take home and use daily to feel more balanced, calm, and energized. We'll use simple, effective modalities developed by physical therapists and science-based practitioners. This course is designed for folks of all abilities and ages. Bring a yoga mat or small blanket to sit on and wear comfortable clothing. You'll need to purchase one Coregeous Ball (an air-filled, grippy self-massage ball developed by Jill Miller) and one set of "Roll Model" massage therapy balls. The instructor can provide these at cost or you can order them online.

Karen Rile

September 24 - December 3 | \$129

10 sessions, (no class 11/26)

Unitarian Society of Germantown,
6511 Lincoln Drive

INTRODUCTION TO NUMEROLOGY

W from 6:00 PM to 8:00 PM

MB20. Have you ever felt that the universe communicates with you through numbers? Unlock the hidden numeric messages! Discover and explore the ancient art of Pythagorean numerology, which interprets the meaning of numbers to gain empowering insights into various aspects of your life, including your purpose, career, challenges, and relationships. This course will also incorporate elements of astrology and angel numbers, and with the help of provided worksheets, you will learn how to calculate your personal numbers.

Denise Daniels, a teacher by trade, is a certified Reiki III energy healer, an angel card reader, and a spiritual life coach, holding degrees in metaphysical sciences, among other areas of study. She is a lifelong learner who follows her soul's intuition in creating courses, inspirational videos, and guided meditations. She brings a wealth of knowledge, enjoyment, and enthusiasm to her workshops.

November 4-11 | \$49

2 sessions

Unitarian Universalists of Mt. Airy, 6900 Stenton Ave.



Susie Moore is teaching Mindfulness Through Active Listening and Journaling to Greater Self-Awareness.

MINDFULNESS THROUGH ACTIVE LISTENING

Sa from 10:00 AM to 12 N

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

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

October 17 | \$39

Private home near Upsal and Greene

WAVE EMPOWERMENT, SELF-DEFENSE, AND BOUNDARY SETTING

Sa from 10:00 AM to 12:30 PM

MB22. WAVE is a practical and empowering self-defense program that teaches safety strategies that participants can use in situations ranging from verbal harassment to physical assault. This introductory class will feature discussion and activities around the five components of self-defense (Think, Yell, Run, Fight, and Tell) with a specific focus on verbal boundary-setting skills. Participants will also be taught some easy-to-learn physical techniques.

This program is trauma-informed, and designed to empower individuals and build their confidence. You don't need to be an athlete to learn self-defense! WAVE is for people of all genders, skills, abilities, sizes and body types.

Melissa McDermott serves as the Prevention and Education Director at Women In Transition, an organization that empowers people to move forward in their lives free of domestic violence and substance abuse. She brings a unique and empowering perspective to self-defense training, combining over a decade of experience in victim services and trauma-informed care with a background as a Registered Yoga Teacher and group facilitator. Melissa holds a bachelor's degree in Psychology from Thomas Jefferson University and a Certificate in Trauma Studies from Lakeside Global Institute.

September 19 | \$34

North Light Community Center, 175 Green Lane, Manayunk



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

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

CRYSTAL ALCHEMY BOWL SOUND MEDITATION

MB23. Join Anne for a relaxing sound meditation with Crystal Tones singing bowls and vocal sounding. The crystal bowls activate the crystalline nature in the higher brain centers and restore balance between your mind and body. We begin by creating an intention together. You will be introduced to the unique alchemy signatures of the bowls and begin to feel how your body responds to them. We will then be held in the expansive vibrations of a 45 minute sound bath meditation.

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

A. October 5 | \$34

M from 7:00 PM to 8:15 PM

B. November 9 | \$34

M from 7:00 PM to 8:15 PM

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

LEARNING TO READ TAROT

MB21. Just as the decks we use are diverse, so are the ways in which we look at the cards. Examine the cards and ways to interpret them, be it through color, symbolism or sheer instinct. Learn the differences between the major and minor arcana as well as how to interpret simple tarot spreads.

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

A. September 23 - October 14 | \$64

W from 6:30 PM to 8:30 PM

B. October 28 - November 18 | \$64

W from 6:30 PM to 8:30 PM

4 sessions

Chestnut Hill United, 8812 Germantown Ave.

Please bring a tarot deck to class, preferably Smith/Waite a.k.a Rider-Waite, or a deck that you have been using for a while.

JOURNALING TO GREATER SELF-AWARENESS

Sa from 10:00 AM to 12 N

MB25. Journaling is a self-reflective writing practice that has been around since ancient times. Journaling can be a great way to increase our knowledge and understanding of ourselves, others, and the world. In this workshop, you will be provided with the tools you need to start a journaling practice. We will explore free-form journaling techniques such as the "brain dump", as well as more structured journaling prompts, and open-ended questions designed to get you to think more deeply.

Susie Moore

November 14 | \$39

Private home near Upsal and Greene

RADIANT LOTUS WOMEN'S QIGONG

W from 6:15 PM to 7:15 PM

MB28. Learn gentle yet powerful exercises to care for your body, reduce tension, and cultivate intuition and personal strength. Developed by Daisy Lee from practices shared by Chinese, Tibetan, and Western master teachers, Radiant Lotus Women's Qigong focuses on healing and balance through movement and breath. Unlike general qigong, many of these exercises are designed specifically to support women's bodies and spirits. In a supportive community, participants will explore practices that nurture emotional well-being, foster personal empowerment, and offer an accessible introduction to the ancient art of qigong. This welcoming class is for students who identify as female or are non-binary. New and returning students are welcome.

Moon Smith (she/they) is a retired nurse midwife who has been studying qigong with several master teachers for many years and integrates qigong practice into the support and healing of the female body. She has trained with Daisy Lee to teach RLWQ (Radiant Lotus Women's Qigong).

Malkah Binah Klein is a rabbi who has been studying and teaching qigong and other practices for transforming energy, including sacred chant, for many years. She has trained with Daisy Lee to teach RLWQ (Radiant Lotus Women's Qigong).

October 7-28 | \$84

4 sessions

Summit Presbyterian Church, 6757 Greene St. at Westview

NEW WHAT IN THE HOT FLASH? UNDERSTANDING PERIMENOPAUSE AND MENOPAUSE

Sa from 10:00 AM to 11:30 AM

MB29. Midlife brings many changes—some expected, others surprising. This interactive workshop offers a supportive, informative space for women to better understand perimenopause and menopause. Learn about common and lesser-known symptoms, how hormones shift during midlife, and practical, natural strategies to support energy, mood, sleep, and overall well-being. There will also be time for questions and discussion in a welcoming environment. You'll leave with a better understanding of your body and practical tools to navigate this stage of life with greater confidence.

M'Jae Brown is a certified Integrative Nutrition Health Coach, author, and founder of Midlife Wellness, Elevated. Trained through the Institute for Integrative Nutrition, she helps women better understand and navigate perimenopause and menopause using practical, holistic approaches that support everyday well-being.

October 17 | \$39

Wesley Enhanced Living, 6300 Greene St.

SUPPORT YOUR AGING BRAIN!

Th from 2:30 PM to 4:00 PM

MB30. Your brain needs you! Whether you're in your senior years or in your prime, you want to operate at your top performance. Learn how diet, botanicals, herbal medicines and infrared light solutions can contribute to improved cognitive, mood, and mental function as well as enhance the neurological capacity of your brain.

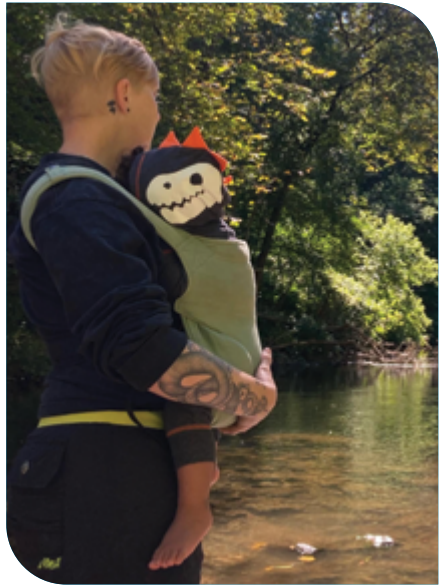
Nancy Post, M.Ac., Ph.D. worked closely with the cardiology department at Temple University, and together with cardiologist Dr. David Becker, created an integrative approach that she and Dr. Becker employed while treating patients. In recent years, she has studied and incorporated new methods of neuro-motor acupuncture and brain health in her practice in order to help her patients age with the best function possible. Dr. Post won the 2024 City and State Healthcare Trailblazer award for her breakthrough work in healthcare.

November 5-19 | \$64

3 sessions

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

\$10 materials fee payable to the instructor.



A forest bath will restore and improve overall wellbeing. Join Maegan as she guides you through Carpenters Woods.

FOREST BATH IN CARPENTERS WOODS

MB33. Immerse your senses in the restorative power of nature! Known as shinrin-yoku in Japan, forest therapy has been scientifically shown to reduce stress, increase creativity, and improve overall wellbeing. In this introductory session we will engage in meditation, intention-setting, and restorative forest therapy practices followed with reflection and herbal tea. You will gain a sense of peace and experience deep feelings of gratitude along with the excellent healing benefits offered by nature.

Maegan D'Amato is a licensed mental health therapist and registered 500-hour yoga therapist. She has been using mindfulness meditation to help herself and others heal for nearly a decade. As a part of this, Maegan has been guiding Forest Baths in urban settings since 2018.

A. October 18 | \$34

Su from 10:00 AM to 11:30 AM

B. November 15 | \$34

Su from 10:00 AM to 11:30 AM

Carpenter's Woods

ALEXANDER TECHNIQUE: RETURNING TO YOUR EXPANSIVE NATURE

Tu from 7:00 PM to 8:15 PM

MB35. This 3-week class will help you create a practice of self-care that will enliven and unify mind, body and breath. By exploring the relationship between thoughts and the physical body, Anne will guide you to release anxiety, tension and pain and return to a sense of wholeness and well-being.

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

September 29 - October 13 | \$54
3 sessions

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

ANCIENT WISDOM FOR THE PRACTICAL MYSTIC

M from 6:00 PM to 8:00 PM

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

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

November 16 | \$39

Unitarian Universalists of Mt. Airy,
6900 Stenton Ave.

FOOT REFLEXOLOGY

Sa from 10:00 AM to 12:30 PM

MB57. Practitioners of this 4,000 year old Egyptian art of healing believe that there is a map of the body on the hands and feet. By pressing the points on this map, improved circulation and relaxation allow the body to heal itself. Find out how this intriguing practice was rediscovered in the early 1900s. Learn easy relaxation techniques and points on the hands and feet that have helped others relieve stressful symptoms in their daily lives.

Judy Dobbs has experience in reflexology since 1975. After being paralyzed for a week from a slip and fall in 1972, she was carried into her first reflexology session, and walked out! She has helped countless clients deal with a wide range of health issues over the years.

November 14-21 | \$49
2 sessions

Chestnut Hill United, 8812 Germantown Ave.

TRADITIONAL SHOTOKAN KARATE

M from 6:30 PM to 7:30 PM

SRO5. Karate teaches character, courage, faithfulness, and the discipline of the martial arts. In this class, you will learn the movements and principles of karate while developing respect for others, no matter who they are or where they come from. You will practice awareness of your surroundings and learn basic self-defense techniques to help protect yourself if someone tries to attack you. Through these skills, you will build confidence and discover the strength that comes from courage and self-control. This class is designed to support both people with special needs and others in learning together while building strength, confidence, and respect among people from different backgrounds and personalities. There is no physical contact between students in this class.

Meena Nandlal is a 4th degree black belt, has been training for the past twenty years and has been teaching for over 15 years. She has been in many tournaments and has many medals and trophies for 1st, 2nd and 3rd places. Meena's teaching goal is to give back what her instructors imparted to her for many years.

October 19 - December 7 | \$104
8 sessions

Mt. Airy Playground Building,
7001 Germantown Ave.

Wear loose clothing, preferably sweat clothes.

INDOOR PICKLEBALL FOR BEGINNERS

SRO2. Ready to jump into America's fastest growing sport? Come learn the rules and basics of pickleball! We will master the scoring system (why are there 3 numbers?) and practice serves, strokes, and volleys. By the end of the course, players will be able to independently participate in a doubles game of pickleball. Pickleball is accessible for a wide range of ages and physical abilities. This four-week class also offers a friendly, social environment where you can meet others who are just starting out and enjoy learning the game together.

Tyson Smith has been an educator for more than thirty years and has played competitive pickleball for more than five years. He appreciates how people play pickleball for a variety of reasons and how they bring different strengths and abilities to the sport. As a social game, pickleball brings people from various backgrounds together for fun and friendly competition.

A. October 9-30 | \$112

F from 9:45 AM to 11:00 AM

B. October 9-30 | \$112

F from 11:15 AM to 12:30 PM

4 sessions

OPUS Pickleball Club, 900 E Mermaid Ln,
Wyndmoor

INDOOR PICKLEBALL FOR INTERMEDIATES

SRO3. This is an intermediate pickleball class for people interested in learning strategy, skills, and tips that enhance the game experience. While there is no formal prerequisite to enroll, students should already have played the game several times and be able to keep a (friendly) rally with other players. E.g., the class will assume you know basic court positioning, how to serve, and keeping score etc. We will emphasize the development of greater consistency, making good decisions in the game, how to avoid common mistakes, and of course, having fun.

Tyson Smith

A. October 9-30 | \$112

F from 12:45 PM to 2:00 PM

B. October 9-30 | \$112

F from 2:15 PM to 3:30 PM

4 sessions

OPUS Pickleball Club, 900 E Mermaid Ln,
Wyndmoor

PING PONG: FROM BASEMENT HOBBY TO CLUB PLAYER

Su from 10:00 AM to 11:30 AM

SRO1. 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! Paddles are available for your use during this class. Please wear sneakers with non-marking soles.

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

September 27 - October 18 | \$64

4 sessions

Trolley Car Table Tennis Club, 3300 Henry Ave,
East Falls

Classes at OPUS Pickleball Club

No need to bring any equipment. Paddles and balls will be provided for use during the class, and the instructor can recommend paddles to purchase if you decide you want your own before, during, or after the class.

Class is limited to 12 students. You will need to sign a waiver during registration or before class begins. OPUS Pickleball Club is a community-focused indoor pickleball facility that offers open play, lessons, and optional membership.

NEW LET'S PLAY CANASTA!

Tu from 3:00 PM to 4:30 PM

SR09. Did you play canasta with your grandmother? Would you like to brush up on your skills or maybe teach it to your own grandchildren? Let's have a great time learning and playing this easy, fun card game. The variation taught will be American Canasta. This hands-on class will guide you through each concept of the game and teach rules and strategies. Class size is limited so all players can have one on one attention. Let's play!

Ann Wilcox has taught at least sixteen people how to play canasta in the past several years. After taking a canasta class to brush up on her skills several years ago, she first taught a group of seven to play in Sarasota, FL. More recently, having moved back to Chestnut Hill two years ago, she taught a group of four who now are regular weekly players. Her background is teaching, library and foundation work.

September 29 - October 27 | \$64
5 sessions

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

BEGINNERS MAH JONGG

W from 10:00 AM to 12 N

SR10. Join this fun class to learn to play American Mah Jongg, an intricate tile game drawing on strategy and pattern recognition that is enjoying extraordinary popularity and growth in both social and tournament circles.

Barbara Delp, a retired attorney, has been teaching Mah Jongg for almost 20 years. She enjoys introducing new players to the intricacies of the game and the basic rules of the National Mah Jongg League as well as teaching the finer points and strategies of this challenging game to players looking to advance their skills.

September 16 - November 18 | \$109
(no class 10/21 or 11/11)

8 sessions

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

For All Mah Jongg classes: If you currently do not possess the 2026 National Mah Jongg League playing card, please place your order online as soon as possible with the National Mah Jongg League, NMJL.com. The instructor recommends ordering the \$15 LARGE PRINT playing card. (Do not purchase via Amazon as the quality of the cards are inferior and sometimes incorrectly printed.)



"Barbara and her team are encouraging and positive in their attitudes. I've become a much better player with their coaching!" - Student feedback, Spring 2026

INTERMEDIATE MAH JONGG

W from 1:00 PM to 3:00 PM

SR11. American Mah Jongg is an intricate tile game drawing on strategy and pattern recognition that is enjoying extraordinary popularity and growth in both social and tournament circles. Join this fun class to improve your Mah Jongg playing skills. The class is designed for those students who have completed the MALT Mah Jongg 101 class and for those students who would like to move beyond the basics in building their playing skills and learning strategy concepts.

Barbara Delp

September 16 - November 18 | \$109
(no class 10/21 or 11/11)

8 sessions

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

ADVANCED MAH JONGG

M from 1:00 PM to 3:00 PM

SR12. 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 skill level. Prerequisites include possessing an understanding of the basics of play and the possession of a current year NMJL Mah Jongg card (preferably large print).

Barbara Delp

September 14 - November 16 | \$109
(no class 9/21 or 10/12)

8 sessions

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



Discover birds in their natural habitat with Troy, an enthusiastic birder and passionate wildlife photographer.

NEW ADULT INSTRUCTIONAL GYMNASTICS (CO-ED, 18+)

SRO4. The Adult Instructional Gym Class is designed to bring the health and wellness benefits of gymnastics to those beyond high school age. Participants range from beginning gymnasts to former college-level competitors. Participants will learn tumbling skills on the spring floor and train on the equipment including: uneven bars, balance beam, vault, and tumble trak. Direct instruction is provided from start to finish to include a warm up and conditioning.

Maya Lerman is a longtime member of Kendrick Gymnastics. Her involvement started at a young age on the City Tumbling Team. She later became a member and a competitive gymnast on the Kendrick Kippettes USAG Team. At the young age of 16 Maya trained to become a Junior Coach working her way up to a Head Coach just a couple years later. Maya also has a background in dance and theater.

The mission of **Kendrick Gymnastics** is to provide a genuine and dedicated commitment to the sport of gymnastics, enabling young athletes to attain their fullest potential while cultivating a sense of self confidence that empowers children to challenge physical, mental and emotional limitations in the gym, at school and across social settings.

A. September 22 - October 27 | \$90
Tu from 7:30 PM to 9:00 PM

B. November 3 - December 15 | \$90
(no class 11/24)
Tu from 7:30 PM to 9:00 PM

6 sessions

Kendrick Gymnastics, 124 Cotton St., Manayunk

BIRDING IN YOUR NEIGHBORHOOD

SRO8. Join Troy Bynum, an avid birder and professional wildlife photographer, to explore different green spaces around NW Philadelphia in search of birds! Participants are advised to wear closed-toed shoes and anticipate trails with various terrains including grass, gravel, and/or asphalt sections. Binoculars are available for use on a first come first served basis. While the Introduction to Birdwatching class online is not a prerequisite, you are encouraged to take that course prior to going on Troy's birdwalk.

Troy Bynum owner of TB Wildlife Photography LLC, is not only an enthusiastic birder but also a passionate wildlife photographer from Philadelphia, PA. Troy's work focuses on capturing and showcasing the remarkable colors, intricate patterns, and rich textures that are abundant throughout the natural world. In his work, Troy draws attention to the oftentimes overlooked naturally occurring beauty found in the wild. Troy is on a mission to accentuate and celebrate the inherent magnificence of nature.

A. September 26 | \$39

Sa from 8:00 AM to 10:00 AM

Awbury Arboretum

B. October 24 | \$39

Sa from 9:00 AM to 11:00 AM

Carpenter's Woods

C. November 21 | \$39

Sa from 9:00 AM to 11:00 AM

Andorra Meadow

INTRODUCTION TO BIRD WATCHING ONLINE

SRO7. This introductory course is designed to provide participants with foundational knowledge and skills in bird watching, focusing on the birds found in and around Philadelphia. Participants will learn bird identification techniques, key characteristics of local species, and effective bird-watching methods. By the end of the course, participants will feel confident in identifying common birds found in and around the city. While this class isn't a prerequisite to go on Troy's birdwatching walks later in the term, it is encouraged.

Troy Bynum

A. September 16 | \$34

W from 6:00 PM to 8:00 PM

B. November 4 | \$34

W from 6:00 PM to 8:00 PM

The Comfort of Your Own Home

LEARN TO PERFORM CLOSE-UP MAGIC

Tu from 6:30 PM to 8:00 PM

SRO6. Have you ever witnessed a magician make something disappear, and wondered “How did they do that!?” Do you wish you could pluck a quarter from a child’s ear and make them giggle with delight? This course teaches the necessary fundamentals of close-up magic, like sleight-of-hand and misdirection. Successfully perform amazing magical effects with sponge balls, coins, candies and other small objects! This is a beginner level course, but the techniques covered are the same that professional magicians have been using for more than a century. After taking this course, you probably won’t be able to fool Penn & Teller, but you will be able to delight others with your magical prowess.

Neil Kitrosser has been studying and performing magic for more than 50 years. Although he spent most of his career as a trial lawyer, his enthusiasm for magic has never waned. He has performed in many venues, including elementary schools, hospitals, Ronald McDonald Houses, neighborhood block parties, birthday parties, and community events. Since retiring from law in 2018, Neil has been performing even more and enjoys sharing his knowledge of magic with others who want to bring joy and wonder to audiences through this unique performance art.

September 15-29 | \$69

3 sessions

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

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MALT with a
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Visit: mtairylearningtree.org/donate

Consider designating your gift to support our **Fern Bell Scholarship Fund**, which provides a 50% discount off classes to those in financial need.



LEARN TO PLAY CHESS

M from 6:00 PM to 7:30 PM

SR13. Learn the basics of chess! This course will familiarize you with the chess board and how each piece moves, then we will delve into the concepts needed to improve your game and win. Students will play complete games against other students and study analysis of one another’s games.

Robert Sadler has been playing chess in casual and tournament settings for somewhere around 60 years. He has been active in Chess Clubs since college, and is currently organizing the chess club at Lovett Memorial Library on Tuesdays at 5 pm. You can find him playing chess at many other venues around the Philadelphia area.

October 5 - November 9 | \$74

(no class 10/12)

5 sessions

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

Chess sets will be available for you to borrow and use during class.

NEW NEXT LEVEL CHESS: IMPROVE YOUR GAME

M from 6:00 PM to 7:30 PM

SR14. Have you been playing chess for a while, but want to upgrade your game? Know the rules well but can’t beat your friends yet? This class is for you! Students will build their game understanding, improve their strategic thinking, and practice against new opponents together. This course is designed for those with a Chess.com rating of 1200 or less, but anyone with a rating under 1500 will benefit.

Robert Sadler

November 16 - December 14 | \$74

5 sessions

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

Chess sets will be available for you to borrow and use during class.

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MALT General Policies

Non-Discrimination

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

Code of Conduct

It is the responsibility of all MALT instructors and students to:

1. Foster an education community supportive of continued learning;
2. Maintain the safety and welfare of all members in our MALT community; and
3. Respect the rights of others, engage in civil discourse, and refrain from harassment or discrimination.

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

Common Sense and Consideration

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

Unacceptable behaviors include:

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

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 wheelchair accessible MALT locations:

- Cathedral Village
- Center on the Hill
- Chestnut Hill Hospital
- Church of St. Martin-in-the-Fields
- Church of the Annunciation BVM
- Cliveden Carriage House
- Mt. Airy Art Garage
- Presbyterian Church of Chestnut Hill
- Ridge Avenue United Methodist Church (kitchen and Bodie Hall)
- St. Paul's Episcopal Church
- Summit Presbyterian Church (gym)
- Unitarian Society of Germantown
- Unitarian Universalists of Mt. Airy
- United Lutheran Seminary
- Wesley Enhanced Living at Stapeley
- Woodmere Art Museum
- Wyck Historic House and Garden

Very Important, Please Check Your Email!

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

4 Easy Ways to Register

- 1. Online:** www.mtairylearningtree.org, All major credit cards accepted.
- 2. Phone:** Please call us at 215.843.6333 during business hours to register by phone. We cannot accept registrations via voicemail.
- 3. Visit:** Open to the public on Monday - Thursday from 9 AM to 2 PM. Friday 9 AM to 2 PM, we work remotely.
- 4. Mail:** Fill out registration form on the next page. Include a check, money order, or credit card number 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 \$25 for returned checks.

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.

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

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

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

No Walk In Students must pre-register.

Discounts and Scholarships

Discounts cannot be combined. Not available online, please call our office to register.

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

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

LOCATIONS

Action Karate

11 W Mt Airy Ave.
Philadelphia, PA 19119

Airy Kitchens

88 West Johnson St
Philadelphia, PA 19144

ARTrageous Brush and Flow

6345 Germantown Ave.
Philadelphia, PA 19144

Bella Mosaic

6780 Germantown Ave.
Philadelphia, PA 19119

Cathedral Village

600 E. Cathedral Rd
Philadelphia, PA 19128

Center on the Hill Presbyterian Church of Chestnut Hill

8855 Germantown Ave.
Philadelphia, PA 19118

Chestnut Hill Friends Meeting

20 E. Mermaid Ln.
Philadelphia, PA 19118

Chestnut Hill Hospital

8835 Germantown Ave.
Philadelphia, PA 19118

Chestnut Hill United Church

8812 Germantown Ave.
Philadelphia, PA 19118

Church of St. Martin-in-the-Fields

8000 St. Martins Ln.
Philadelphia, PA 19118

Church of the Annunciation BVM

324 Carpenter Ln.
Philadelphia, PA 19119

Cliveden Historic Trust

6401 Germantown Ave.
Philadelphia, PA 19144

Flaco's Dance Factory

411 Old York Rd.
Jenkintown, PA 19046

Friends Free Library

Germantown Friends School
5418 Germantown Ave.
Philadelphia, PA 19144

Kelbourne Woolens

231 W. Mt. Pleasant Ave.
Philadelphia, PA 19119

MALT Office

6601 Greene St.
Philadelphia, PA 19119

Mt. Airy Art Garage

7054 Germantown Ave.
Philadelphia, PA 19119

North Light Community Center

175 Green Ln.
Philadelphia, PA 19127

OPUS Pickleball Club

900 E. Mermaid Lane
Wyndmoor, PA 19038

Ridge Avenue United Methodist Church

7811 Ridge Ave
Philadelphia, PA 19128

St. Paul's Episcopal Church

22 E. Chestnut Hill Ave.
Philadelphia, PA 19118

Space & Grace Yoga and Wellness

6120 Greene Street., Unit B
Philadelphia, PA 19144

Summit Presbyterian Church

6757 Greene St.
Philadelphia, PA 19119

Trolley Car Table Tennis Club

3300 Henry Ave.
Philadelphia, PA 19129

Unitarian Society of Germantown

6511 Lincoln Dr.
Philadelphia, PA 19119

Unitarian Universalists of Mt. Airy

6900 Stenton Ave.
Philadelphia, PA 19119

United Lutheran Seminary

7301 Germantown Ave.
Philadelphia, PA 19119

Water Tower Rec Center

209 East Hartwell Ln.
Philadelphia, PA 19119

Wesley Enhanced Living at Stapeley

6300 Greene St.
Philadelphia, PA 19144

Wissahickon Dance Academy

38 E School House Ln.
Philadelphia, PA 19144

Woodmere Art Museum

9001 Germantown Ave.
9201 Germantown Ave.
Philadelphia, PA 19118

Wyck

6026 Germantown Ave.
Philadelphia, PA 19144

REGISTRATION FORM

Please call us or check online to see if your class is FULL before mailing us a check.

name

address

city

zip code

day tel. #

eve. #

email

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

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

1.

2.

3.

4.

Subtotal:

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

\$6

Optional donation to the Fern Bell Scholarship Fund

Total:

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

Please call us or check online to see if your class is FULL before mailing us a check.

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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!

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