

WINTER 2024

MALT

MT. AIRY LEARNING TREE
NEIGHBORS TEACHING NEIGHBORS



WINTER TERM BEGINS
JANUARY 16

CLASSES IN MT. AIRY, CHESTNUT HILL, GERMANTOWN
EAST FALLS, ROXBOROUGH & MANAYUNK



MT. AIRY
LEARNING TREE

235+ COURSES
JAN • FEB • MAR
IN PERSON • ONLINE

DIRECTOR'S NOTE

Dear Neighbors and Friends,

Winter's here, nudging us toward fresh starts and new interests. Thinking back to the fall and all of the community festivals we attended, so many folks shared stories of how MALT has impacted their lives. From Italian lessons taken in the late 1990s, to ongoing book clubs and transformed health from taking our fitness or mind and body classes—MALT classes make a lasting difference. New neighbors eagerly flip through our course catalog seeing the potential of how we can help them connect and build a community. This term, we're excited to welcome several teachers who've recently moved to Mt. Airy, ready to share their talents. At its core, MALT thrives with neighbors teaching neighbors, expanding social circles and boosting well-being.

We're pleased to introduce 70 new classes and 21 new teachers this term. Join us in celebrating these additions along with all of the classes and teachers you love. Have fun this Winter—dance, create art, get some exercise, find peaceful moments, cook delicious meals, explore our city, discover local history, learn to juggle, and make time to play. Embrace the richness of this Winter term with us, and let the journey of learning, sharing, and connecting begin anew!

Janet Greenwood Gala
Executive Director

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Temple Health Chestnut Hill Hospital	

MALT Mission Statement

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

STAFF

Executive Director Janet Greenwood Gala	Office Coordinator Marisia Robinson
Program Administrator Alexa Strus	Special Projects Sarah Claxton

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On the Cover: Top right to bottom left - Troy Bynum and Kris Soffa, Waterfowl Birding & History Walk in the Wissahickon Valley Park pg. 65 ; Luther Bangert, Intro to Juggling pg. 28; Fergie's Bootcamp pg. 5; and June Daley, Perfect Chocolate Covered Strawberries with Junebug Sweet Treats pg.43

Graphic Design - Janet Greenwood Gala



MT. AIRY
LEARNING TREE
NEIGHBORS TEACHING NEIGHBORS

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mtairylearningtree.org • 215-843-6333



Anita Nicholson, far right, with her improv students. See her winter improv classes on pg. 28.

YOU CAN MAKE A BIG DIFFERENCE AT MALT!

For the past four decades, Mt. Airy Learning Tree has fostered community connections through small, engaging classes. We're deeply grateful for the ongoing support from our community, which has enabled us to pursue our mission of strengthening Northwest Philadelphia through educational and recreational opportunities.

The generosity of individuals makes a big difference. Your tax-deductible donation will play a crucial role in sustaining our programs and expanding our impact. Join us in shaping the future of Northwest Philadelphia. Thank you for contributing!

Four ways to make a donation:

- Make a donation online at www.mtairylearningtree.org/donate or use the QR code
- Donate via paypal - @mtairylearningtree
- Call our office at 215-843-6333
- Mail a donation to Mt. Airy Learning Tree, 6601 Greene Street, Philadelphia, PA 19119

Mt. Airy Learning Tree is a 501(c)(3) Organization and your contribution is tax-deductible.

MALT WINTER SEASON MEET & GREET, JAN. 4

Do you want to teach with us in the Spring term and would like to discuss your ideas?

Our deadline for proposals is **January 15**.

Visit mtairylearningtree.org/want-teach-to to learn more.

Or are you interested in registering for a class but want to talk about it in person? Stop by our office to visit and enjoy some hot chocolate, coffee or tea. We can't wait to meet you!

Thursday, January 4

5:00 to 6:30 pm

MALT Office, 6601 Greene Street

MALT SOCIAL CLUB LET'S CELEBRATE, MAR. 27

W from 7:00 to 8:30 pm

TW22. Come out for this special social evening. If you love MALT and want to hang out with a group of welcoming folks while enjoying delicious beverages and appetizers then please join us! Meet our teachers, board members, the MALT staff and students.

Last year we had lots of fun, so we are doing it again! We hope you can join us!

March 27 | \$15

Registration covers a sampling of appetizers. Cash bar. Each person who attends will be entered into a free raffle for a \$50 MALT gift certificate. Space is limited, so sign up early to reserve your spot.

Event will be held at Chestnut Hill Brewing Co. 8221 Germantown Avenue



'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. January 22 - March 18 | \$99

M from 6:45 PM to 7:45 PM

8 sessions, No class 2/26

B. January 20 - March 16 | \$99

Sa from 8:30 AM to 9:30 AM

8 sessions, No Class 2/24

Chestnut Hill United, 8812 Germantown Ave.

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

NEW CARDIO BELLYDANCE

Sa from 10:00 AM to 11:15 AM

EX02. Shake off those Winter Blues! Cardio bellydance is bellydance on steroids! Think Zumba but for bellydance! No prior knowledge is required. This is more focused on getting the heart pumping and having a great workout to fun cardio intensive Middle Eastern dance tracks.

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

February 17 - March 2 | \$59

3 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

ZUMBA GOLD®

W from 10:15 AM to 11:15 AM

EX03. The Zumba Gold program combines the enticing world rhythms of Zumba with the strength-training techniques of the Zumba Toning Program, creating an easy-to-follow, health-boosting dance fitness program for active, older adults, as well as beginners. You are welcome to bring your own 1-2 lbs weights to build strength and tone all target zones. You will have Fun !! Learn various styles of movement to Latin, Broadway Jazz, Polynesian, Afro-Caribbean, and more. Increase endurance, musicality, and enjoy a social good time! Class includes a great chair workout for those who want it. * No dance experience required.

Karen Taylor Young

January 31 - March 20 | \$96

8 sessions

Philadelphia School of Circus Arts,
6452 Greene St.

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

NEW ZUMBA® AT NIGHT

M 6:30PM to 7:30PM

EX17. Latin and world rhythms inspired aerobic dance workout using a mix of low-intensity and high-intensity moves for a calorie burning dance party.

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

January 22 - February 26 | \$59

6 sessions

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

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

Let the Music
Move You as
You Dance Your Way
to a Healthier 2024!



Yvonne "Fergie" Ferguson-Hardin, left, makes fitness fun with her bootcamp, fit possibilities, and stretching classes!

NEW BOXING BALANCE

M from 10:00 AM to 12 N

EX04. Join Action Karate in this workshop all about building mental and physical strength! Studies show that boxing moves can decrease symptoms of Parkinson's, Alzheimer's, memory loss, anxiety, imbalance and depression. Learn some moves and talk about the benefits of a routine boxing practice. This class includes training that can challenge every level of student.

Rochelle Brenner is a Black Belt and full-time martial arts instructor for children and adults. She is also a former amateur boxer and the owner of Action Karate in Mt. Airy.

March 4 | \$59

Action Karate, 11 W Mt Airy Ave.

BOXING FITNESS ACTION

EX05. Do you need stress relief? Looking for fitness that gives you a happy high? Put on boxing gloves and do a fun, challenging workout guided by a National Golden Gloves champion. Learn how to throw a real punch and get in some strong kicks. Boxing is considered by researchers to be one of the most effective workouts you can do for overall toning, strength and conditioning. All levels of fitness.

Rochelle Brenner

A. January 29 - February 26 | \$87

M from 11:00 AM to 11:45 AM (No Class 2/19)

B. March 4-25 | \$87

M from 7:00 PM to 7:45 PM

4 sessions

Action Karate, 11 W Mt Airy Ave.

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

FERGIE'S BOOTCAMP

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

Yvonne Ferguson-Hardin

A. January 19 - February 16 | \$64

F from 7:00 AM to 8:00 AM

B. February 23 - March 22 | \$64

F from 7:00 AM to 8:00 AM

5 sessions

Northwestern Stables, 120 W. Northwestern Ave., Near Germantown & Northwestern Aves.

Bring water and a small towel.

KALI STICK TRAINING

Th from 7:30 PM to 8:15 PM

EX06. 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.

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

February 1-29 | \$89

5 sessions

Action Karate, 11 W Mt Airy Ave.

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



Stay fierce and fit with Sophie Bernard, center

FIERCE AND FIT AT EVERY AGE ONLINE

W from 7:00 PM to 8:15 PM

EX07. We will use small weights (low impact) to sculpt the arms and the back, some specific exercises to strengthen the core, and a series of muscle confusion workouts to firm up and shape the glutes.

Sophie Bernard has been doing yoga for nearly 18 years. In 2007, she obtained her 200 hour yoga certification in Inner Fire Yoga from Yoga on Main. She is certified in Ericksonian hypnosis to deepen her students' experiences while following her guided meditations. She is also a Reiki Master.

February 7 - March 13 | \$79

6 sessions

The Comfort of Your Own Home

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

FIT POSSIBILITIES

W from 9:00 AM to 9:45 AM

EX10. This class, for ages 50+, allows you to work at your own level as you learn how to move safely and effectively. This program cycles through specific days of balance, strength, cardio, flexibility, agility and body weight sessions. Improve your flexibility, balance, joints, core strength and overall ability to be more efficient in your daily activities!

Yvonne Ferguson-Hardin

February 21 - March 20 | \$64

5 sessions

Fit Foundation, 47 E High St., Lower Level

EXPLORE YOUR BODY'S CORE

W from 10:00 AM to 11:00 AM

EX12. Have you ever wondered what people mean when they say your core? Learn first and foremost what your core is and how to safely engage it! Starting from the basics of breath work, this series will help improve posture, balance, breathing, and most importantly help prevent injuries! Learn anatomy and how to correctly activate your core muscles in your pelvis, back, hips and stomach to stay safe during daily activities, exercise, and hobbies. Work on preventing injuries and health conditions down the line to save on health care costs! Learn from and receive in-person feedback by a licensed physical therapist with extensive experience working with all ages. This is not a strenuous exercise class. It is a thorough introduction on how to strengthen your core to work in harmony with your body.

Tracy Galek, PT, DPT, graduated from Thomas Jefferson University in 2017 with her Doctorate of Physical Therapy degree. She specializes in orthopedic and neurological conditions and is LSVT BIG certified for people with Parkinson's disease. She strives to empower h

January 31 - February 21 | \$64

4 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

There is a \$15 materials fee payable to the instructor for resistance bands. Please bring a yoga mat or pad to class.



Christopher Coan leading his Yoga/Pilates Mix Class

YOGA/PILATES MIX

Th from 6:30 PM to 7:30 PM

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

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

January 25 - March 14 | \$99

8 sessions

Summit Presbyterian Church, 6757 Greene St. at Westview

NEW REAL MEN STRETCH

W from 11:00 AM to 12 N

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

Yvonne Ferguson-Hardin

January 31 - February 28 | \$64

5 sessions

Fit Foundation, 47 E High St., Lower Level

STRETCH 4 LIFE

EX08. This is an inspiring, rejuvenating class which anyone can do. You decide whether you sit or stand. The benefits of stretching are countless, improving flexibility, reducing blood clots, and improving brain function to name a few.

Yvonne Ferguson-Hardin

A. January 19 - February 16 | \$64

F from 10:00 AM to 10:45 AM

B January 29 - February 26 | \$64

M from 11:00 AM to 11:45 AM

5 sessions

Fit Foundation, 47 E High St., Lower Level

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

IMPROVE YOUR POSTURE: LIVE LONGER AND STRONGER

Th from 11:00 AM to 12:30 PM

EX27. Posture is an integral part of your health and it plays a significant role in moving with ease and efficiency. Begin to reverse the aging process by realigning your body with gentle exercises that will help you lengthen and strengthen. Range of motion, balance, stability and accessible strengthening exercises will be included to leave you invigorated and upright. Please bring a yoga mat and a blanket. All levels welcome and modifications are happily provided.

Nicole Rodriguez is an exercise therapist. She is certified in Exercise Therapy Skills and Posture Alignment through the Egoscue Institute and certified in Mat Pilates through the American Aerobic Association International & International Sports Medicine Association.

February 22 | \$32

Grace Epiphany Church, 224 E. Gowen Ave.



See Page 12

**Nia Holistic
Dance**





Gayle Herbert Robinson (right) will keep you dancing and bouncing, and having fun! A longtime teacher at MALT, Gayle now teaches online from her home in Hawaii!

BOUNCE-IT-OUT ON THE MINI-TRAMPOLINE ONLINE

Th from 7:00 PM to 8:00 PM

EX15. Ready for a fun, safe workout that lets you bounce away stress, while boosting your lymphatic and immune systems--a big bonus? Bouncing on the mini-trampoline aka rebounder promotes drainage through motions and muscle contractions that you usually wouldn't get from other types of exercise! Rebounding increases the circulation of your lymphatic fluids, which helps drain toxins and other buildup from your body so your immune system can do its best work. Often used in rehab centers, it's great on joints. Students will need to have their own trampoline.

Gayle Herbert Robinson is an ACE Certified Group Fitness Instructor. She is passionate about making exercise FUN! Gayle brings her positive energy and awesome playlist to every workout, giving you the excitement to keep coming back week-after-week.

February 15 - March 21 | \$74
6 sessions

The Comfort of Your Own Home Suggested trampolines: 38-inch rebounder (springs) available at Dick's or a 40-inch Darchen (bungee) available at Amazon.

DANCE-IT-OUT! FUN FITNESS ONLINE

W from 7:00 PM to 8:00 PM

EX14. When Fitness is Fun, you'll keep doing it. When Fitness is Convenient, you'll keep doing it. When it's diversified...you won't get bored. Win-Win! We'll boogie our way into multiple dance forms in one hour: a little Hip Hop, Old School, Latin, Line, Kickbox dance and our newest Yoga dance with some Xfinity (figure 8) moves for an extra core groove. From warm-up to cool-down, you'll de-stress, burn calories, energize, tone—all from the comfort of your home. No dance experience needed. Wear loose/stretchy attire. Water and towel close. Smiles and laughter guaranteed.

Gayle Herbert Robinson

February 21 - March 27 | \$74
6 sessions

The Comfort of Your Own Home

Bring a bottle of water and towel.

KITCHEN RX: RESTORE YOUR HEALTH WITH FOOD AS MEDICINE

Tu from 7:30 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) and in some cases diabetes (depending how long you've had it) 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 diabetes and heart disease, and even some forms of cancer. This lifestyle aligns us with creating more peace in the world--by making a choice to reduce the suffering caused by unaware food choices, reducing animal cruelty and supporting the health of the planet. Get inspired prior to class by watching The Game Changers documentary, available on several platforms.

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

March 26 | \$32

* Private home, Chestnut Hill near Mermaid Ln and Huron

ADULT CPR/AED

EX26. This Adult CPR/AED blended learning course equips students to recognize and care for a variety of breathing and cardiac emergencies involving adults. It is designed for students who need a certification that satisfies OSHA workplace or other regulatory requirements. Join this course to learn how to perform high quality CPR and to properly use an AED machine. This course will have two parts: the online and in person portion. The online session will take approximately 2 hours, which you will complete at your own pace. It consists of lectures, videos and a completion quiz. After the online portion is completed participants will receive a notification that they can move to the in person practice class. The practice class will consist of participants practicing the correct CPR compressions and using the AED machine. In order to pass the complete course participants will need to know how to perform the proper CPR compressions.

Anna Dayle has been an educator for the past ten years. She has taught adults and children throughout her career. One of Anna's favorite classes to teach is CPR, it's a very important skill to learn. These days emergencies can occur at a moment's notice and it is important to be prepared!

A. February 17-24 | \$115

Sa from 11:00 AM to 1:00 PM

Students need to complete the online portion before the in person class date, students will receive online course information on **2/17/24** with the in-person portion taking place on **2/24/24**.

B. March 30-April 6 | \$115

Sa from 11:00 AM to 1:00 PM

Students need to complete the online portion before the in person class date, students will receive online course information on **3/30/24** with the in-person portion taking place on **4/6/24**.

United Lutheran Seminary, 7301 Germantown Ave., All MALT Classes take place in the Brossman Center for Education.

Note: The cost for an American Red Cross CPR Certificate of \$30 is included in the course fee.

There is a \$2 materials fee payable to the teacher in class.

NEW COMBATTING STRESS-INDUCED HEAD AND NECK PAIN

Tu from 6:00 PM to 8:00 PM

EX25. In today's day and age, who hasn't felt stressed? Did you know that with both acute and chronic stress, we can feel tightening and pain in our head and neck muscles making our day-to-day activities more difficult? With this course, you will learn more about how stress can physically affect you, and how you can both prevent and lessen the head and neck symptoms you feel because of it. While this is not a strenuous exercise class, you will gain insight on breathwork, posture, mobility and strengthening exercises to help improve your overall function and prevent further pain and injury.

Tracy Galek, PT DPT, graduated from Thomas Jefferson University in 2017 with her Doctorate of Physical Therapy degree. She specializes in orthopedic and neurological conditions and is LSVT BIG certified for people with Parkinson's disease. She strives to empower her clients to have an active role in their health and wellbeing to achieve 100% of their goals.

February 6 | \$32

Grace Epiphany Church, 224 E. Gowen Ave.

NAVIGATING HEARTBURN AND REFLUX ONLINE

Tu from 6:30 PM to 8:00 PM

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

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

March 5 | \$29

The Comfort of Your Own Home



BEGINNING SALSA

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

Taught by **Kathleen Furin**, a dance instructor at Flaco's Dance factory.

A. January 23 - February 27

Tu from 6:00 PM to 7:00 PM

B. January 27 - March 2

Sa from 7:00 PM to 8:00 PM

Individual | \$89

Couples Fee | \$169

6 sessions

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



**Flaco's Dance Factory is located close by in Jenkintown, Montgomery County and the classes include MALT students and students from the dance studio. Students will change dance partners.*

BACK TO THE '70S DANCE GROOVE

W from 8:00 PM to 9:00 PM

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

Marck "Flaco" Best is a native of Mt. Airy. As a master teaching artist and Associate Professor of Dance at the University of the Arts, he holds roster artist positions with such prestigious arts education agencies as Young Audiences of NJ & PA, AIE, and has a long-standing relationship with The Painted Bride Art Center, and the Kimmel Center where he appears frequently. His passion lies in teaching men to dance with the women in their lives. Flaco began teaching dance with MALT in 1997!

January 24 - February 28

Individual | \$89

Couples Fee | \$169

6 sessions

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

BACHATA FOR SINGLES AND COUPLES

W from 7:00 PM to 8:00 PM

DA09. We're excited because this class has been totally revamped for this coming session! Not just a new teacher, but guest teachers, as well, with a focus on slow growth, more music, and built in social dancing opportunities! Fun, fun, FUN! For those of you who have avoided dance classes because you didn't have a partner, here's your chance! Or bring a partner and learn the steps to be able to feel confident on the dance floor. Bachata is one of the newer Latin Rhythms rising in popularity, in no small part because it's as easy as 1-2-3 (4), and as easy as Merengue, as sexy as Salsa, and as sensual as Tango. It doesn't take long to become good at this dance. Flaco calls it, "Instant Cool." After you learn to move, an optional outing to a real Latin night club is also a part of this experience!

Marck "Flaco" Best

January 24 - February 28

Individual | \$89

Couples Fee | \$169

6 sessions.

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

LEADING ON THE DANCE FLOOR

Th from 7:00 PM to 8:00 PM

DA11. This class is a hit! In this unique dance workshop, you'll master the art of leading with finesse in various dance styles, including Latin Styling and Ballroom. Whether you're an experienced dancer aiming to refine your skills or a complete beginner eager to take the first step, this class is a perfect fit! You will unlock your dance prowess and gain confidence on the dance floor. After this class you will be ready to go out and enjoy a night out, or dance at that upcoming wedding or social event. This class is tailored to men however anyone who would like to lead their partner is welcome. Please note: All of our couples dance classes cover the skills of how to lead and how to follow.

In our last term everyone from the 19 year old brought in by his grandmother to the least confident adult loved this class and gained confidence.

Marck "Flaco" Best

January 25 - February 29 | \$89

6 sessions

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

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.

January 25 - March 14 | \$170

8 sessions

Presbyterian Church of Chestnut Hill, 8855
Germantown Ave



BALLROOM DANCING 102: BEYOND THE BASICS

Th from 8:45 PM to 9:40 PM

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

Debra Klingler

January 25 - March 14

Couples Fee | \$170

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.

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

January 25 - March 14

Couples Fee | \$170

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 with

Debra Klingler: 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 instructor or MALT.



EVERYONE CAN LINE DANCE – FOR BEGINNERS!

DAo4. Learn a variety of ‘easy’ line dances. Enjoy a fun-filled experience learning the classics as well as the new, EASY, popular, line dances. Instruction also includes dances commonly enjoyed on cruises, at weddings, and other festive events. Come join Audrey & June for 5 weeks of line dance instruction & review. The final week is planned as a line dance party for the culminating event. Appropriate for all ages.

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.

A. January 17 - February 14 | \$74

W from 6:00 PM to 7:00 PM

5 sessions

Summit Presbyterian Church, 6757 Greene St.
at Westview

B. February 28 - March 27 | \$74

W from 6:00 PM to 7:00 PM

5 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

EVERYONE CAN LINE DANCE - BEYOND THE BASICS!

DAo5. Come join Audrey & June for 5 weeks of line dance instruction & review. Step-by-Step instruction is provided to teach both ‘classic’ as well as more recent intermediate level dances. Student requests are welcome. This session concludes with a line dance party format. Appropriate for all ages.

June and Audrey Donaldson

A. January 17 - February 14 | \$74

W from 7:15 PM to 8:15 PM

5 sessions

Summit Presbyterian Church, 6757 Greene St.
at Westview

B. February 28 - March 27 | \$74

W from 7:15 PM to 8:15 PM

5 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

NIA HOLISTIC DANCE PRACTICE

M from 9:30 AM to 10:30 AM

DAo6. Nia is a tool for accessing the universal human need to move in ways that feel good for your body. This mind-body dance practice combines wisdom from many dance traditions, martial-arts, yoga and other energy-aligning practices. It is highly adaptable and inclusive of people of all fitness levels, ages, genders and body types. We use both guided movements and free dance to notice our patterns and become aware of how we move, seeking joy in movement. Nia is done to soulful world music which will take you on a beautiful journey within your home for life: your body.

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

February 26 - March 18 | \$56

4 sessions

Chestnut Hill United, 8812 Germantown Ave.

See Page 52

NEW
Teen Salsa Dance

CLASSIC R&B LINE DANCING!

Tu from 1:00 PM to 2:00 PM

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

Marck "Flaco" Best

January 30 - March 5 | \$89

6 sessions

North Light Community Center, 175 Green Lane

SENIOR BALLET: PINK & SILVER SLIPPERS

F from 10:30 AM to 11:30 AM

DA12. Find your inner ballerina! If you studied ballet as a child or dreamt of being a ballerina, this class is your dream come true. Basic terminology for ballet barre, center floor, progressions, with choreography set to classical and contemporary music from Swan Lake and the Nutcracker to contemporary ballets. * No dance experience required.

Karen Taylor Young is a retired professional dancer with over 35 years of experience who currently teaches and choreographs. She is a founding member of Philadanco, and has performed with Opera Company of Philadelphia, and a former musical theater choreographer at Germantown Friends School.

February 2 - March 22 | \$156

8 sessions

Philadelphia School of Circus Arts
6452 Greene St

BALLET FOR ADULTS AND TEENS

Tu from 7:30 PM to 8:45 PM

DA14. Have you always wanted to try ballet, or did you take it as a child? This beginning to intermediate ballet class is an opportunity to begin, resume, or continue ballet, stay in shape, and have fun! You will learn ballet vocabulary and through the traditional sequence of exercises at the barre and in the center, you will improve balance, coordination, and flexibility. Enjoy exploring this beautiful art form with a creative and inspiring instructor experienced in teaching adults and meeting them at their level. This class is for ages 14 and older. Please wear comfortable dance/athleticwear and ballet shoes.

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

January 23 - March 12 | \$144

8 sessions

Wissahickon Dance Academy
38 East School House Ln., now known as
Expansions Contemporary Dance Ensemble



Senior Ballet: Please wear comfortable clothing or dance wear, ballet slippers or soft supple shoes to class.

NEW POEMING INTO GRIEF: A WRITING CIRCLE FOR TENDER HEARTS

W from 6:00 PM to 8:00 PM

WMo1. In her poem, "Letter to My Sister," Philadelphia's former Poet Laureate Trapeta B. Mayson writes: "I have managed to poem all my pain; /tell me, /what do you do with yours?"

Join grief coach and death midwife Naila Francis for an exploration of this question.

Through poetry, writing prompts and the witnessing of each other's stories, we'll make space for our grief and what it needs from us. No writing or poetry experience necessary. The focus here isn't on craft but on using poems as a place to access our grief and then resting what's in our hearts on the page through guided writing prompts.

Naila Francis is a writer/poet, grief coach and death midwife. She helps people transform their relationship to grief and loss through one-on-one coaching, workshops, rituals and ceremonies. Her work is often informed by her love of poetry, nature and community. She is also the co-host of Breathing Wind, a podcast about journeying through loss, and the founder of Salt Trails, a Philadelphia collective making grief public and visible through community rituals.

February 7 | \$32

Wesley Enhanced Living, 6300 Greene St.

SPIRITUAL AUTOBIOGRAPHY

Tu from 6:00 PM to 7:30 PM

WMo2. We define ourselves not only through formative personal experiences but also through emulating role models, subscribing to theories of personality development, or perhaps embracing religious or spiritual practices. If you want to explore more thoroughly the roots of your own character and how you might further develop your spirituality, this is your course! Through writing and dialogue we will examine the roots of our own biographies. You will be offered a large selection of readings. Enjoying reading is helpful but not a must.

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

February 27 - March 26 | \$84

5 sessions

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

MEMOIRS AND ESSAYS: GETTING GOING (AND STAYING WITH IT)

Sa from 1:00 PM to 4:00 PM

WMo3. We often feel an urge to leave an account of our lives as we sort through the events, times, and people that shaped us. No matter our age or our reason, we must present these life stories so they don't languish, unread, on our computer or in a desk drawer. And we must stay with it, however that takes place: finishing a memoir, finetuning an essay, writing of other times and other experiences. This workshop will help you get underway, confident and enthused, through class instruction, exercises and sharing your writing for teacher and student feedback.

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

February 10-24 | \$74

3 sessions

United Lutheran Seminary
7301 Germantown Ave.

\$8 materials fee payable to the instructor.

CRIME FICTION WORKSHOP

Tu from 6:30 PM to 8:00 PM

WMo5. Have you ever thought about writing crime fiction but have no idea where to begin? This course provides a pragmatic, workman-like approach to crafting stories, focusing on but not limited to crime fiction. Through selected readings in the genre, we will discuss and dissect styles and techniques, as well as the nuts and bolts of good storytelling, like clarity and accuracy. Students will complete quick pieces of in-class writing as well as read and critique longer pieces of each other's work in a supportive, encouraging workshop atmosphere.

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

February 6 - March 12 | \$89

6 sessions

Wesley Enhanced Living, 6300 Greene St.

MEMOIRS AND ESSAYS: KEEPING THE MOMENTUM

Sa from 1:00 PM to 4:00 PM

WMo4. 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: More Than Memories" class? This workshop, a continuation of "Memoirs," is for previous students to keep you enthused and productive: writing, sharing, receiving Nancy's written feedback, doing new in-class exercises and discussions!

Nancy Rasmussen

March 16-30 | \$74

3 sessions

United Lutheran Seminary
7301 Germantown Ave.



Tony Knighton

FLASH FICTION WORKSHOP

Su from 4:00 PM to 7:00 PM

WMo8. 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 an Ma and MFA in literature and creative writing, and now lives in Philadelphia while teaching at Stockton University in NJ. Their work appears on NPR, and in over 100 publications, including Best Short Fictions 2023, Best Microfictions 2020, Tin House, Master's Review, Electric Lit, and Witness. The Origin of Doubt, their collection of fifty short fictions, was a 2019 Lambda Award finalist. Nathan has been writing and teaching about flash fiction for over 20 years and still loves reading a new flash story.

January 21 - February 11 | \$74

3 sessions, No Class 2/4

1/28 Class will begin at 4:30PM

Summit Presbyterian Church, 6757 Greene St. at Westview



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Chelsea Jackson

NEW THE REVISING CONUNDRUM: A WORKSHOP ON STRENGTHENING YOUR LITERARY WORK ONLINE

Th from 6:30 PM to 8:15 PM

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

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

March 28 | \$32

The Comfort of Your Own Home

POETIC APPROACHES TO JUMPSTART YOUR WRITING ONLINE

Th from 6:30 PM to 8:30 PM

WM10. Carve out time to work on your craft! Throughout this class students will: gain new knowledge of poetic and literary methods; read and respond to a rich variety of work and; have space to not only write, but give and receive feedback. Each week students will learn a new method and workshop pieces inspired by that approach. Part discussion group, part lecture series, and part writing workshop, this class is open to all writing levels, and though the primary focus will be on poetry, writers of all styles are encouraged to join.

Chelsea Jackson

February 29 - March 21 | \$64

4 sessions

The Comfort of Your Own Home

NEW WRITING FOR ACTORS, STAND UPS AND SOCIAL MEDIA TALENT ONLINE

M from 7:00 PM to 9:00 PM

WM13. Wondering if you can write dramatic or comedic material? Why not give it a try in a comfortable, setting - a fun and informative class at MALT! You will begin with brainstorming ideas to write into short routines. These short scenes and stories can be posted on social media or just shared with the class. Then learn skills to develop these short pieces into more significant projects to launch onstage for fringe fests or onscreen for film fests. The act of creating original short scripts brings lots of opportunities to increase professional relationships, social media fans and income. This class is an easy entry into the engaging world of script writing.

Marjory Silver has worked in the performing arts for over twenty-five years. She has a Ph.D. in Performance Enhancement, an M.A. in Theater, and a B.A. in Communications. She has worked in Philadelphia and New York directing and developing new plays and training profess

February 26 - March 18 | \$79

4 sessions

The Comfort of Your Own Home

\$5 Materials Fee will be collected upon registration.

WRITING THE PERSONAL ESSAY ONLINE

F from 12 N to 1:00 PM

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

January 19 - March 8 | \$79
6 sessions, No class 2/16 and 3/1

The Comfort of Your Own Home

BOOK CLUB: THE GREAT MARGARET ATWOOD

Tu from 6:30 PM to 8:00 PM

WM41. A winner of the prestigious Booker Prize, Canadian author Margaret Atwood has been experimenting with realistic, historical, and speculative fiction for over fifty years. Her writing often explores the various and often constricting roles women have been obliged to play within Anglo-American culture and society. We will be discussing four of Atwood's most iconic works on the following dates:

January 16 - *The Edible Woman* (1969); February 6 - *Moral Disorder* (2003); February 27 - *The Handmaid's Tale* (1985); March 26 - *The Testaments* (2019).

Gabriella Ibieta holds a PhD in Comparative Literature from the City University of New York and was Associate Professor of English at Drexel University for over thirty years. Of the many courses she created and taught, her favorites are: Caribbean Literature and Culture;

January 16 - March 26 | \$44
4 sessions

Hilltop Books, 84 Bethlehem Pike

Note: We will discuss *The Edible Woman* at our first meeting



*Beverly Gunn in N1 Theatre production of Love Song
by Dennis Moritz*

NEW PLAY WORKSHOP: WRITING THE SCENE

Tu from 6:30 PM to 8:30 PM

WM14. Character. Conflict. Language. A scene. Effective scenes show a character's identity and inclinations. They signal psychological preoccupations, rivalries, reveal motives. In a good scene vocabulary and rhythm act as DNA, make a character live. A good scene can be remarkable art. Fascinating longer works can then evolve. The workshop will present performance texts as examples of effective scenes. Scene studies will include works by August Wilson, Beckett, Suzan Lori Parks, Lynn Nottage, Brecht and others. Exercises will be used to prompt and inspire student writing. Student works will be read and discussed weekly. Rehearsed readings of students' works by professional actors will follow periodically. We want to create an ongoing workshop that inspires new works.. This workshop is for both the experienced and less experienced.

Dennis Moritz is (Playwright/Director/Producer) (N1 Theatre Partner, Artistic Director N1 CrawlSpace) writes a lot of plays. His work appears on mainstage and in improvised spaces. Producers include the Public, Painted Bride, Freedom Theater, Nuyorican Poets Cafe, St Marks, Bowery Poetry Club, Sticky, Theater Double, N1 Theatre, Theatre Ariel, HERE, Boog City. His scripts have been published in theater magazines and poetry magazines. Angel Hair/United Artists, the longtime poetry press, published two collections of his theater works: the only plays in that catalogue. He earned an MFA in theater writing at Temple University.

Dennis grew up on the Lower East Side of New York where he absorbed quick change rhythms and visuals. He feels at home with the intense personalities of that neighborhood. Interior breakdowns and vulnerability contrast to an aggressive exterior, a duality that informs many of his plays.

February 6 - March 12 | \$124
6 sessions

Our House Culture Center, 6380 Germantown Ave., Inside the old Lucien Crump Gallery.

TV SITCOM WRITING: CREATING THE PILOT ONLINE

Sa from 1:00 PM to 2:30 PM

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

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

January 20 - February 10 | \$84

4 sessions

The Comfort of Your Own Home

NEW TV DRAMA WRITING: CREATING THE PILOT ONLINE

Sa from 1:00 PM to 2:30 PM

WM16. Learn the essence of writing for a series, gain a strong foundation in structure while demystifying the language and process of brainstorming, providing you the tools to begin turning your great idea into the next (Fill In Your Favorite Show Here). You'll learn about the importance of deadlines, the unique qualities of a televised story, how and what to pitch, and the scale of your ideas. You'll watch TV shows with a critical ear for dialogue and storytelling, read scripts and create outlines for that million-dollar drama. Students can expect to perform exercises/assignments and provide feedback to other students. Interested in taking your writing career to the next level? If you have an idea for a tv drama that you'd like to develop, this is the class for you.

Arthur J. Evans

February 24 - March 16 | \$84

4 sessions

The Comfort of Your Own Home



Arthur J. Evans

PLAY THE UKULELE: GETTING STARTED

M from 6:30 PM to 7:30 PM

WM17. This is a beginner's level workshop covering 10 basic chords, how to tune the uke, how to hold it and some basic strumming patterns. Beginner song book and chord chart provided. Anne will also share ukulele resources. Course may be adapted based on proficiency and interests of participants.

Anne Stevenson Smith started playing ukulele in 2010, just when the current uke craze began. As a music major, with a history of singing and playing other instruments, she found the ukulele to be a perfect fit. She is the leader of the Philadelphia Mainline ukulele meetup group. Anne focuses on basic chords and best practices, and has also done a wide range of uke workshops for the Philadelphia Folksong society as well as for the Uke Meetup group.

February 5 - March 18 | \$79

6 sessions, No Class 2/19

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

\$2 materials fee payable to the instructor.



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NEW UKULELE: BEYOND THE BASICS

Th from 6:30 PM to 7:30 PM

WM18. In this six-week class, participants will have the opportunity to learn more advanced chords and learn songs that utilize different patterns of strumming and finger placement. Students will be introduced to reading tablature and songs will include a simple chord melody arrangement of a folk song. Those wishing to take this course should have acquired some ukulele playing skills and be comfortable with a variety of chords and strumming patterns.

Anne Stevenson Smith

February 15 - March 21 | \$79

6 sessions

Chestnut Hill United, 8812 Germantown Av

BEGINNER'S HARMONICA ONLINE

M from 6:30 PM to 7:45 PM

WM44. Learn to play simple traditional folk songs and elementary blues on one of America's most popular, portable instruments - the harmonica. We will work on basic techniques such as bending, trilling, tongue-blocking, vibrato and "wah-wah." Individual attention is given to each student. No musical background is required. This class is for ages 16 and up.

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

January 29 - March 25 | \$109

8 sessions, No class 2/19

The Comfort of Your Own Home

A \$10 materials fee will be added automatically to your cart for Seth's harmonica manual.

Note: Students will also need to have a 10-hole diatonic key of C-major harmonica (such as the Hohner Special 20 or Hohner Marine Band Model 1896) on the first night of class.

CONTINUING HARMONICA ONLINE

M from 8:00 PM to 9:15 PM

WM45. Let's continue working with the harmonica and do simple to intermediate level songs like "The Streets Of Laredo," "Cripple Creek," "Wildwood Flower," "Amazing Grace," "Shenandoah," and Slim Harpo's Blues song "Something Inside Me." We'll refine the skills we worked on in Beginning Harmonica. Individual attention benefits everyone. Have a 10-hole key of C-major diatonic harmonica, like the Hohner Marine Band Model 1896 or the Special 20 for first class.

Seth Holzman

January 29 to March 25 | \$109

8 sessions, No class 2/19

The Comfort of Your Own Home

A \$10 materials fee will be added automatically to your cart for Seth's harmonica manual.

Note: Students will also need to have a 10-hole diatonic key of C-major harmonica (such as the Hohner Special 20 or Hohner Marine Band Model 1896) on the first night of class. This class is for those who have taken Seth's "Beginners Harmonica" or those who have previous experience with the teacher's permission.

BEGINNING PIANO

W from 6:30 PM to 7:30 PM

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

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

January 24 - February 28 | \$120

6 sessions

Unitarian Society of Germantown
6511 Lincoln Drive

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

NEW BEGINNING PIANO LEVEL 2

W from 7:45 PM to 8:45 PM

WM20. This class goes beyond the beginning level of piano. Basic knowledge should be known such as 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

January 24 - February 28 | \$120

6 sessions

Unitarian Society of Germantown
6511 Lincoln Drive

NEW BEGINNING CELLO

W from 6:30 PM to 8:00 PM

WM21. Join our immersion class designed for cello enthusiasts. You'll learn to hold the cello and bow comfortably, explore techniques like "pizzicato" and "arco," and use your senses to create pitch, tone, rhythm, and dynamics. Whether you're a curious beginner or considering ongoing lessons, you'll enjoy producing the cello's beautiful sound. Live music by a professional cellist will accompany your journey, and no prior musical background or reading skills are required. Plenty of time for questions is available. 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. She loves the cello! She has many years of experience teaching children and adults of all ages. Karla and her students play at shelters for the unhoused, soup kitchens, nursing homes, hospitals, and in-patient hospice facilities. Karla has recently moved to Philadelphia, where she loves living!

March 6-27 | \$79

4 sessions

*Private Music Studio near McCallum and Lincoln Dr.

Students will need to bring a cello to class. Cello rental is available through Golden Violins in Chestnut Hill for \$59.40 for one month. If you are renting a cello please let us know when you register so the instructor can reach out to you with more information before you pick up your instrument.



Karla Holland-Moritz

BEGINNING GUITAR

Th from 7:00 PM to 8:00 PM

WM22. Did you always want to learn to play the guitar? Join us for a small group class that covers the essentials. Learn the parts of your instrument, basic skills for playing chords and build the muscles you need to play the guitar with confidence. Students will need to provide their own instrument.

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

February 1 - March 7 | \$79

6 sessions

NewCourtland's Germantown Campus, 6950 Germantown Ave., All MALT Classes take place in the Eisenhardt Building

NEW APPALACHIAN STRING BAND

Th from 1:00 PM to 2:30 PM

WM23. 18th & 19th century square dance tunes, folk songs and ballads have African, European, and indigenous roots. We will examine 20th century tradition-bearers and contemporary folk artists as we create our own interpretations of this timeless music. String band music commonly involves fiddle, banjo, guitar, mandolin, ukulele, upright bass and percussion, but other string and non-string instruments are welcome. We'll explore the various roles of melodic, chordal and percussive instruments and piece them together to create danceable grooves. In addition to creative listening and group improvisation, we will practice "chasing" tunes and memorizing without the aid of sheet music. Ability to read music is not required, as most pieces will be taught by ear. Prior experience with folk, country, blues, and/or bluegrass music is beneficial, but not required. Players should have at least 2 years of experience with their instrument, with melody players comfortable playing uptempo scales in at least G major and D major, and chordal players comfortable with changes between most major and minor chords. Explore time-worn traditions while creating new music with a new group of musicians.

Jacob Hoffman, a teaching artist, specializes in traditional string band music. He offers private lessons for guitar, banjo, voice, ukulele, bass and violin from his Mt. Airy home studio. From 2009 to 2021 he directed youth and adult music education programs in Southern Maine and Northern California. Jacob's extensive touring experience covers 10 countries and 25 states, where he won a talent contest on A Prairie Home Companion, served as a U.S. State Department cultural ambassador in Eastern Europe, and delivered a TEDx performance on traditional music and cultural appropriation. In 2022 Hoffman moved to Philly where he teaches, performs and leads community jams.

February 1 - March 7 | \$84

6 sessions

Wesley Enhanced Living, 6300 Greene St.

FOR THE LOVE OF SINGING TOGETHER

Sa from 9:30 AM to 11:00 AM

WM24. Singing with others whether it's in a duo, quartet, or a large group can be an empowering and joyous experience! The sound and feelings that arise create a bond amongst those who share the experience. Music for the class will be drawn from Folk, Rounds, Hymns, Gospel, Spirituals and Rock and Roll, including artists such as James Taylor, the Everly Brothers, Frank Sinatra, Curtis Mayfield, Sally Rogers and more. The class will begin with more of a focus on developing group singing skills including listening to each other, holding your own part, hearing harmony, and breathing for the phrase.

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

February 3 - March 23 | \$109

8 sessions

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

\$5 materials fee payable to the instructor

FOR THE LOVE OF SINGING PART II

Sa from 11:15 AM to 12:45 PM

WM25. Connecting with your singing voice connects you to something very deep in yourself. The sound and feeling of it moves you both physically and emotionally and connects to others more deeply than most other forms of expression. This course is a refresher for those who have taken lessons in the past and want to continue training their voices, are actively singing but want to know more about singing technique or have taken part I of this course. We will recap breathing and posture for singing, strengthen your singing muscles, extend your range, and boost your confidence in your voice. Music used in the course includes religious, classical and contemporary literature. Students have the option to choose a solo song to study or a song for the whole class to sing. You will also receive a vocal warm-up link or CD.

Connie Koppe

February 3 - March 23 | \$109

8 sessions

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

\$5 materials fee payable to the instructor.



Meghan Cary, photo by Betsy Brodie.

SING A SECRET: A MIND-BODY APPROACH TO VOICE AND SONG

Sa from 11:00 AM to 1:00 PM

WM26. Whether you are a proud shower singer, a seasoned musician, or someone who has never opened their mouth to sing, this workshop will offer you a joyful space to discover and connect with the beautiful voice that has been inside you all along. Through exercises and group songs that are as silly as they are revelatory, Sing From Your Inside Voice allows singers, "non-singers," and everyone in between to uncover the power and beauty of their own unique voice.

Tyler Hathaway is a singing instructor and musician. He is enrolled in graduate school at Goddard College for a Master's degree in Mental Health Counseling with a focus on expressive arts therapy. His teaching practice is informed by his acting training at the Actor's Workshop of Ithaca, his experience with different healing practices (including somatic exercises, cognitive behavioral therapy, breath work, and meditation), and over 20 years experience as a drummer and percussionist.

March 16 | \$32

Wesley Enhanced Living, 6300 Greene St.

NEW SONGWRITING WORKSHOP – BREAKING THROUGH WRITER'S BLOCK

W from 6:30 PM to 8:00 PM

WM27. Writing to a deadline is powerful motivation. Add in a prompt to get the wheels turning, the promise of feedback on your weekly work, and you've got the perfect recipe for busting through writer's block! Writing begets writing, and this workshop will get you doing just that. Each week we will write to a prompt designed to highlight different aspects of songwriting: lyric techniques, melody, structure, chord progression, etc. Participating songwriters are invited to share a new song, or song in progress to the group each week, and if desired, receive feedback and coaching from and the rest of the group, including facilitator Meghan Cary.

Meghan Cary is a nationally touring singer/songwriter based in the Philly area. She is a frequent performer at The Philadelphia Folk Festival, the Pastorius Park Summer Concert Series, and other local venues. A professional actor and playwright, Meghan has written and performs a one-woman show, "On the Way to the Waterfall", and is currently collaborating on a Broadway-bound musical. Meghan coaches songwriting and performance for organizations around the country, as well as working with private clients.

February 21 to March 20 | \$72

4 sessions, no class 3/13

Wesley Enhanced Living, 6300 Greene St.

FRENCH FOR BEGINNERS ONLINE

Tu from 6:30 PM to 8:00 PM

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

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

January 23 - February 27 | \$89

6 sessions

The Comfort of Your Own Home

CONVERSATIONAL FRENCH ONLINE

Tu from 6:30 PM to 8:00 PM

WM29. For intermediate and advance students of French, perfect your communication skills by discussing your ideas, values, personal dreams and goals. We'll explore topics, books and texts picked during our first class. Bring your questions and immerse yourself in French culture, the French countryside and perhaps even learn some French recipes. Use your knowledge of the structure and the tools you acquired to practice forming ideas and conversing with others.

Sophie Bernard

March 12 - April 2 | \$64

4 sessions

The Comfort of Your Own Home

ITALIAN FOR BEGINNERS

W from 5:00 PM to 6:30 PM

WM30. Do you enjoy Italian food, wine and culture? Have you traveled or do you plan to travel to Italy and want to be able to communicate better with the Italian people? In this course, we will learn basic conversational skills as well as build up a working vocabulary and an understanding of sentence structure. It's never too late to explore Italian culture through its delightful and expressive language. Ci vediamo!

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

January 17 - February 21 | \$89

6 sessions

United Lutheran Seminary,
7301 Germantown Ave.

How to obtain the required textbook: Ultimate Italian Beginner-Intermediate, by Salvatore and Michael Lettieri, provided when you register

INTERMEDIATE ITALIAN

Tu from 5:00 PM to 6:30 PM

WM31. This class is for those who've already taken the beginner Italian class and want to strengthen their knowledge and ability with further review and practice. We will do a quick review of basic grammar, vocabulary and verbs tenses, and move onto a deeper dive into these building blocks while focusing on conversation and interpersonal communication to improve overall ability and confidence in the language.

Rodney Chonka

January 16 - February 20 | \$89

6 sessions

United Lutheran Seminary
7301 Germantown Ave.

ARABIC FOR BEGINNERS LEVEL 1 ONLINE

Tu from 7:00 PM to 8:30 PM

WM38. This course will introduce you to the fundamentals of conversational Arabic and provide insights into Egyptian culture. Starting with the Arabic alphabet and basic vocabulary for everyday situations like shopping and asking for directions, you'll quickly begin to build a practical language foundation. The focus on the cultural aspects will give you a glimpse into the traditions, birth celebrations, delicious food, and distinctive fashion styles. Throughout the course, you'll engage in interactive speaking exercises to gain confidence in real-life communication. The class covers essential grammar and sentence structure, enabling you to construct meaningful sentences. Join us for an enriching language and cultural journey.

Sherin Motawea is a native Egyptian. She is a graduate of the School of Tourism and Hotel Management in Egypt, where she earned a Bachelor of Egyptology. She was the Head of the Egyptian Museums Department at the Supreme Council of Antiquities under the supervision of the renowned Egyptologist, Dr. Zahi Hawass.

January 30 - March 5 | \$89

6 sessions

The Comfort of Your Own Home

There is a \$10 materials fee payable to the instructor for a workbook at the first class.



*Preparing for a trip abroad or just want to expand your language skills? MALT has you the class for you!
Learn Italian from Rodney then sign up for his wine tasting class, too :)*

AMERICAN SIGN LANGUAGE 1: BEGINNERS

M from 6:30 PM to 8:30 PM

WM32. Learn American Sign Language (ASL) in a relaxed learning environment with both structured and spontaneous dialogue. You will develop appropriate conversational strategies that are unique to Deaf Culture, while learning ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL.

All **Deaf Hearing Communication Center (DHCC)** ASL classes are taught by experienced Deaf instructors who look to not only teach ASL, but will also cover key ideas and stories about Deaf culture and history.

DHCC accomplishes their mission through communication access services, education and advocacy. DHCC advocates for Deaf and Hard of Hearing individuals to help them gain communication access to services, businesses, educational institutions and their own places of employment.

January 29 - April 1 | \$193

10 sessions

United Lutheran Seminary
7301 Germantown Ave.

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

AMERICAN SIGN LANGUAGE 2: BEGINNERS CONTINUED

Th from 6:30 PM to 8:30 PM

WM33. This is the second level of American Sign Language (ASL) classes. This class is intended for beginners with some prior knowledge of ASL – specifically, students who have already taken and passed ASL 1 or who have been evaluated into this level (in case of students who already have prior knowledge but didn't take classes with DHCC). In this class, you will continue to learn ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL.

Taught by a deaf individual from **Deaf-Hearing Communication Center (DHCC)**.

February 1 - April 4 | \$193

10 sessions

United Lutheran Seminary
7301 Germantown Ave.

Textbook Required: "ASL at Work". If you do not already have a copy of the textbook please contact asl@dhcc.org.



NEW AMERICAN SIGN LANGUAGE: LEVEL 3

W from 6:30 PM to 8:30 PM

WM34. 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 1 and 2 or who have been evaluated into this level (in case of students who already have prior knowledge but didn't take classes with DHCC). In this class, you will continue to learn ASL vocabulary, ASL grammar, Deaf culture, and the history of Deaf culture and ASL.

Taught by a deaf individual from **Deaf-Hearing Communication Center (DHCC)**

January 31 - April 3 | \$193

10 sessions

United Lutheran Seminary
7301 Germantown Ave.

Textbook Required: "ASL at Work". If you do not already have a copy of the textbook please contact asl@dhcc.org.

NEW ARABIC FOR BEGINNERS LEVEL 2 ONLINE

W from 7:00 PM to 8:30 PM

WM39. Continue your journey of learning the Arabic language and about Egyptian culture! This class is for those who have completed the Level 1 class or possess a basic understanding of the Arabic alphabet and vocabulary. Build on essential grammar concepts and your ability to engage in meaningful conversation. Join us for an enriching language and cultural journey!

Sherin Motawea

February 7 - March 13 | \$89

6 sessions

The Comfort of Your Own Home

NEW INTRODUCTION TO GERMAN

Th from 6:30 PM to 8:00 PM

WM37. Willkommen, language enthusiasts! Ready to embark on an exciting journey into the heart of German and Austrian culture? Whether you're a travel enthusiast or just crave the joy of learning, this class is your ticket! Join us to learn the basics of conversational German and grammar. Whether you're planning a trip or just polishing your language finesse, this is the class for you. This course is suitable for beginners of the German language.

Cayman Haberl is a recent graduate and German native speaker driven to inspire people by sharing the richness of the language and culture.

February 22 - March 28 | \$89

6 sessions

United Lutheran Seminary
7301 Germantown Ave.



Cayman Haberl

JAPANESE FOR BEGINNERS

M from 6:30 PM to 8:00 PM

WM35. This enjoyable introduction to the Japanese language is designed to benefit those interested in Japanese arts, culture and travel. Learn the fundamentals of conversational Japanese, how to read the Japanese phonetic alphabet (Hiragana), and how to recognize some common pictographs (Kanji). At the end of the class in celebration of our progress we shall create a short poem known as a Haiku.

Makiko Goto-Wideman is a graduate of Showa Women's University in Japanese literature and language and has taught Japanese language at a Japanese school in Princeton, NJ. She has organized award-winning home-stay tours to Japan, is a graduate of UMass Amherst's Arts Interdisciplinary Studies program, and champions the art of traditional Japanese cooking.

February 5 - March 4 | \$64

4 sessions, No Class 2/19

United Lutheran Seminary
7301 Germantown Ave

NEW INTRODUCTION TO SPANISH

Tu from 6:30 PM to 8:00 PM

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

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

January 30 - March 5 | \$89

6 sessions

Mt Airy Art Garage (MAAG)
7054 Germantown Ave

NEW THE FILMS OF ERNST LUBITSCH, 1929 TO 1943

M from 5:00 PM to 8:00 PM

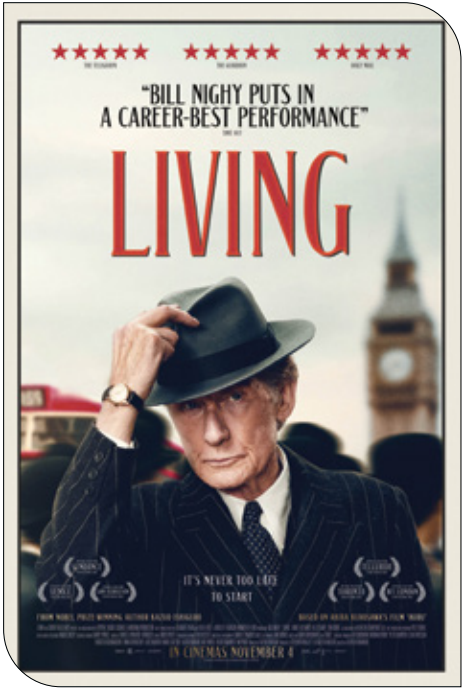
WM42. Master of the tastefully risqué and joyfully cynical, German-born Ernst Lubitsch (1892-1947) began as an actor and worked his way up to become an internationally acclaimed director, nominated for three Academy Awards. His films of the 1930s and '40s, including "Trouble In Paradise", "Ninotchka", and "The Shop Around The Corner" continue to delight audiences with their creativity, charm, and wit. This retrospective of his work will include nine of Lubitsch's best films from the peak of his career. Each film will be accompanied by vintage cartoons and comedy shorts of the time period.

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

January 29 - March 25 | \$89

9 sessions

*Private home near Millman and Rex in Chestnut Hill



NEW FRENCH NEW WAVE CINEMA

Th from 6:00 PM to 9:00 PM

WM43. In the 60s, a group of young French filmmakers broke from mainstream cinematic conventions by crafting movies that felt fresh and uniquely modern. Come explore these breezy, bold, and endlessly inventive films that not only defined Europe's post-war generation, but transformed cinema forever. Every week we'll watch a different celebrated and iconic New Wave film, followed by a fun and thoughtful discussion of what we've just seen. The course is ideal for both New Wave lovers, as well as beginners to French cinema.

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

February 22 - March 21 | \$79

5 sessions

Mt. Airy Axis, 520 Carpenter Lane

NEW MORTALITY IN FILM AND LITERATURE

Tu from 6:00 PM to 9:00 PM

WM40. What would you do if you had six months to live? These prolific artists address the question by creating great literature, films, and performances. We will examine and enjoy the contemporary film by Oliver Hermanus "Living," starring Bill Nighy; a film by Kurosawa "Ikiru," and a novella by Tolstoy "The Death of Ivan Ilyich." Hermanus was inspired by Kurosawa's film. Kurosawa was inspired by Tolstoy's fiction. All three stories involve a bureaucrat who looks back on his life while he faces his own mortality. Join us for provocative discussions of these moving and profound works of art.

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.

February 6-20 | \$44

3 sessions

Note: The third session on this course will be 1 1/2 hours, from 6:00 to 7:30 pm. Please obtain a copy of the Tolstoy novella, The Death of Ivan Ilyich, in time for the course start date.

Mt. Airy Axis, 520 Carpenter Lane

NEW MASTERING THE ART OF MAGIC (TRICKS) ONLINE

M from 7:00 PM to 8:00 PM

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

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

March 4-18 | \$48

3 sessions

The Comfort of Your Own Home

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

See Page 5

Kali Stick
Training



Learn from Master Magician Ran'D Shine

PING PONG: FROM BASEMENT HOBBY TO CLUB PLAYER

Su from 10:00 AM to 11:30 AM

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

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

January 21 - February 11 | \$64

4 sessions

Trolley Car Table Tennis Club, Falls Center -
3300 Henry Ave.



Anita Nicholson, bottom right, with her improv students.

NEW ALL LEVELS IMPROV JAM!

Su from 2:00 PM to 4:00 PM

SR07. An improv jam is when improvisors of different levels come together and play with brand new people. We'll have a short workshop teaching a new format followed by a series of short and long form games. If you want to get a taste of improv or dust off the cobwebs, this is for you!

Anita Nicholson is an established performer in the Philadelphia Community. Within the world of Improv, she trained at Philly Improv Theater and the Magnet and has performed in the PA & NJ Ren Faires, Bright Invention Ensemble, Philly Improv Theatre Conservatory, and more! She currently serves as diversity advisor for ImprovUtopia and will offer Improvised Star Trek at ImprovFest Ireland.

March 10 | \$32

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

INTRO TO IMPROV COMEDY

Tu from 6:00 PM to 7:30 PM

SR06. Have you ever watched Saturday Night Live or Key and Peele and wondered how they created those scenes? This class will help you develop improvised 1-1 scenes based on one word suggestions, how to "Yes And" your partner, and how to let loose and just have fun. Improv is great for enhancing listening skills, collaboration and public speaking. Whether you take this class for fun or as a start of your improv career, you will learn core improv skills in a supportive environment. For intro to improv, no show will take place, we'll just focus on fun!

Anita Nicholson

February 13 - March 19 | \$99

6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

INTRO TO JUGGLING

M from 7:00 PM to 8:00 PM

SR04. Learn the fundamentals of juggling and explore the possibilities that juggling patterns create. This is a path for absolute beginners to this playful art. Besides being pure fun, practice will enhance your dexterity, powers of concentration, and physical confidence. Exercises will evolve from one to two to three ball components. You'll be provided plenty of juggling movements to practice at home throughout this five-week adventure designed to provide a lifetime recreational skill.

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

February 26 - March 25 | \$74

5 sessions

Mt. Airy Art Garage (MAAG)
7054 Germantown Ave

MAH JONGG 101

M from 10:00 AM to 12 N

SR02. Have fun learning this ancient Chinese tile game. Using 152 tiles, players form hands and earn points. It's an intricate game that provides an exercise for the mind, an opportunity for social groups to get together, and is played competitively in tournaments throughout the US.

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

February 26 - April 15 | \$109

8 sessions

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

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



Learn how to make beautiful and warm quilts with Judy Donovan.

DUST OFF YOUR SEWING MACHINE

ACo1. Do you have a sewing machine you inherited or bought years ago but never opened? Maybe you're thinking of getting one? Here's your chance to learn the basics of a sewing machine: threading, tension, needles, thread, and basic maintenance. We'll address simple clothing repairs such as hemming and re-stitching a seam. Students will complete an easy craft project in class.

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

A. February 10 | \$49

Sa from 10:00 AM to 1:00 PM

B. February 10 | \$49

Sa from 2:00 PM to 5:00 PM

Grace Epiphany Church, 224 E. Gowen Ave.

Bring your own WORKING sewing machine. Needles, thread, scissors, and fabrics will be provided. For ages 18 and up.

\$10 materials fee payable to the instructor.

LET'S MAKE A QUILT

W from 6:30 PM to 8:30 PM

ACo3. Learn to make a patchwork quilt for the first time, or use this course as a refresher to get back into quilting. Students choose between several easy patterns to create a

beautiful small quilt (baby quilt size or wall quilt). No experience necessary, but a sewing machine in good working order is needed. Students will have a chance to play with color, master sewing machine skills and create a work of art!

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

January 24 - February 28 | \$129

6 sessions

Grace Epiphany Church, 224 E. Gowen Av

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

DUST OFF YOUR SEWING MACHINE AND GET CRAFTY!

Sa from 12 N to 4:00 PM

ACo2. Expand your crafting repertoire with several easy-to-make items such as an eyeglass case, credit card/money wallets, a variety of pouches/bags and more. Some items will be completed in class while other items will be demonstrated with take-home instructions and materials. Just wait until you see the lined purse you create in class with just four seams! Students must be comfortable using their sewing machine, i.e., able to deal with threading upper and lower thread/bobbin and sewing a straight seam. No class time will be spent on these areas.

Bea Quindlen

March 9 | \$49

Grace Epiphany Church, 224 E. Gowen Ave.

\$20 materials fee payable to the instructor



Kristine Popp modeling the beautiful hat and scarf you can make in her class at MALT!

NEW FINGER CROCHET A HAT & SCARF!

Su from 2:00 PM to 4:00 PM

ACo5. Learn how to crochet your own winter accessories using only yarn and your hands! In this two-part class you will leave with a completed scarf and hat combo to keep you warm during these winter months. Sign up and find out why this easy-to-learn technique will quickly become a favorite hobby for gift making and so much more!

Kristine Popp is an artist who loves to create with her hands. Her creative spirit has led her to diverse projects including finger crocheting a practice that is approachable and fun for all ages.

February 4-11 | \$49
2 sessions

Mt. Airy Art Garage (MAAG)
7054 Germantown Ave

Please bring the following materials to class: scissors and 200 yards (about 2 rolls) of yarn of any color and type (acrylic or wool) with a crochet needle size of 8mm (can be smaller or larger by a mm).

NEW WEAVE A MAIL BASKET

ACo4. Weave a functional and adorable mail basket, no experience necessary. Even if you have taken previous classes, you can add this to your collection. This basket is the solution for either outgoing or incoming mail. It can also be used for other purposes as well, it's up to you! The basket measures 3 x 7 x 5.5" and hangs from the wall with a piece of Shaker tape (your choice of colors) that is woven into the rim.

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

A. March 16 | \$59

Sa from 12 N to 4:30 PM

B. March 23 | \$59

Sa from 12 N to 4:30 PM

Unitarian Society of Germantown
6511 Lincoln Drive

\$15 materials fee payable to the instructor



CELEBRATE ROMANCE with MALT's Valentine's Day Themed Classes

Enjoy a couples dance class:

Salsa Pg.10 ; Bachata Pg. 10,
Ballroom Dancing Pg. 11

Create beautiful gifts for your sweetie:

Papercut Cards: Valentine's Day Pg. 33
Calligraphy Pg. 33

Make a delicious treat or adult beverage to impress:

Zen and the Art of Chocolate Pg. 44
Perfect Chocolate Covered Strawberries Pg. 43
and The Art of Classic Mixology Pg. 42

Show yourself some love, too!

Take a Yoga class Pg. 57-59
or Deepen the relationship with yourself and take Happiness: A Meditation Workshop pg. 58

Find your destiny written in the stars

Learning to Read Tarot Pg. 56

KNITTING FOR BEGINNERS 101

ACo6. Learn the basics of knitting. Students will learn how to cast on, knit, purl, and bind off, as well as, knitting terminology, stitches and basic fixes. Bring about 100 yards of a worsted weight yarn and size 7 or 8 straight or circular needles to class.

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

A. February 4-18 | \$59

Su from 11:00 AM to 1:00 PM
3 sessions

B. February 4-18 | \$59

Su from 1:30 PM to 3:30 PM
3 sessions

MALT Office, 6601 Greene St.

KNITTING FOR BEGINNERS 201

Su from 1:00 PM to 2:30 PM

ACo7. Ready to take your knitting to the next level after completing Knitting for Beginners 101? Students who know how to perform the basic knit and purl stitches can take this class. You will learn how to make your own scarf and hat using a simple pattern, just in time for winter! Required materials will be sent to students upon registration.

Nancy Sullivan

March 10-24 | \$69

3 sessions

MALT Office, 6601 Greene St.



*Beautiful Traditional African Batik
created by MALT teacher Muiyiwa Togun*

CREATE TRADITIONAL AFRICAN BATIK & ADIRE TEXTILES

Sa from 1:00 PM to 4:00 PM

ACo8. 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 a self-made artist, textile and fashion designer, pulling inspiration from his Yoruba roots and his lived experience as a Nigerian youth navigating poverty, systematic oppression, and assimilation into a new culture as a recently immigrated resident to the United States.

January 6 | \$95

Woodmere Art Museum
9201 Germantown Ave.

\$30 materials fee payable to the instructor

NEW DROP SPINDLE: SPINNING WOOL INTO YARN

W from 6:00 PM to 8:00 PM

AC10. Learn the ancient and modern art of spinning wool into yarn with a drop spindle. In this class you will be introduced to several types of spindles, spinning techniques, and wool from several different breeds of sheep. You will learn how to spin yarn suitable for knitting, crocheting, and weaving. Spindles will be available to rent. If you have your own spindle bring it along. Class open to all ages 13+.

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

March 13 - 27 | \$64
3 sessions

Summit Presbyterian Church, 6757 Greene St.
at Westview

\$10 rental fee for spindles (optional) and \$10 materials fee for Fibers (required) payable to the instructor at the first class. Additional Beginners Spindles will be available for purchase.

INTRO TO EASTERN WOODLANDS BEAD EMBROIDERY

Sa from 1:00 PM to 4:00 PM

AC12. Celebrate Native American Heritage Month by designing and executing an original piece of bead embroidery using traditional Lenape techniques. Students will learn and create a traditional floral embroidery on a black background. Clan Mother Teri Hislop teaches in the traditional way, not "lecture style," but rather, "demonstrates as we go" with everyone around the table working and talking. Explore Lenape beading and discover how this art form has been used to illustrate stories and teachings of Lenape culture.

Clan Mother Teri Hislop is a tribal member of the Lenape Nation of Pennsylvania and Keeper of Traditional Craft. She tells stories through her illustrative beadwork and other traditional crafts such as pine needle basketry. She is also an instructor of the Lenape language.

February 24 | \$49

Woodmere Art Museum
9201 Germantown Ave., Art Studio

\$10 materials fee paid at time of registration



Learn to Create a Vessel in felt with Marcie Ziskind

NEW FABRIC ARTS: DISCOVER FELTING, CREATE A VESSEL

Sa from 12 N to 4:00 PM

AC09. Are you Fiber-Curious? Have you wondered how felt is made or wanted to try to make felt yourself? In this workshop we will discuss the basics of felt-making from a brief overview of the history of felting, to the tools needed, to a discussion of various fibers and embellishments that can make your felting interesting and textural. Please note that the process of felting is physical and requires the use of hands, arms and fingers. Create a colorful felt vessel using a resist to layout a 'flat' design which opens to a 3-D bowl or vase shape. This class will give you the fundamentals to make all kinds of structural and sculptural pieces using the resist.

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

February 3 | \$79

Woodmere Art Museum, 9201 Germantown Ave.

Students must bring the following to class: small buckets for water, pen or sharpie marker, two towels, scissors, a small container of dish soap, and a tape measure. Roving (fiber) 6 to 8 oz. Corriedale fiber. This can be found on Livingfelt.com or FeltriteFibers on Etsy, or can be purchased directly from the teacher for \$25 per person which you will indicate upon registration. Please DO NOT use any fibers that are not specific about the breed of wool (ie, Corriedale). Generally, fibers purchased from hobby stores are not good for wet felting.

There is a \$5 materials fee for bubble wrap and resist material payable to the teacher at class for all participants.

PAPERCUT CARDS: VALENTINE'S DAY EDITION

W from 6:30 PM to 8:30 PM

AC14. Papercutting is an ancient art dating back to the creation of paper in first-century China. Since that time, artisans have used paper, scissors and knives to create objects both ornamental and functional. Perhaps you made a snowflake in grade school or have seen silhouettes. These are forms of papercutting. Learn how to cut different kinds of hearts to make into papercutting cards just in time for the holiday!

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

February 7 | \$32

Summit Presbyterian Church,
6757 Greene St. at Westview

\$10 materials fee payable to the instructor. Bring your own cutting mat and x-acto knife, if you have them.



INTRODUCTION TO ZENTANGLE®

AC15. Learn 4-6 basic Zentangle-inspired designs. This art form is relaxing, creative, meditative and quite fun. Each structured pattern will be broken down into small steps, and what results are beautiful, creative and unique images. Tangles are created on small paper tiles using a special black drawing pen. You will leave class with one or two completed tiles and new skills to continue tangling on your own. No talent or experience is needed. The Zentangle(R) Method was created by Rick Roberts and Maria Thomas.

Mindy Shapiro

A. February 5 | \$32

M from 10:00 AM to 12 N

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

B. February 20 | \$32

Tu from 6:30 PM to 8:30 PM
MALT Office, 6601 Greene St.

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

NEW ZENTANGLE® : BEYOND THE BASICS

Tu from 6:30 PM to 8:30 PM

AC16. Start using black tiles with white gel pens, chalk stone, and white pencils. In addition to drawing on previously learned Zentangles, you will learn 4-6 new tangles. For those who have completed Introduction to Zentangle, whether with MALT, or elsewhere.

Mindy Shapiro

February 27 - March 5 | \$49

2 sessions

Summit Presbyterian Church, 6757 Greene St.
at Westview

\$18 materials fee for colorful Zentangle tiles and pens will be collected upon registration.

CALLIGRAPHY

Sa from 10:00 AM to 1:00 PM

AC17. Add some flair to your signature, some pizzazz to your greeting cards! Don't worry—we're not going to recreate an ancient manuscript! Learn how to use a calligraphy marker, basic strokes, shapes, and formats. Students will do some practice exercises then develop their own alphabet script. Each student will take home 3 double-point pens and exercise sheets plus have access to an on-line library of class materials.

Bea Quindlen

February 17 | \$49

Wesley Enhanced Living, 6300 Greene St.

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



Student Review Calligraphy



This class was just
a lot of fun and
I loved the materials!



CANDLE MAKING

Sa from 2:00 PM to 4:00 PM

AC18. Using hands-on experience, learn candle making and get instruction on candle safety, marketing, and creativity in the craft industry. Learn the basics of the soy wax method and why it's so popular. We will also discuss other waxes. These new skills will help you create gifts for family and friends, and enjoy the benefits of aromatherapy from beautiful candles.

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

March 16 | \$44

Grace Epiphany Church, 224 E. Gowen Ave.

\$10 materials fee payable to the instructor.

CUSTOMIZE YOUR OWN LIP GLOSS

Tu from 6:00 PM to 8:00 PM

AC19. 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. Teens and adults are welcome.

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

February 20 | \$32

Mt. Airy Axis, 520 Carpenter Lane

\$20 materials fee payable to the instructor

MAKE YOUR OWN BODY BUTTER AND SUGAR SCRUB

Sa from 10:00 AM to 12:30 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 butters, oils and waxes to create a silky smooth body butter and a whipped soap sugar scrub. Ingredients will be included in the supply fee.

Cheri Skipworth

March 2 | \$32

Wesley Enhanced Living, 6300 Greene St.

\$25 material fee payable to instructor.

COLD PROCESS SOAP MAKING

Sa from 12:30 PM to 4:00 PM

AC22. 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 is a realtor with Keller Williams Realty and an avid analyst of the real estate marketplace. Her classes help the consumer make informed decisions about their real estate needs. Dora 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!

March 23 | \$49

Wesley Enhanced Living, 6300 Greene St.

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

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

DESIGN YOUR OWN JEWELRY WORKSHOP FOR BEGINNERS

Sa from 1:30 PM to 4:00 PM

AC25. Design beautiful jewelry out of semi-precious stones, freshwater pearls and crystals. Learn how to make a pair of earrings using three essential tools. Learn to choose the proper beading wire for your necklace while attaching a clasp. Gain an introduction to basic wire wrapping techniques and terminology. Find out how best to navigate your way around a bead shop. 'Numi' teas and delicious vanilla boutique cupcakes will be served!

Y'vonne Page-Magnus has many years of experience in this field. She has a BA in Fine Arts from the Inter-Continental University in London where she learned jewelry making, knotting and silk threading from a private instructor. She also studied geology on her own and is deeply passionate about semi-precious stones.

March 2 | \$32

Grace Epiphany Church, 224 E. Gowen Ave.

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

NEW BEADING & STRINGING 101: JEWELRY MAKING BASICS

Th from 6:30 PM to 8:30 PM

AC26. In this perfect beginner's beading class, create a bracelet with a professional look using stainless steel wire, clasps, crimps, and crimp bead covers. Students will learn the basics of stringing and design, including proper use & application of jewelry tools. You will have access to a wide selection of colors and shapes of semi-precious gemstones to include in your bracelet design.

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

March 7 | \$32

Summit Presbyterian Church, 6757 Greene St. at Westview

\$25 materials fee payable to the instructor.

DIGITAL CAMERAS: SLRS & MIRRORLESS

Th from 7:00 PM to 9:00 PM

AC28. 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.

February 29 - March 21 | \$84

4 sessions

MALT Office, 6601 Greene St.



Dalanie Franklin

NEW LIVING IN THE MOMENT THROUGH PHOTOGRAPHY

Sa from 10:00 AM to 11:30 AM

AC27. In our therapeutic photography class students will learn to calm their minds and live in the moment. Through photography, students will appreciate the little things, nurture their creative side, while developing technical skills. Led by a retired veteran, the class offers a safe and inclusive environment for students to express their creativity and reduce restlessness. Join others to find a purposeful and supportive outlet, get out of the house and improve your mental well-being.

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

March 9-30 | \$64

4 sessions

Wesley Enhanced Living, 6300 Greene St.

There is a \$5 materials fee payable to the instructor. Please bring a camera and a note pad to class to take notes.



Explore Alcohol Ink with Lori Crook

NEW VIVID VISIONS: THE ARTISTRY OF ALCOHOL INKS - AN INTRODUCTORY WORKSHOP

Sa from 10:00 AM to 12:30 PM

AC29. Step into the enchanting world of alcohol ink in this introductory class! Lori will be your guide through the magical, mercurial, and vibrant realm of this medium. Prepare for a hands-on experience filled with multiple demonstrations, a variety of techniques, and personalized assistance. Alcohol ink, with its incredible versatility, and fun factor, is the perfect medium for unleashing your creativity. No prior experience is needed—everyone can be an artist! Be mesmerized by the magical properties of alcohol ink as you create your own abstract masterpiece and a unique switch plate cover. At the end of the workshop, your creations will receive the finishing touch and will be varnished, making them ready to adorn your space. Take home these tangible expressions of creativity and let the allure of alcohol ink inspire your artistic journey!

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

February 17 | \$39

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

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

WATERCOLOR AND DRAWING FOUNDATIONS

Tu from 1:30 PM to 3:30 PM

AC40. Join in the fun of learning how to handle materials and processes in drawing and watercolor in a supportive, friendly environment. Receive hands-on instruction in basic watercolor washes, color mixing, line drawing and shading techniques. We will begin to recognize good composition and achieve it. We do a few projects together with plenty of hands-on instruction. When you are ready, you are facilitated in your own projects. The class welcomes newcomers as well as those who want to brush up on their skills!!

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

February 27 - March 26 | \$110
5 sessions

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

A supply list will be attached to receipt email.

MAKING ART MAKES US SMARTER: PASTELS

Th from 1:30 PM to 3:30 PM

AC41. This course welcomes newcomers as well as those who want to renew pastel skills. You will receive instruction in both chalk and oil pastels, including various color application techniques, and paper explorations. Pastel can be applied energetically in broad strokes like paint or in fine layers like drawing. Vibrant colors and strong covering power make this medium fun and exciting. We will be working in a safe, air-filtered room, and masks will be strongly recommended to protect our health. A materials list will be provided upon registration.

Marcia Jones

February 29 - March 28 | \$110
5 sessions

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

Supply list provided upon registration



FUN WITH WATERCOLOR TECHNIQUES

F from 10:00 AM to 12 N

AC42. If you have always wanted to paint with watercolors, but have been afraid to try, this course is the perfect place to start. It's geared for beginners. Learn several tricks to creating beautiful watercolors even if you have never painted before. Each session will begin with a short demo of a different watercolor technique. Students will then have plenty of time to experiment.

Rebecca Hoenig has been an artist and art teacher for several decades. She is particularly inspired by nature and begins most of her work with drawing and observation from life.

January 19 - February 9 | \$89
4 sessions

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

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

NEW MORE FUN WITH WATERCOLOR TECHNIQUES

F from 10:00 AM to 12 N

AC43. This class is for the intermediate watercolor painter. Build on your skills to create beautiful watercolors. Each session will begin with a short demo of a different watercolor technique. Students will then have plenty of time to experiment.

Rebecca Hoenig

March 8 - 29 | \$89
4 sessions

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

EXPRESSIVE COLLAGE

F from 10:00 AM to 12 N

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

Rebecca Hoenig

February 16-23 | \$49
2 sessions

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

NEW DRAWING RECESS

Tu from 6:00 PM to 7:00 PM

AC45. During Drawing Recess, we are temporarily dismissed from our duties in order to play, have fun and DRAW! It is a period of time in our daily lives to take a break from to-do lists and create for the sake of creation. We will participate in group drawing games and activities, awakening the left side of the brain. We will explore tactical and abstract drawing materials such as cut paper and ink splatches. No prior art experience is needed. Bring your imagination, creativity and spirit! Appropriate for all ages, this class is great for the whole family.

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

March 12 - April 2
4 sessions

Individual | \$64
Parent & Child | \$84

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

\$5 materials fee payable at the time of registration for paper cutting supplies. Please bring a sketchbook and your favorite drawing tools to class. This class is open to all ages 10+



Comic Book Creation 101: Character Designs and Sequential Storytelling with Shawn Alleyne

DRAWING: DESIGNING CHARACTERS ONLINE

M from 7:00 PM to 8:00 PM

AC46. If you're inspired by animation, comics, video games or manga and wish to develop your own characters and stories, this workshop is for you. Create your own original character from hand-drawn sketches and leave class with a series of finished drawings and further knowledge of these exciting pursuits. Characters are brought to life by emphasizing emotions through facial expression and action through full body gesture drawing. Students will explore props and accessories to create a convincing personality for their characters. Design elements such as proportion and silhouette will be introduced and will serve to refine the character's individual identity and story. Appropriate for all artistic levels. Teens are welcome to join the class!

Katrina Kopeloff

March 4 - 25 | \$59

4 sessions

The Comfort of Your Own Home

NEW COMIC BOOK CREATION 101: CHARACTER DESIGNS AND SEQUENTIAL STORYTELLING

W from 6:30 PM to 8:30 PM

AC47. This workshop provides a basic introduction to the world of comic books across multiple genres through illustration, writing and character design. Students will learn to design, draw, ink, and detail their characters, transforming ideas into tangible reality with the development of compelling stories. Upon completion, students will gain a deeper understanding of comic history, illustration fundamentals, and storytelling techniques. After this class, you will be equipped to tell clear and engaging stories with fully fleshed out characters perfect for the next comic book masterpiece!

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

January 31 - March 13 | \$99

6 sessions, No Class 2/14

Mt. Airy Axis, 520 Carpenter Lane

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

PROTECTING YOURSELF, YOUR DEVICES AND YOUR DATA

W from 6:30 PM to 8:30 PM

CCo1. This class will focus on what you need to know to stay safe in an increasingly digital world. Topics to be covered include identifying and avoiding spam, scams, ripoffs and invasions of privacy, preventing hackers from taking over your device, protection against viruses and other malware, using backups to avoid data loss, and keeping your private information out of the wrong hands both before and after your device reaches the end of its life. While much of the discussion will involve Windows PCs, most of the concepts involved also apply to Apple computers, and Android/iOS phones, tablets and other devices.

Alan Silverblatt has been a caseworker, an attorney, and most recently a software developer for a large social services agency. His interests include helping others solve problems and avoid pitfalls in technology, car buying, and investments. A resident of Chestnut Hill, he's now happily retired and devoting more time to model railroading, hosting a rock and blues show on G-town Radio, and playing and singing in a band.

March 20 | \$32

Mt. Airy Axis, 520 Carpenter Lane

QUICKBOOKS FOR BEGINNERS

Th from 6:30 PM to 8:30 PM

FCo8. This user-friendly software is invaluable for entrepreneurs and people who want to get control of their own personal finances. Learn how to set up new accounts, create invoices for accounts receivable and accounts payable. If time permits, we will cover how to enter payroll and basic accounting principles. We will be practicing online with this software, so your laptop is essential.

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

March 21-28 | \$49

2 Sessions

Big Blue Marble Bookstore, 551 Carpenter Ln.

Students must bring their laptops to class.

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

INTRODUCTION TO MICROSOFT EXCEL

Tu from 10:00 AM to 12 N

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

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

January 16-30 | \$89

3 sessions

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

Students will use laptops with Windows 11, Office 2010. Please bring your own laptop to class if possible. Please let us know if you will need to borrow a laptop for class; limited supplies available.



David Grauel

CREATE YOUR WEBSITE WITH WORDPRESS

Tu from 10:00 AM to 12 N

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

David Grauel

February 13-27 | \$89

3 sessions

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

Please bring your own laptop to class if possible. Please let us know if you will need to borrow a laptop for class; limited supplies available.

WINDOWS 11 MADE SIMPLE

Tu from 10:00 AM to 12 N

CCo4. Windows 11 is a Microsoft operating system for personal computers and tablets. In this class you will learn to use Windows - how to access multiple programs, organize files, change computer settings, arrange your desktop, save and print documents. This class is for any device using the Windows 11 operating system. Students may bring their own laptop with Windows 11 installed.

David Grauel

March 19 - April 2 | \$89

3 sessions

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

Please bring your own laptop to class if possible. Please let us know if you will need to borrow a laptop for class; limited supplies available.



GETTING TO KNOW YOUR IPHONE ONLINE

Sa from 10:00 AM to 12 N

CCo5. Have you just purchased a new iPhone, which was recommended by your daughter or son who told you that you can't live without it? Or are you seriously considering buying one and want to learn more beforehand? Were you advised that it would help you organize your life? Discover some of the wonders of the iPhone and learn how to become more productive in this 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.

March 9-16 | \$49

2 sessions

The Comfort of Your Own Home

GETTING TO KNOW YOUR ANDROID PHONE

Sa from 1:00 PM to 3:00 PM

CCo6. Explore how to navigate through your Android phone step-by-step. Save contacts, connect email accounts to your phone, send a text message, download apps, adjust sounds and ringtones and so much more. Bring your Android phone to class.

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

March 9-16 | \$49

2 sessions

MALT Office, 6601 Greene St.

Touchscreens only (no flip phones).

ZOOM ESSENTIALS

M from 6:00 PM to 8:00 PM

CC07. Has your favorite in-person meetup gone virtual? Interested in signing up for some of MALT's online course offerings but feeling hesitant? Thinking about hosting your own Zoom meetings? This course is for anyone who is starting from scratch with Zoom and is ready to dive in! Join Alexa as they guide you through the steps to get the application up and running on your laptop, tablet, or smartphone. Learn how to join a meeting, the basics of hosting, and all of the features you will encounter as you venture into this virtual world!

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

January 22 | \$32

MALT Office, 6601 Greene St.

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

CHATGPT: BEGINNERS GUIDE TO CONVERSATIONAL AI

F from 6:30 PM to 8:30 PM

CC11. In this course, we will explore the world of ChatGPT, the cutting-edge creation of OpenAI. The class will begin by delving into the fundamentals of ChatGPT, to understand the underlying technology and why it is a powerful conversational partner. We'll explore how ChatGPT can answer questions, provide assistance with various tasks, and even assist in drafting social media posts with its language generation abilities. As the class progresses, you'll learn how to integrate ChatGPT into your day-to-day activities, whether it's brainstorming ideas, solving problems, generating creative content, or even integrating it with programs like Excel. By the end of this course, you'll have a comprehensive understanding of ChatGPT. We will also discuss Google's version of OpenAI called "Bard," and contrast the pros and cons of each model.

Dovene Deh has 20 plus years experience in engineering: electrical, software and cloud computing. He got his electrical engineering degree from Drexel University.. Dovene is currently working on an EV charging solution and supporting customers in their AI journey.

January 19 - February 2 | \$89

3 sessions

Mt. Airy Axis, 520 Carpenter Lane

Students will use free online software in the class. Please bring a laptop, tablet or smartphone to class.

INTRO TO GOOGLE PLATFORM

W from 6:30 PM to 8:15 PM

CC12. This class has been revamped and reimagined by its original teacher! Google Platform is a powerful, free tool that can allow you to create and share documents, organize and share events, organize and analyze data, and so much more. Over three days, we will explore how to use many of the apps that you have available to you including but not limited to Docs, Sheets, Forms, Maps, Meet, Calendar, YouTube, and more. This class aims to accommodate for many paces and will contain small groups and 1:1 instructional elements. So whether you consider yourself a novice, average or even a moderately seasoned user, you will be challenged and grow! In order to get the most from this class, you should be able to navigate a computer fairly easily (ie. opening/closing applications, connecting to and navigating the internet).

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

March 6-27 | \$109

4 sessions

North Light Community Center, 175 Green Lane

MICROSOFT WORD & POWERPOINT

W from 6:30 PM to 8:30 PM

CC08. Learn basic skills to operate Microsoft Word and PowerPoint. You will create various business documents, insert tables, graphs and pictures from the web, and insert hyperlinks into a PowerPoint presentation.

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

February 28 - March 13 | \$89

3 Sessions

United Lutheran Seminary
7301 Germantown Ave.

Students must bring their laptops to class.

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

THE SCIENCE OF NOUVEAU MIXOLOGY

M from 7:00 PM to 8:30 PM

CKo8. 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 fashions are delish!) Incorporate herbs, fruits and spices sagely and invent your own unique signature cocktail!

Liz Aubry

March 11 | \$32

Commodore Barry Arts and Cultural Center, 6815 Emlen Street

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

Student Review

Wine Tasting

“Rodney was great! I loved how he got the whole class engaged, and kept it casual enough that we students could also connect with each other.”

NEW WINE TASTING - SOMMELIER'S CHOICE

CKo1. Over the many years that Rodney has been tasting wines and teaching wine tasting classes, there are certain wines that have stood out in his sensory mind bank and have also stood the test of time with regard to consistency in quality, value and overall pleasure in drinking. In this class, you will sample some of these wines - both red and white, and maybe even a rosé - and find out what makes them special. Join us for a fun evening of libation and learning!

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

A. March 6 | \$32

W from 7:00 PM to 9:00 PM

B. March 13 | \$32

W from 7:00 PM to 9:00 PM

Mt. Airy Art Garage (MAAG)
7054 Germantown Ave

\$13 Materials Fee Payable to the Instructor



Liz Aubry, Mt. Airy's Mixology Master!

THE ART OF CLASSIC MIXOLOGY



M from 7:00 PM to 8:30 PM

CKo7. The classic cocktail is back in fashion. As in old fashions, Sazeracs and sidecars. Your friends will be stirred by your mixological prowess while you remain unshaken as you pour the perfect martini. In this introductory class, you will learn how to create a dozen or so elixirs that have stood the test of time. In the process, you'll learn some entertaining history of each to pass along to your guests along with the hors d'oeuvres.

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

February 19 | \$32

Commodore Barry Arts and Cultural Center, 6815 Emlen Street,

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

PERFECT CHOCOLATE COVERED STRAWBERRIES WITH JUNEBUG SWEET TREATS

F from 6:30 PM to 8:30 PM

CKo2. Just in time for Valentine's Day, learn how to create the most delicious, mouth watering chocolate covered strawberries, and be ready to make them for your loved ones as a gift! June will teach you the proper way to temper your chocolate to achieve the perfect, smooth, shiny texture for your treats. You will also learn about different types of chocolate, decorating techniques, and how, when done right, your creations will be just the same as the high-end chocolates you find in fancy candy shops!

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

February 9 | \$32

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

\$20 Materials fee payable to the instructor.
You will leave with a box of delicious chocolate covered strawberries and oreos!

CHOCOLATE COVERED EVERYTHING! WITH JUNEBUG SWEET TREATS

Sa from 10:00 AM to 12 N

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

June Daley

March 2 | \$32

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

\$20 Materials fee payable to the instructor



Learn to bake delicious holiday bread and chocolate treats with June Daley, owner of Junebug Sweet Treats

NEW LEARN TO MAKE DELICIOUS HOLIDAY BREADS FROM SCRATCH!

F from 6:00 PM to 8:30 PM

CKo4. Learn the ins and outs of baking delicious sweet holiday breads, from hot cross buns to challah! June will guide you through measuring dry and wet ingredients, waiting patiently through the proofing process, and whipping up some mouthwatering icing. While your rolls are baking, take some time to learn braiding techniques as well. Don't miss this opportunity to wow your family and friends at your next gathering!

June Daley

March 22 | \$32

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

\$20 Materials Fee Payable to the Instructor.
Bring an apron if available - flour gets messy - and a kitchen towel.

FUN WITH JUN

Sa from 12 N to 1:30 PM

CKo5. Come learn about jun, kombucha's healthier effervescent cousin! It's easy and fun to make and the results are delicious. Jeannie will demonstrate the process of making, flavoring, and bottling jun, we'll discuss ingredients, brewing tools, and brewing environment. There will be samples to taste and participants will take home the ingredients needed to brew their first batch of jun: a SCOBY with jun starter, green tea, raw honey, and an instruction sheet.

Jeannie Gerth is a fermenter, gardener, forager, permaculturist, and land steward, making and sharing jun and SCOBYS, a symbiotic culture of bacteria and yeast, continuously since 2018!

February 3 | \$32

Wesley Enhanced Living, 6300 Greene St.

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

NEW FORAGING, GROWING AND EATING JERUSALEM ARTICHOKE

Su from 1:00 PM to 2:30 PM

CKo6. Helianthus tuberosus is a native perennial sunflower with an edible tuber that you can sometimes buy at grocery stores or farmers market labeled as sunchokes. You may also find them growing wild in the Wissahickon! Join Jeannie on a visit to the Helianthus tuberosus patch planted in the Awbury community garden and discuss its cultivation, management, and edibility. There will be sunchokes to sample prepared in a variety of ways, and you'll harvest the overwintered tubers to take home for consumption and/or planting.

Jeannie Gerth is a fermenter, gardener, forager, permaculturist, and land steward, working to incorporate more native foods into my diet and yours!

March 24 | \$32

The Farm at Awbury Arboretum
6336 Ardleigh St.



Jeannie Gerth

ZEN AND THE ART OF CHOCOLATE

M from 6:30 PM to 8:30 PM

CKo9. Let's take the mystery out of creating delicious, nutritious, mouth watering, AND beautiful chocolates. Perfect for gift giving, self love, or just for fun! We will discuss infusing CBD in your chocolate confections. Peanut butter cups begone, enter almond butter encased in shiny dark semi-sweet chocolate, fruit and nuts, caramels and more. Dairy and gluten free, low glycemic index sweeteners and love will make your Valentine dreams come true. Willy Wonka never had it so 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.

February 5 | \$32

Grace Epiphany Church, 224 E. Gowen Ave.

\$20 materials fee payable to the instructor. Don't forget to bring a to-go box to bring your favorite samples home.



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MAKE WATER KEFIR (KOMBUCHA'S COUSIN)

Tu from 6:30 PM to 8:30 PM

CK10. Learn how to make your own home brew of this tasty probiotic beverage for a fraction of the store cost. We will cover the health benefits and the many flavoring possibilities, not to mention the gift potential. You will get a kit to take with you that includes everything you need to start your own batch (except the water). The cost of the kit is \$15 paid directly to the instructor at class.

Dorothy Bauer

March 12 | \$32

Unitarian Society of Germantown,
6511 Lincoln Drive

\$15 materials fee payable to the instructor

NEW PLANT-BASED CHEEZES FROM A FORMER DAIRY QUEEN

Tu from 6:30 PM to 8:30 PM

CK11. This class is NOT just for the lactose intolerant or dairy avoiding vegans! No need to give up on the flavors and textures of cheese as we all know and love it! We will cover spreads, sauces, dips, and blocks of various cheezes. Come see how fun, quick and easy it is to stock your fridge with nutritious, delicious, and creamy renditions of the old favorites! Everything sampled and demo-ed will be dairy and gluten free and low glycemic index. Join us to see what you're NOT missing!

Dorothy Bauer

March 26 | \$32

Unitarian Society of Germantown
6511 Lincoln Drive



See Page 62

**Walking Food Tours
with Glenn Bergman**

Chinatown

**Northeast Philly
Uzbek, Russian Markets**



THE JOY OF COOKING FOR THOSE WITH DIABETES ONLINE

Tu from 6:30 PM to 8:00 PM

CK12. Step into the joy of cooking healthy foods led by a registered dietitian who is on a mission to empower you in conquering diabetes in the most delectable way possible. This class welcome a community of individuals who share your journey, where you'll learn to manage your blood sugars naturally using nutrition as a powerful strategy. Delight in your favorite foods without compromise, as gone are the days of dull and uninspired meals - this class is proof of that!

Lisa shares strategies to help those with diabetes and pre-diabetes lower their high A1C and blood sugars, maintaining good control. Together on zoom you will create dishes together using delicious spices and herbs, and discover that healthy food can indeed be bursting with flavor! Learn a bunch of new recipes that not only satisfy your taste buds but also contribute to your well-being. Embrace the opportunity to change your relationship with food. Don't let diabetes dictate your culinary journey ..Enroll now and enjoy delicious, health-conscious options!

Lisa Norris RD, works with people living with diabetes who are tired of eating bland healthy food and want their A1C and blood sugars in control. She has over 25 years experience as a Registered Dietitian and has strategies to help her clients and students enjoy their

February 13 | \$37

The Comfort of Your Own Home

SOUP LOVE ONLINE

Su from 4:00 PM to 5:30 PM

CK13. As the weather cools we begin to crave warm hearty meals. Join Jackie to recreate recipes from her upcoming book. She will guide you through the ultimate cool weather comfort meal featuring Creole Lentil Soup, a winter salad and warm corn muffins. This is a quick dinner sure to leave you satisfied. While you cook, Jackie will share tips and tricks for making the best soups year round, stocking your freezer with ready to eat soups, using your slow cooker to make soups and making your own vegetable broth.

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

February 25 | \$34

The Comfort of Your Own Home

NEW TRADITIONAL JAPANESE NEW YEAR COOKING

F from 6:30 PM to 8:30 PM

CK14. Join Makiko as you delve deeper into the world of traditional Japanese cooking with the preparation of a traditional Japanese New Year meal! Osechi Ryori are dishes that are prepared by the end of December and stored until the New Year. During the first three days of the New Year housewives, who have historically been responsible for feeding and cooking (makanai) for her family, can take a break from the daily routine while her family eats Osechi Ryori during the New Year period. We will use organic, hand-crafted local ingredients wherever possible, suggest complimentary side dishes, and offer insights into the culture and traditions that inform these tasty recipes.

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

February 2 | \$32

Unitarian Society of Germantown
6511 Lincoln Drive

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

NEW TRADITIONAL JAPANESE COOKING

F from 6:30 PM to 8:30 PM

CK15. Interest in Japanese cooking has been heightened by two current Netflix series: Midnight Diner and The Makanai. Join Makiko as you learn a classic chicken karaage dish! Learn the ins and outs of deep frying for a perfectly crispy and moist dish. There are many different flavored karaage mix powders available at the store, but you will use Makiko's original recipe with a soy sauce base. In addition, I will order healthy, delicious, free-range, grass-fed Jidori chicken. Paired with delicious side dishes that will make your mouth water!

Makiko Goto-Widerman

March 8 | \$32

Unitarian Society of Germantown
6511 Lincoln Drive

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



Learn to prepare traditional Japanese cuisine, Osechi Ryori and Chicken Karaage with Makiko!

KITCHEN RX: RESTORE YOUR HEALTH WITH FOOD AS MEDICINE

Tu from 7:30 PM to 9:00 PM

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

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

March 26 | \$32

* Private home, Chestnut Hill near Mermaid Ln and Huron

ESSENTIAL OILS TO BRIGHTEN YOUR MOOD AND HOME

Sa from 10:00 AM to 12 N

FHo1. Lift your spirits and refresh your home's energy with nature's fragrances! Learn how to use essential oils to soothe your soul, elevate everyone's mood, and freshen your home without chemicals. We'll learn creative ways to integrate scents into our daily lives, from calming lavender to energizing peppermint! You will be able to explore approximately 50 pure essential oils and learn the benefits of each. Feel free to bring your own oils

Judy Dobbs has over 20 years' experience in the healing arts, and brings to life the multiple uses of many essential oils she has studied for years. She also teaches Foot Reflexology and Better Peepers. Judy has been using essential oils since 1998, and teaching with MALT since 1995.

February 24 - March 2 | \$49

2 sessions

MALT Office, 6601 Greene St.

There is a \$5 materials fee due to the teacher at the class.

GREEN BURIAL

Th from 6:30 PM to 8:30 PM

FHo2. Are you interested in being "green", even in death? Have you ever seen all-natural burial grounds where you can be buried in a wicker basket, shroud or mushroom suit? Would you like your family to be involved in the burial process, either digging or back filling your grave? Learn more if you are curious about exploring all natural funeral and burial, rather than more traditional options.

Tasha Dugan Philadelphia born and raised with military affiliation, Tasha currently resides in Germantown, and loves spending time with her family and two grandchildren. Tasha has been a Licensed Funeral Director for 14 years and currently works with Laurel Hill Funeral Home. Her passion for assisting families with the preparation of their loved ones for burial and for themselves, is what keeps her motivated.

March 21 | \$32

Mt. Airy Axis, 520 Carpenter Lane

CLUTTER TONIC: THE EASY WAY TO ORGANIZE YOUR HOME AND OFFICE

Th from 6:00 PM to 8:00 PM

FHo5. Do you feel overwhelmed by stuff? Have unpacked boxes from your last move? Do you drown in papers? Break vows to organize? Enjoy some Clutter Tonic! Make happy decisions about what to let go of and how to organize the rest. Participants in this course have created real change in their homes. And made shifts in their routines to make them last! Buy no containers! Learn where to donate or recycle nearly anything! Discover how good clutter tonic can feel.

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

February 8-22 | \$64

3 sessions

Wesley Enhanced Living, 6300 Greene St.

UNDERSTANDING LONG TERM CARE

Tu from 6:30 PM to 8:30 PM

FHo8. Gain a fuller understanding of long-term care (also known as custodial care), how it works, who needs it, and how to pay for it. Learn the differences between home health care, skilled care, custodial care, assisted living nursing home care, and TRICARE. We'll review what the PA LTCP (Long Term Care Partnership) is and how to protect your assets in the event long term-care is needed.

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

March 19 | \$32

Wesley Enhanced Living, 6300 Greene St.

DEBUNKING CURL MYTHS

Su from 2:00 PM to 5:00 PM

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

Brianna Redner is the owner of Natural State. At Natural State Our Mission Is You: No matter who you are, or how you identify. We are committed to offering a safe and welcoming home for the community, where individuality can flourish and self expression is celebrated.

February 4 | \$39

Natural State, 709 Bethlehem Pike, Glenside



The team at Natural State, Brianna Redner, center.

Photo by Lucy Baber.

LISTING YOUR HOME FOR SALE

Su from 10:00 AM to 12:30 PM

FH09. Learn what kind of preparation you can do in order to list your home and get the best price you can. Topics include the best time to list your home, when to set your asking price, how to choose a sales agent, how to improve your home's appeal to the buyer, what repairs you should do if you have a tight budget, and more!

Dora Johns is a realtor with Keller Williams Realty and an avid analyst of the real estate marketplace. Her classes help the consumer make informed decisions about their real estate needs. Dora also teaches MALT's popular soap making class.

March 17 | \$35

MALT Office, 6601 Greene St.

\$5 materials fee payable to the instructor.

HABIT TRACKING WITH BULLET JOURNALING

W from 6:00 PM to 8:00 PM

FH11. Understanding how we form good habits and eliminate bad ones is a key to success in every aspect of life. In this class, we will first explore some of the science behind habit formation. Then, you will learn how to track and manage your habits using the techniques of bullet journaling. Maintaining a bullet journal is a fun, creative, colorful, and rewarding way to stay motivated and make good habits stick. Bullet journaling can help you maintain healthy habits, promote mindfulness, increase motivation, and add enjoyment to your daily routine.

Kellen Sines has an extensive background in adult and community education, instructional design and technology, and training design and delivery. The instructor uses bullet journaling to implement and maintain their goal-setting for self-improvement activities. They are also teaching MALT's high school equivalency math course this term.

February 7 | \$32

MALT Office, 6601 Greene St.

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

NEW CONTAINER GARDENING FOR FRESH FRUITS, VEGGIES, AND HERBS

Su from 2:00 PM to 4:30 PM

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

Briana Smith-Torres 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 our 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.

March 3 | \$44

NewCourtland's Germantown Campus, 6950 Germantown Ave. All MALT Classes take place in the Eisenhardt Building



Erica Johnson

NEW GREENER LIVING: INTRODUCTION TO HOUSEPLANTS AND REPOTTING WORKSHOP

Th from 6:30 PM to 8:30 PM

FH12. Join us for a journey into houseplant care! Discover essential insights on proper lighting, watering, soil, and repotting techniques. Learn to recognize when your plant needs repotting, how to safely remove it from its current pot, and gain valuable knowledge for the general care of your repotted plant. Additionally, explore the fascinating world of different houseplant varieties, understanding the specific needs of each to elevate your indoor gardening skills with this enriching experience! Bring one or two plants with you to replant and discuss in class.

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

March 14 | \$36

NewCourtland's Germantown Campus, 6950 Germantown Ave. All MALT Classes take place in the Eisenhardt Building

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



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Marisia Robinson

NEW DEMYSTIFYING SEED PACKETS AND SEED SWAP

Su from 12N to 1:30 PM

FH15. Unlock the secrets of seed packets and delve into the world of seed swapping in this interactive workshop. Whether you're new to gardening or a seasoned green thumb, this course will equip you with the knowledge to read seed packets like a pro and participate in seed swaps with confidence. Learn to decode planting instructions, improve your agricultural vocabulary, understand seed sources and types, and engage in a hands-on exercises that will turn you into a savvy seed selector. Come sow the seeds of knowledge with us!

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

March 9 | \$32

Wyck House, 6026 Germantown Ave.

To get the most out of the class please bring seeds you would be willing to trade and/or talk about! Optional materials fee of \$10 for a planting calendar calculator payable to the instructor.

BACKYARD CHICKEN KEEPING

M from 6:30 PM to 8:30 PM

FH16. Now's the time to get a flock of your own! Learn the basics of keeping a healthy flock of backyard hens to produce eggs. Topics will include selecting chickens, raising them from chicks, the coop, the care and feeding of chickens, handling the eggs, and some of the challenges and pleasures of keeping backyard chickens.

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

March 18-25 | \$49

2 sessions

Mt. Airy Axis, 520 Carpenter Lane

MAPLE SUGARING IN THE WISSAHICKON

Sa from 10:00 AM to 12:30 PM

FH30. Discover how trees produce sap, and the steps involved in harvesting sap to make syrup and sugar. Pancakes and syrup tasting included. Learn how to tap a tree and boil sap to syrup! Candy making and sugaring at home are also discussed in this program. We will be joined by Trish Fries, former director of the Wissahickon Environmental Center, who has been tapping trees and making syrup for 25 years!

Trish Fries is the former director of the Wissahickon Environmental Center, who has been tapping trees and making syrup for 25 years!

Susan Haidar is an Environmental Education Planner with the City of Philadelphia for 3.5 years and was a Recreation Leader for 7 years. Previously, she was an educator at Riverbend Environmental Center. In addition to her knowledge and love of nature, Susan has a background in the visual arts and information studies.

February 24 | \$25

Wissahickon Environmental Center at the Andorra Natural Area, 300 Northwestern Avenue

This class is for adults only. The rain/snow date is Sunday, February 25.

CREATIVE MOVEMENT /PRE BALLET AGES 3 TO 5

M from 3:30 PM to 4:30 PM

KDo2. This class encourages students to explore their creativity and imagination during activities that develop gross motor skills, coordination, strength, flexibility, and balance. Students are introduced to the structure of dance in a fun environment. Students learn ballet steps, short choreography for an optional performance and get a strong foundation for future ballet training. Please wear leotard, tights, and ballet shoes.

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

January 22 - March 11 | \$144

8 sessions

Wissahickon Dance Academy, 38 East School House Lane

Now known as Expansions Contemporary Dance Ensemble

BEGINNING PIANO AGES 5 TO 10

Th from 7:30 PM to 8:00 PM

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

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

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

February 8-29 | \$44

4 sessions

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



BALLET FOR ADULTS AND TEENS

Tu from 7:30 PM to 8:45 PM

DA14. Have you always wanted to try ballet, or did you take it as a child? This beginning to intermediate ballet class is an opportunity to begin, resume, or continue ballet, stay in shape, and have fun! You will learn ballet vocabulary and through the traditional sequence of exercises at the barre and in the center, you will improve balance, coordination, and flexibility. Enjoy exploring this beautiful art form with a creative and inspiring instructor experienced in teaching adults and meeting them at their level. This class is for ages 14 and older. Please wear comfortable dance/athleticwear and ballet shoes.

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

January 23 - March 12 | \$144

8 sessions

Wissahickon Dance Academy, 38 East School House Lane

Now known as Expansions Contemporary Dance Ensemble

NEW BLACK HISTORY THEATER WORKSHOP FOR TEENS

Tu from 5:00 PM to 6:30 PM

KD03. We will remix traditional theater study with our research incorporating spoken word, performance poetry and movement to create something new. We will create a safe space to develop creative works of performing and digital art based on primary source material. Focus is on the people, places and events that impact the history of the African Diaspora. Creative works may include web-based technologies as well as in-person performances. The goal is collaboration and solo work creation. Novice or experienced, all are welcome. Students will learn how to develop their own unique show celebrating Black history and women's history, improve presentation and public speaking skills, while building confidence and knowledge.

Esha Thornton is a life-long resident of Mt. Airy. She earned her undergraduate degree in Theater with a study focus in Cultural Anthropology from Temple University, a Master of Science degree in Instructional Technology from Bloomsburg University, and an undergraduate certificate from Georgetown University for Museum Exhibit Design and Planning.

Esha is an AmeriCorps and High School for the Creative and Performing Arts (CAPA- Theater) alumna. She is currently a senior instructional designer for a Fortune 100 company in the Philadelphia area.

January 23 - March 12 | \$192

8 sessions

This class is for high school students in 9th to 12th Grade, 14 to 17 years old.

United Lutheran Seminary, 7301 Germantown Ave., All MALT classes take place in the Brossman Center for Education.

BEGINNING GUITAR AGES 5 TO 10

M from 6:30 PM to 7:00 PM

KD05. Has your child been asking about guitar? All the basic elements of guitar playing will be introduced in this fun class. Work on easy chords, strumming and accompanying all types of music from Rock to Pop to Gospel and Country. Then we'll do a quick intro of note reading and playing so kids can learn what all those little dots mean. Students need to have their own instrument.

Chestnut Hill Music Academy

February 5-26 | \$44

4 sessions

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

NEW TEEN SALSA

KD07. 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 teaches the fundamental steps and techniques of salsa but also delves into the rich cultural history that shapes this energetic dance form. This is a great place for your teen to gain self-confidence, poise and meet a few friends all while learning social grace and partner dancing. It is a must try!

Marck "Flaco" Best is a native of Mt. Airy. As a master teaching artist and Associate Professor of Dance at the University of the Arts, he holds roster artist positions with such prestigious arts education agencies as Young Audiences of NJ & PA, AIE, and has a long-standing relationship with The Painted Bride Art Center, and the Kimmel Center where he appears frequently. Flaco began teaching dance with MALT in 1997!

A. January 20 to March 9 | \$118

For Ages 12 to 14

Sa from 11:00 AM to 11:55 AM

8 sessions

B. January 20 to March 9 | \$118

For Ages 15 to 17

Sa from 12:00 PM to 12:55 PM

8 sessions

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

MUSICAL THEATER AND IMPROV AGES 7 TO 15

M from 4:30 PM to 6:00 PM

KD16. This class is jam packed with fun things to do! Students will learn songs and choreography from Broadway shows and work on skits and improv as well as theater games. This ten-week class will finish with a showcase performance for family and friends. Students should wear comfortable clothing to dance in and bring their imaginations with them! A scripted play or scene may also be included.

Kim Williams has been teaching drama, dance and creative arts for over 35 years in Philadelphia Area after school programs. She is the artistic & managing director of Mt. Airy Performing Arts and is a theatre director and choreographer in many area schools.

January 22 - March 25 | \$175

10 sessions

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

Class culminates in a final performance on 3/25.

SUNSHINE'S SLIME CLUB

Sa from 11:00 AM to 12 N

KDo1. Making slime is great play, providing rich sensory experiences, stimulating curiosity, and soothing the nerves. In this club we will be putting our knowledge of slime to the test and having loads of fun testing out different slime textures, add-ins, and scents. We will play games and of course make slime. At each meet-up, we will make two different slime textures and come away with a recipe or two. Grown-ups are encouraged to come learn from kids and find new joy in gooey play. Age for youngest student (attending with parent) should be 4 years old or older.

Emani Frank began making slime during the recent pandemic, experimented with various slime textures and techniques, and brought her products to an eager local market in 2021. Our youngest teacher at age 12, she'll be joined by her mom Robyn Frank.

February 17-24

2 sessions

Individual | \$25

Parent & Child | \$35

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

There is a \$10 materials fee payable to the teacher at the first class, per participant.

BEGINNING VOICE CLASS AGES 7 TO 11

Tu from 7:00 PM to 7:30 PM

KDo6. Does your child love to sing? It's never too early to encourage them with a few pointers on how to make beautiful music with their voice. In this easy and fun class, kids will learn about breathing, enunciation, range and the importance of posture. Voice lessons are great since you don't need an instrument or even to read music. The group will sing together and even try a little harmony. Students will go home with exercises and songs to practice.

Chestnut Hill Music Academy

February 6-27 | \$44

4 sessions

Chestnut Hill Music Academy
22 E. Chestnut Hill Ave.

\$5 materials fee payable to the instructor.

NEW DRAWING RECESS AGES 10 AND UP

Tu from 6:00 PM to 7:00 PM

AC45. During Drawing Recess, we are temporarily dismissed from our duties in order to play, have fun and DRAW! It is a period of time in our daily lives to take a break from to-do lists and create for the sake of creation. We will participate in group drawing games and activities, awakening the left side of the brain. We will explore tactical and abstract drawing materials such as cut paper and ink splatches. No prior art experience is needed. Bring your imagination, creativity and spirit! Appropriate for all ages, this class is great for the whole family.

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

March 12 - April 2

4 sessions

Individual | \$64

Parent & Child | \$84

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

\$5 materials fee payable at registration for paper cutting supplies. Please bring a sketchbook and your favorite drawing tools to class. This class is open to all ages 10+

DRAWING: DESIGNING CHARACTERS FOR ADULTS AND TEENS ONLINE

M from 7:00 PM to 8:00 PM

AC46. If you're inspired by animation, comics, video games or manga and wish to develop your own characters and stories, this workshop is for you. Create your own original character from hand-drawn sketches and leave class with a series of finished drawings and further knowledge of these exciting pursuits. Characters are brought to life by emphasizing emotions through facial expression and action through full body gesture drawing. Students will explore props and accessories to create a convincing personality for their characters. Design elements such as proportion and silhouette will be introduced and will serve to refine the character's individual identity and story. Appropriate for all artistic levels. Teens are welcome to join the class!

Katrina Kopeloff

March 4 - 25 | \$59

4 sessions

The Comfort of Your Own Home

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, fostering a healthier heart (more than some other types of aerobic exercise) and aiding in pain relief for musculoskeletal problems. The mental benefits include lowering stress, improving focus and resilience, helping reduce age-related, cognitive decline and serving as an aid in controlling depression. This class is for those who are new to T'ai Chi, or have recently begun to learn the 37 postures of the Cheng Man Ch'ing short form. The only equipment necessary are loose, comfortable clothing and flat-soled shoes.

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

January 25 - March 28 | \$109

10 sessions

Chestnut Hill United, 8812 Germantown Ave.

T'AI CHI CH'UAN: CONTINUING

Th from 7:15 PM to 8:00 PM

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

Kurt Findeisen

January 25 - March 28 | \$109

10 sessions

Chestnut Hill United, 8812 Germantown Ave.

NEW T'AI CHI CH'UAN: INTERMEDIATE

Th from 6:30 PM to 7:15 PM

MB03. 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 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

January 25 - March 28 | \$109

10 sessions

Chestnut Hill United, 8812 Germantown Ave.

T'AI CHI FOR HEALTH

Tu from 7:00 PM to 8:00 PM

MB04. Since ancient times, T'ai Chi's soft, flowing movements have been used to improve and maintain health. Golden Breath T'ai Chi focuses on breath control with movement and adapts easily for those who have trouble standing. This moving meditation is also great for improving general fitness, balance, coordination, and stress reduction. A valuable adjunct to pre-hab and rehab therapy. Enjoy a gentle, complete workout to relax the mind, restore the body and rejuvenate the spirit!

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

February 20 - March 26 | \$79

6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Masks are required for this class.



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

January 15th is the deadline to submit class proposals for the Spring term.



Explore the benefits of Holden Qigong with Kelly McLeod

NEW HOLDEN QIGONG: 5 ELEMENTS PRACTICE

M from 11:00 AM to 12 N

MBo5. In today's fast-paced world, many of us are experiencing increased levels of stress, fatigue, and lack of time for self-care. This QiGong class can help you replenish your energy levels, find relaxation, and enhance your overall vitality not only in your body but also in your emotions and mind. The program offers a complete routine that includes breathing techniques, warm-ups, stretching, invigorating exercises, gentle flowing movements, and a brief closing meditation. If you've been interested in learning more about these ancient Chinese fitness exercises and accessing your healing energy, this is the ideal class for you.

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

January 22 - March 18 | \$99

8 sessions, No Class 2/19

Summit Presbyterian Church, 6757 Greene St.
at Westview

MINDFULNESS OF QIGONG RETREAT

Su from 3:00 PM to 5:00 PM

MBo6. This 2 hour QiGong class brings health practices from antiquity to the 21st century. We will establish a foundation, build on it and put it into practice. Wellbeing is strengthened by unifying Mind-Heart, breath and movement. Using practices that have been passed along for thousands of years we mindfully transform energy depleting stress into energy and vitality. QiGong forms are easily adapted to most physical abilities. This course is ideal for students new to QiGong as well as those who wish to deepen their practice.

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

February 18 | \$32

Summit Presbyterian Church, 6757 Greene St.
at Westview

Fern Bell Scholarships

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

T'AI CHI - YANG STYLE: BEGINNING

Tu from 11:30 AM to 12:30 PM

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

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

January 16 - March 26 | \$139

11 sessions

North Light Community Center, 175 Green Lane

T'AI CHI - YANG STYLE: BEGINNING

W from 10:00 AM to 11:00 AM

MB08. Tai Chi (or tai chi ch'uan) is claimed to be the oldest martial art. It is also a gentle exercise that can provide innumerable health benefits for body, heart and mind. Practiced consistently, it can improve balance, lower blood pressure, reduce anxiety, ease depression, and boost the immune system. Tai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5-6 ft. square of open space. The Beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes. (Running shoes are not recommended.)

Vicki Mehl

January 17 - March 27 | \$139

11 sessions

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

LEARNING TO READ TAROT

W from 7:00 PM to 9:00 PM

MB29. Just as the decks we use are diverse, so are the ways in which we look at the cards. Examine the cards and ways to interpret them, be it through color, symbolism or sheer instinct. Learn the differences between the major and minor arcana as well as how to interpret simple tarot spreads.

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

February 21 - March 13 | \$64

4 sessions

Mt. Airy Axis, 520 Carpenter Lane

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



T'AI CHI - YANG STYLE: INTERMEDIATE

W from 12:30 PM to 1:30 PM

MB09. In the Intermediate class students will continue to learn Prof. Cheng's 37 postures of the Yang style form. This part of the form includes various kicks and single leg turns. As always, the form is practiced in smooth, slow movements while developing strength and flexibility in the legs and whole body balance. The Intermediate class is for those who have learned the postures of the "first third" of the form, (in the Beginning level), and/or have the teacher's permission. Wear loose, comfortable clothing and flat, flexible shoes.

Vicki Mehl

January 17 - March 27 | \$139

11 sessions

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

T'AI CHI - YANG STYLE: CONTINUING

W from 11:15 AM to 12:15 PM

MB10. Cheng Man Ch'ing's tai chi form is an art that can be a life-long study. Learning the movements in the Form is just the beginning. In the Continuing class, we begin to delve more deeply into the internal energetics of movement and a deeper understanding of the word Relax. We will work on whole body synchronicity, sinking and releasing, and developing root. Enrollment in the class is by permission of the instructor.

Vicki Mehl

January 17 - March 27 | \$139

11 sessions

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

YOGA FOR STRENGTH AND STRESS RELIEF

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

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

A. January 29 - March 18 | \$109

M from 10:00 AM to 11:15 AM

B. January 31 - March 20 | \$109

W from 10:00 AM to 11:15 AM

8 sessions

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



YOGA, A CHAIR AND YOU

F from 11:30 AM to 1:00 PM

MB13. Everybody can enjoy the benefits of yoga. It's not necessary to get on the floor to explore this gentle and effective exercise system that creates strength, flexibility and balance. Our class is classically structured with breathing techniques, asana (postures for strength and stretching) and meditation based in the Integral Tradition. Added benefits include improving balance and rotation. Everyone is welcome. Standing is optional. We also encourage laughter and fun.

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

February 16 - March 15 | \$74

5 sessions

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

GENTLE AWAKENING YOGA HYBRID

MB14. 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. January 21 - February 25 | \$95

In Person

Su from 10:00 AM to 11:15 AM

6 sessions

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

B. January 21 - February 25 | \$95

Online

Su from 10:00 AM to 11:15 AM

6 sessions

In the Comfort of Your Own Home.

YOGA FOR BONE HEALTH HYBRID

W from 6:00 PM to 7:15 PM

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

Linda Kish

A. January 24 - February 28 | \$95

In Person

Su from 10:00 AM to 11:15 AM

6 sessions

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

B. January 24 - February 28 | \$95

Online

Su from 10:00 AM to 11:15 AM

6 sessions

In the Comfort of Your Own Home.



Karen Rile

YOGA TO MOVE, FEEL, AND SLEEP BETTER

Tu from 7:00 PM to 8:15 PM

MB16. Reconnect your body to your mind, and help overcome the joint pain and postural imbalances that affect all of us in our modern lives. We'll practice a combination of yoga, functional movement, brain mapping, and breathing for a fun, low-impact, anatomy-based workout. This class is based on LYT Method, a yoga system designed by physical therapists to improve core strength, flexibility, and balance for humans of every age. All levels, from experienced yogis to beginners, are welcome. Every movement we practice will include modifications.

Karen Rile is a writer, editor, and yoga teacher. She is a certified Flexibility Coach and Yoga Breathing through Yoga Teachers College, where she earned her first 200-hour yoga teacher certification. She is a practitioner and 200-hour certified teacher of the LYT Method.

January 23 - March 12 | \$99

8 sessions

Chestnut Hill United, 8812 Germantown Ave.

What to bring: a yoga mat, plus one or two yoga blocks. If you have knee pain, also bring a foldable blanket or towel.

NEW HAPPINESS: A MEDITATION WORKSHOP

F from 11:00 AM to 12:30 PM

MB18. Join us for a meditation workshop which brings happiness both on the cushion and in everyday life. In the first two sessions, we'll establish calm. In the following two we find our own happiness by seeing the happiness around us. The workshop will enhance your recognition of calm and well-being, allowing joy to grow naturally. The sessions include guided meditation, group interaction, and lots of discussion. This class is designed both for beginners and experienced meditators from all traditions. Beth's teaching follows in the traditions of Sharon Salzberg, Joseph Goldstein and of Pema Chodron. The workshop takes place in a serene, immersive environment: Located just across from the Philadelphia Art Museum with a stunning view of the city and Fairmount Park. The 20th-floor setting offers abundant light and air, and the space is thoughtfully designed for comfort during meditation. The teacher will provide all necessary chairs, cushions, and shawls to ensure your individual comfort throughout the practice. It is a short drive from Mt. Airy; there is easy on-street parking.

Beth Adelson teaches meditation because it makes people happy and effective in everyday life. Her work on the happy aspects of meditation was recognized with a Harvard Centennial medal and endorsed by the Dalai Lama. Early on, Beth was a dancer in NYC where she also began practicing yoga and Zen. She was then trained as a cognitive scientist at Harvard. This brought her to study the effects of meditation and then to training in Buddhist meditation & eventually to be asked to teach. She is the founding teacher at 24th St. Sangha. Her current daily sitting meditation & movement practice focuses on both joy and equanimity.

February 2-23 | \$74

4 sessions

2401 Pennsylvania Ave., across from Philadelphia Museum of Art

You will be given suite number when you register. Easy on street parking and access to public transit.



See Page 35

NEW
Living in the Moment
Photography

NEW MYTHIC MAT: THE STORIES BEHIND THE YOGA POSES ONLINE

Sa from 10:00 AM to 10:45 AM

MB17. Ever wondered about the fascinating origins of your beloved yoga poses? Join us in unraveling the captivating stories behind these postures. For instance, did you know that the Warrior Poses have a tale of atonement attached to them? It's true! Tracy invites you to step onto the Mythic Mat, where you'll explore these engaging backstories through a blend of storytelling and asana practice. This six-week course unveils a new "tale" each week. This class offers a delightful and informal experience, presented in a storytelling format. It's interactive, allowing students to seamlessly integrate the story into their practice, relieving the pressure of perfection and ensuring a fun, stress-free approach to each posture.

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

February 10 - March 16 | \$69

6 sessions

The Comfort of Your Own Home

CRYSTAL ALCHEMY BOWL SOUND MEDITATION

Sa from 11:00 AM to 12:15 PM

MB19. Join Anne for a relaxing sound meditation with Crystal Tones singing bowls and vocal sounding. The crystal bowls activate the crystalline nature in the higher brain centers and restore balance between your mind and body. We begin by creating an intention together. You will be introduced to the unique alchemy signatures of the bowls and begin to feel how your body responds to them. We will then be held in the expansive vibrations of a 45 minute sound bath meditation.

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

February 24 | \$32

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



Tracy Shearer

NEW MARCH FULL MOON RITUAL

M from 6:00 PM to 8:00 PM

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

Karen Bruhin 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 and Free Spirit Gathering.

March 25 | \$32

Wesley Enhanced Living, 6300 Greene St.



*Andrew with his sweet dog, Victoria,
when they visited the MALT office*

NEW SPIRITUAL GUIDES: THE CASE FOR DOGS

Th from 6:30 PM to 8:30 PM

MB31. While strolling through the streets, walkways, yards, and parks of Philadelphia, you'll often encounter dogs alongside their human companions. Dogs hold a special place in our hearts, serving as beloved family members and friends. Not only do they contribute to our physical and mental well-being, they also have the potential to enrich our spiritual lives. Can these canine companions become our spiritual guides? This class provides an intriguing perspective on the role of dogs in our society. You will have a chance to share your experiences with the dogs you've loved and cherished. In class Andrew will introduce students to his Scottish Terrier, Victoria. Victoria has been a cherished member of the Behrendt household for nearly a decade, and she plays a vital role in a therapy dog team. Together, they visit educational institutions and healthcare facilities to provide comfort, reduce stress and anxiety, and promote overall well-being.

Andrew Behrendt has been a human companion to canines since, in his words, "before I was born." Studying psychology and education at the University of Pennsylvania, Andy has taught undergraduate and graduate students at area colleges for decades and periodically maintains a small psychotherapy practice working with individuals and couples. Currently he is writing a book about dogs as spiritual guides.

February 22 | \$32

MALT Office, 6601 Greene St.

NEW MANIFEST THE LIFE YOU WANT ONLINE

Su from 10:00 AM to 1:00 PM

MB30. How satisfied or complete would you live your life, if you could feel loved, understood, seen, and recognized? How would you live your life if you knew that you could accomplish all that you dream of in your relationships, creative expressions, and work? Join Sophie as you discover the world of manifestation. Discover your values, belief system, and emotions and how they impact your daily life. Align your desires with your actions to get the results you always wanted.

Sophie Bernard has been doing yoga for nearly 18 years. In 2007, she obtained her 200 hour yoga certification in Inner Fire Yoga from Yoga on Main. She is certified in Ericksonian hypnosis to deepen her students' experiences while following her guided meditations. She is also a Reiki Master.

March 3-10 | \$59

2 sessions

The Comfort of Your Own Home

EXPLORE YOUR PAST LIVES ONLINE

Su from 2:00 PM to 4:00 PM

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

Djuna Wojton a spiritual healer with over three decades of experience teaching reiki, guiding people into their past lives, and doing private sessions for people worldwide. She is the author of *Karmic Healing: Clearing Past-Life Blocks to Present-Day Love, Health, and Happiness*, and *Karmic Choices: How Making The Right Decisions Can Create Enduring Joy*.

February 11 | \$32

The Comfort of Your Own Home

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

NEW DREAMS: OUR INNER WISDOM

Th from 6:30 PM to 8:30 PM

MB36. We have inner guides that speak through images, the language of the soul. Dreams, sometimes sweet, sometimes frightening, help us come closer to our own inner wisdom. Dream circles help us hear and understand what our souls are telling us. Join me in a sacred circle of dream wisdom. All dreamers welcome, novice and experienced. If you'd like to remember your dreams, this is a great way to start!

Etja Ruth brings the spiritual and practical guidance of dreams and Tarotpy® to the issues of everyday life, personal and professional. She is an artist and writer, melding dreams with creativity for art, writing and performance.

March 14 - April 4 | \$72

4 sessions

Wesley Enhanced Living, 6300 Greene St.

JIKIDEN REIKI - SHODEN LEVEL 1

Th from 6:00 PM to 9:00 PM

MB21. Reiki is the art of energy healing. It is gentle, effective and suitable for anyone of any age or condition. There is no pressure or manipulation, so no specific strength or abilities are required; only a desire to help others. Jikiden is a Japanese term meaning "as originally taught". The Jikiden Reiki Institute in Kyoto, Japan imparts the same information as classes taught by Dr. Chujiro Hayashi, a prominent scholar, and which has been passed down in Japan with no outside influence, interpretation, or embellishment. In this class, you will learn the origins of Reiki, the benefits of Reiki and how to treat yourself, friends and family. Students will leave feeling empowered by the simplicity of the practice and supported by a global network of Jikiden Reiki practitioners.

Rae Whatley is a certified Jikiden Reiki teacher since 2019. She has been a Reiki practitioner for over 25 years, most recently studying with Mr. Tadao Yamaguchi, Head of the Jikiden Reiki Institute in Kyoto, Japan. A long-time environmentalist and holistic wellness advocate, Rae has been actively involved in teaching people to take control of their health and their environment for almost 30 years. She is the founder of Sinclair's Soothing Minute Massage and Firefly Healing.

February 1-22 | \$300

4 sessions

*Held at Reiki Studio in Chestnut Hill

There is a \$50 materials fee payable to the instructor at the first class for the course textbook, and a personalized, hand-printed certificate sent from the Jikiden Reiki Institute in Kyoto, Japan.

NEW DEPOLARIZING WITHIN

Tu from 7:00 PM to 8:30 PM

MB42. Much of today's epidemic of toxic polarization is driven by how we talk with like-minded people about people on the other political side. We become agents of polarization when we use any of the Four Horsemen of Polarization: Stereotyping, Dismissing, Ridiculing, and Contempt. In this workshop we learn the discipline of non-polarizing attitudes and words about the political "Other" with whom we share not only a national past; but our country's and world's future as well. We will do exercises that show us the way for each of us to assess how polarized we are in our own mind and heart. Then we'll talk about how to change our internal polarizer, and how to be critical without stereotyping, dismissing, ridiculing or contempt.

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

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

January 30 | \$32

Mt. Airy Axis, 520 Carpenter Lane

ALEXANDER TECHNIQUE: RETURNING TO YOUR EXPANSIVE NATURE

Sa from 2:00 PM to 3:15 PM

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

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

February 3-17 | \$64

3 sessions

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



NEW A FOOD TOUR OF NORTHEAST PHILLY: UZBEK, RUSSIAN, AND MORE!

Sa from 11:00 to 2:30 PM

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

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 lead food tours of Chinatown for MALT and eager to share his food explorations to Northeast Philly. Glenn is donating his faculty fee to the nonprofit Ukraine Trust Train, providing humanitarian relief to people in the war. No funds will go towards military equipment.

January 27 | \$32

Meet us in Northeast Philly at a Uzbekistan restaurant at 11:00 am. Address provided when you register.

Carpooling may be organized for those leaving from Mt. Airy.

Materials fee \$20 for food sampling. Be sure to bring funds to purchase additional food or beverages, and groceries to take home.



Glenn Bergman leading his popular Chinatown Food Tour.

WALKING FOOD TOUR OF PHILADELPHIA'S CHINATOWN

Sa from 9:30 AM to 12:30 PM

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 is favorite brunch since childhood is Dim Sum.

January 20 | \$32

Class meets in Chinatown at Lee Kau Restaurant 934 Race Street.

Materials fee, approximately \$15-\$20 for lunch

NEW DISCOVER ANCIENT EGYPT ONLINE

Tu from 7:00 PM to 8:30 PM

TW03. Join Egyptologist and native Egyptian Sherin Motowea on a journey to discover Egypt from antiquity to modernity. Each week you will discover a new aspect of Egyptian life, from day-to-day routines, the legacies of ancient kings and queens, religious beliefs and rituals such as mummification and the concept of afterlife, to wonderous architecture, and so much more!

Sherin Motawea is a native Egyptian. She is a graduate of the School of Tourism and Hotel Management in Egypt, where she earned a Bachelor of Egyptology. She was the Head of the Egyptian Museums Department at the Supreme Council of Antiquities under the supervision of the renowned Egyptologist, Dr. Zahi Hawass.

March 12-26 | \$64

3 sessions

The Comfort of Your Own Home

PHILADELPHIA MUSICAL HISTORY BUS TOUR

Su from 10:00 AM to 1:00 PM

TW13. Join us for a mobile musical experience! We will teach you all about the talented musicians who were either born or raised in the Philadelphia area. Hop aboard our moving musical museum and prepare to be surprised and delighted to discover the great Philadelphians who revolutionized the music industry in Jazz, Classical, Gospel, Rock and Roll, Folk, R&B, Hip Hop and Country. Our signature sightseeing tour offers an in-depth guide to the rich musical history of our city. Video clips and a great musical soundtrack will enhance your tour experience. We bet you will tell everyone it is one of the best things to do in Philadelphia!

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

March 10 | \$44

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

NEW COMPREHENSIVE CHRISTIANITY

Tu from 1:00 PM to 3:00 PM

TW01. Would you like to learn more about the world's largest faith, or at least better understand the differences between its various groups? How is it that Catholics, Lutherans, Baptists, etc. can be so different in their understandings of Christian teachings and how to apply them? We'll spend the first class looking at basics and getting an overview of how the religion broke down into over 20,000 (that's right, 20,000) sects, and from there explore more detailed differences between selected groups. Both orthodox and mystical Christian understandings will be presented, along with similarities and contrasts with Yoga- and Buddhist-related ideas which have had such a big influence on Western thought.

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

February 13-27 | \$64

3 sessions

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

NEW THE TRUMP TRIALS: WHAT DOES IT ALL MEAN?

Tu from 6:30 PM to 8:00 PM

TW02. This course takes a nonpartisan look at the law used in the various actions that have been brought against the former president. What is the interaction between state and federal cases? Why are some cases civil and others criminal? This course is not the place to discuss politics - it's the place to learn about the law and how it is being used in novel cases.

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.

David Freeman is a lawyer and educator. His thirty years of legal experience includes work as a prosecutor, defense attorney, zoning board counsel and private general practice. He currently focuses on education law, representing children and their parents. He is also a full-time educator in the Criminal Justice curriculum at Community College of Philadelphia.

February 27 | \$32

Mt. Airy Axis, 520 Carpenter Lane

NEW THE ARTIST LOOKS BACK: SELF-PORTRAITS, FRIENDS, & RIVALS ONLINE

Su from 2:00 PM to 3:30 PM

TW04. Throughout history, self-portraiture has remained a dynamic artistic practice. In the past, painters used self-portraits as a kind of calling card, attesting to their ability to capture a likeness while giving a sense of the range of their interests and skills, sort of a “look at what I can do!” In modern and contemporary times, self-portraits can focus more on the artist’s inner life. Painting portraits of friends, and documenting the influence of their rivals, have led to important shifts in the making of art. We will consider a diversity of artists and ‘isms; short videos will enrich the conversation.

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

January 21 - February 4 | \$49

3 sessions

The Comfort of Your Own Home

NEW PAINTINGS WITH PATTERNS, TEXTURES, AND ECHOES: FROM KLIMT TO ESCHER ONLINE

Tu from 2:00 PM to 3:30 PM

TW05. This class explores art elements and optical delights that reveal: visual texture, repetition, the Pattern & Decoration movement of the 1970s, and compositional echoes. Our conversation includes texture, repetitive motifs, and focused images that deepen understanding of how artists animate the painted surface. Viewers are drawn to the “feel” of visual texture while vibrant patterns enliven the story line. Poetic echoes of shapes and lines add a harmonious rhythm to the flat surface. The historic to contemporary works of art feature a diversity of artists, including Rosalba Carriera, Bonnard, Shapero and more. Short videos enrich the discussion.

Lynn Berkowitz

February 13-27 | \$49

3 sessions

The Comfort of Your Own Home



Troy Bynum and Kris Soffa

NEW BRILLIANT COLORS AS SEEN BY PICASSO, MATISSE, THOMAS, AND OTHERS ONLINE

Tu from 2:00 PM to 3:30 PM

TW06. From the yellows of Turner, the blues of Picasso, the reds of Rothko to the colorful glow of Alma Thomas’s exuberant Color Field paintings, artists have, and continue to, light up their canvases with hues that vibrate, excite, calm, and emotive. By considering a range of color-connected ‘isms, we will delve into the life and times of key works of art that feature brilliant colors derived from natural and invented pigments that allow artists their full scope of expression. Each conversational-style class features a diversity of artists and includes short videos to enrich the discussion.

Lynn Berkowitz

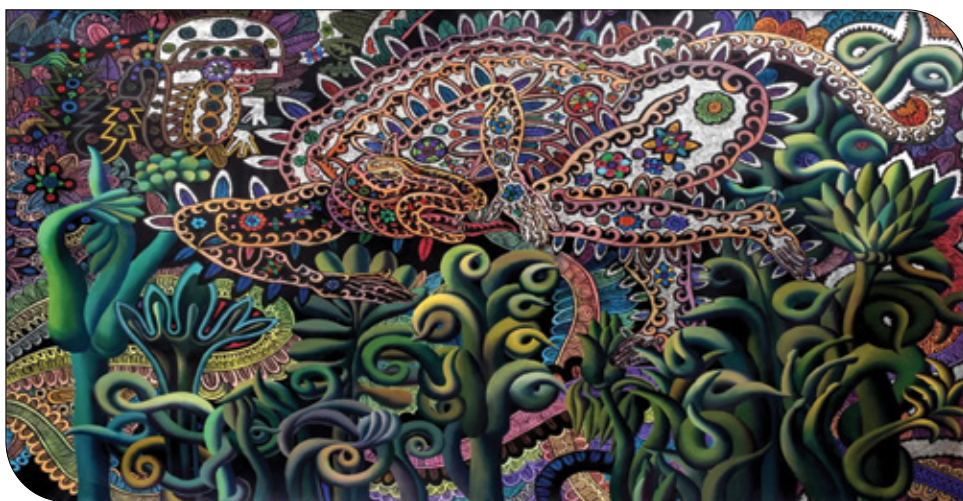
March 5-19 | \$49

3 sessions

The Comfort of Your Own Home



The Kiss by Gustav Klimt



*The RainMakers, 2018, by Henry Bermudez (Courtesy of the artist).
The Woodmere Art Museum will exhibit his work from February 17 to May 19.*

NEW WATERFOWL BIRDING & HISTORY WALK IN THE WISSAHICKON VALLEY PARK

W from 8:30 AM to 10:30 AM

TW07. Join Kris Soffa and bird specialist Troy Bynum as we spot waterfowl wintering here in the Wissahickon Valley Park. Explore the award-winning Forbidden Drive and learn the primary role the community played in preserving this jewel of the Philadelphia Parks System. We'll see waterfowl who overwinter in the park and do not migrate. We'll see a variety of ducks, Mallards, Mergansers and, if we're lucky, Woodducks, as well as several species of geese: Canada and White China Geese.

Kris Soffa is a conservation advocate and has led efforts that preserved a 500-acre wildlife corridor of public and private open space in NW Philadelphia. She loves inspiring awe and stewardship of the Wissahickon Valley Park which she considers the jewel of our Philadelphia Parks system. She co-founded the Toxic-free Philly Coalition which made The Healthy Outdoor Public Spaces law, eliminating the application of all toxic synthetic herbicides on Philadelphia's public land. Kris serves on the Philadelphia Parks & Recreation Commission, is a Trail Ambassador for the Friends of the Wissahickon, and is a PA Master Naturalist.

Troy Bynum, owner of TB Wildlife Photography LLC, is an avid birder and wildlife photographer local to the Philadelphia area. Troy spends most of his free time exploring natural areas around the tri-state area in search of beautiful birds. Troy's photography specializes in showcasing the astounding colors, patterns, and textures found throughout the natural world. Troy is on a mission to spark an interest in others to go outside and explore the world around them.

January 24 | \$32

Creekside in front of the Valley Green Inn,
Valley Green Road. Raindate January 31.

NEW WOODMERE ART MUSEUM EXHIBIT: HENRY BERMUDEZ IN PHILADELPHIA

Sa from 2:00 PM to 4:00 PM

TW21. Enjoy a guided tour of the extensive art of Henry Bermudez, a Venezuelan artist based in Philadelphia. The exhibition features approximately 70 works, detailing Bermudez's journey as an immigrant and seeker of political asylum since 2003. Originally a successful artist in Venezuela, he faced adversity when his work clashed with the political regime's cultural objectives. Seeking refuge in Philadelphia, Bermudez has spent the last 20 years evolving his art, blending mythological influences from Venezuela with reflections on displacement and Philadelphia's culture. From his roots as a painter, Bermudez now explores various media, creating large-scale works that incorporate cut paper, three-dimensional forms, vibrant colors, and intricate textures. His art continues to draw inspiration from Latin American mythologies, combining symbols from pre-Hispanic, Judeo-Christian, and Afro-Caribbean influences, while also addressing US cultural norms and his personal journey as an immigrant.

Hildy Tow is The Robert L. McNeil, Jr. Curator of Education at the Woodmere Art Museum.

March 23 | \$32

Woodmere Art Museum
9201 Germantown Avenue.



Visit Wyck for a rare behind-the-scenes look the historic site's collections!

WYCK'S 50TH ANNIVERSARY BEHIND THE SCENES TOUR

TW23. Wyck is a National Historic Landmark house, garden, and farm in the Germantown neighborhood of Philadelphia that served as the ancestral home to one Philadelphia family for nine generations (1690-1973). Join us for a rare behind-the-scenes look at Wyck! Climb the stairs into the collections rooms on the upper floors and explore the 10,000+ objects that reveal the personalities behind the people in the paintings. Explore 19th century cabinets of curiosities and learn about material culture. This exclusive tour allows you to get up close and personal with the fascinating history of one family's multi-generational home. Guests will enjoy a modern take on a historic recipe for Rose "Mackaroons" served with delicious tea at the end of the tour.

A. March 28 | \$35

Th from 2:00 PM to 4:00 PM

B. March 28 | \$35

Th from 6:00 PM to 8:00 PM

Wyck House, 6026 Germantown Ave.

**MALT is honored to offer tours
in collaboration with
Historic Germantown and
its member organizations!**

A GUIDED TOUR OF THE LEST WE FORGET MUSEUM OF SLAVERY

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

Gwen Ragsdale is the Executive Director of the Lest We Forget Museum of Slavery. She is a storyteller, novelist and filmmaker. Her 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. March 14 | \$20

Th from 12 N to 2:00 PM

B. March 16 | \$20

Sa from 12 N to 2:00 PM

The Lest We Forget Museum of Slavery

5501 Germantown Avenue, Entrance is located under the Museum sign on Church Ln

NEW THE TURMOIL OF TRANSITION: AN IN-DEPTH EXPLORATION

Th from 1:00 PM to 2:30 PM

TW19. Join Cliveden's Education Director Carolyn Wallace to explore the site's current exhibit *The Turmoil of Transition: The mid-nineteenth century at Cliveden*. Enter Cliveden as it was in the mid-nineteenth century - a household and country in turmoil. This period of tension explores household dynamics, substance abuse and violence, exacerbated by societal shifts of the mid-19th century and still relevant today.

Carolyn Wallace is an interpreter, educator and collections manager with over ten years of experience working with historic sites. In her current role as Education Director for Cliveden of the National Trust, 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.

March 21 | \$25

Cliveden Carriage House
6401 Germantown Ave.



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

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

Sa from 2:00 PM to 3:00 PM

TW20. Join Docent **Jim Crichton** for a 60-minute guided tour of the Johnson House Historic Site, a National Historic Landmark and Underground Railroad station. You will learn about the history of the Quaker abolitionist Johnson Family, the anti-slavery movement, the early history of enslavement in America, the Transatlantic Slave Trade, the Fugitive Slave Laws that kept the enslaved constantly on the run, and the collaborative efforts between Black - free and enslaved - and White abolitionists. The Johnson family history links it to the national anti-slavery movement and documents the family association with leading anti-slavery figures locally and nationally. The Johnson Family called themselves "infidel practitioners" and advocates of racial equality. The Johnson home provided refuge and a safe place for escaping enslaved Africans on the way to secure their freedom. The Underground Railroad was the embodiment of African Resistance during the era of enslavement of African people in America.

Jim Crichton is a tour guide, museum docent, tour escort and historical character re-enactor. Known for his dramatic presentation style, Jim helped to develop Historic Germantown's popular Ghosts of the Great Road tours and served as the guide for them for many years. He served as a member of the guide corps at Cliveden of the National Trust for eleven years, was a guide for the History Hunters Youth Reporter Program for six years and has been a docent at Johnson House Historic Site since 2007. Jim has authored a guide training and enrichment materials for Johnson House. He is a longtime resident of Germantown and Mt. Airy.

February 24 | \$25

Johnson House Historic Site,
6306 Germantown Ave.



*Vintage Postcard View
of Johnson House
Historic Site.*

*Published by The World
Post Card Company on
Walnut Street in
Philadelphia.
(c. 1900-1919)*



Kellen Sines

NEW MASTERING MATH FOR THE HIGH SCHOOL EQUIVALENCY DIPLOMA PART 1

Sa from 10:00 AM to 12 N

FC01. Are you ready to take your education to the next level by earning your high school equivalency diploma? Is math something that has held you back from pursuing your educational goals? If so, give yourself the chance to unlock the math puzzle by mastering "math basics." This course will cover fractions, decimals, percentages, roots, and exponents and prepare you for the next level of your education. By the end of this class you will understand and master the foundational math skills needed to pass a high school equivalency exam in Pennsylvania. Take this class if you have basic addition, subtraction, multiplication, and division skills and are looking to go further in your mathematical knowledge. You will leave the class better prepared to tackle the math portion of high school equivalency exams. This class is a small class limited to 8 students that is welcoming and supportive!

Kellen Sines has an extensive background in adult and community education, instructional design and technology, and training design and delivery. Kellen taught high school equivalency courses for over 10 years in the Philadelphia area and is looking forward to teaching again.

January 27 - March 16 | \$96
8 sessions

Chestnut Hill United, 8812 Germantown Ave.

There is a \$20 materials fee included and paid the time of registration for the math workbook

STOCKS AND BONDS 101 ONLINE

W from 6:30 PM to 7:30 PM

FC02. Interested in the stock market but not sure where to start? Both stocks and bonds can play a major role in helping you reach your long-term financial goals. Learn the basics of stocks and bonds and the value they can bring to your long-term financial strategy. Whether this is an introduction or a refresher, leave this class with valuable information on how you can make your money work for you.

Larry Daniels is a financial advisor with more than 20 years in the industry, both as a financial advisor and a manager. He specializes in retirement planning and asset management and is dedicated to helping both individuals and businesses achieve their financial goals.

March 6-13 | \$34
2 sessions

The Comfort of Your Own Home

INVESTING FOR JUSTICE - TOOLS AND RESOURCES ONLINE

W from 7:00 PM to 9:00 PM

FC03. Impact investing, socially responsible investing and ESG (Environmental, Social and Governance) investing refer to aligning your money with your values. Vanessa will share actionable resources like the new justice-focused ETFs, ImpactPHL's Philly project list, networks for learning together in study groups, and what a few religious denominations are doing to invest deeply in racial justice and reparations. We'll look at some of the newest rating tools to see how funds score on climate, gender, racial justice, and other impacts. This will be an interactive session, so bring your resources and strategies to share. Let's move our money for justice and invest in the world we want to see!

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

March 20 | \$32

The Comfort of Your Own Home



Fern Bell Scholarships

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

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

W from 6:30 PM to 9:00 PM

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

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

March 27 | \$39

The Comfort of Your Own Home

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

BUDGETING BASICS

Sa from 1:00 PM to 3:00 PM

FCo6. We use money on an everyday basis, but most of us were never taught how to manage a basic budget. The good news is that budgeting is a skill that anyone can learn, even children! Students will be able to become better money managers by learning about the four functions of money: to give, save, invest and spend. Make it a family affair and build a foundation for future financial success.

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

March 9

Individual | \$29

Two Family Members | \$39

Mt. Airy Art Garage (MAAG)
7054 Germantown Ave

HOME BUSINESS GOLDMINE ONLINE

W from 7:00 PM to 9:30 PM

FC17. 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.

February 21 | \$44

The Comfort of Your Own Home

Optional \$10 materials fee payable to the instructor.

GET THE MEDIA'S ATTENTION

Th from 6:30 PM to 9:30 PM

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

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

March 7 | \$49

Mt. Airy Axis, 520 Carpenter Lane

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

HOW TO CREATE AN ETSY SHOP

Th from 6:30 PM to 9:00 PM

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

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

February 8 | \$34

Mt. Airy Axis, 520 Carpenter Lane

NEW HOW TO DEVELOP SUCCESSFUL JOB SEARCH STRATEGIES

Tu from 7:00 PM to 8:30 PM

FC24 Having a plan with multiple job search methods will help you find positions faster if you are currently a job seeker in career transition. Preparation is key. Lynne Williams will share a list of strategies, tactics, and career resources to help you reach your goal, but will focus on a few essential strategies in depth - keywords, ATS, LinkedIn database, Word Clouds, and portfolio presentation. If you are currently employed, it's always better to be proactive than reactive, so engage in career management so you are always prepared. By attending this session, you will:

- Have some job search strategies, tactics, and career resources to tap into the hidden job market
- Know how to research your best keywords for both your resume and LinkedIn
- Know how to take your base resume and customize it to match keywords in a job description before applying through the ATS
- Be able to prepare a portfolio presentation to differentiate yourself from others at a job interview

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.

January 30 | \$39

The Comfort of Your Own Home



Cheri Skipworth

START YOUR OWN HANDMADE PRODUCT SMALL BUSINESS

Th from 6:00 PM to 8:00 PM

FC20. Are you interested in taking your crafting to the next level and turning it from passion into profit? In this interactive and engaging workshop, we will learn about local resources to start your handmade business, strategies to sell online and in person, and what you need to know about taxes.

Cheri Skipworth

February 1 | \$32

Mt. Airy Axis, 520 Carpenter Lane

\$3 Materials Fee Payable to the Instructor for Workbook

NEW BEATING THE APPLICANT TRACKING SYSTEM

Tu from 7:00 PM to 8:30 PM

FC25. As a job seeker, are you wondering why you are not getting any response to your online submissions? Uncover why human eyes may never see the resumes you submit online and discover what you need to do to format your resume for ATS and other best practices. Have your current resume available to mark up during the workshop. The content of this presentation was published in chapter 8 of the book published by the ATD (Association of Talent Development) called Find Your Fit: A Practical Guide to Landing the Job You Love. Dick Bolles, author of What Color Is Your Parachute wrote the forward in this book and 15 other career coaches around the country also contributed chapters.

Lynne Williams

February 20 | \$39

The Comfort of Your Own Home

QUICKBOOKS FOR BEGINNERS

Th from 6:30 PM to 8:30 PM

FCo8. This user-friendly software is invaluable for entrepreneurs and people who want to get control of their own personal finances. Learn how to set up new accounts, create invoices for accounts receivable and accounts payable. If time permits, we will cover how to enter payroll and basic accounting principles. We will be practicing online with this software, so your laptop is essential.

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

March 21-28 | \$49

2 Sessions

Big Blue Marble Bookstore, 551 Carpenter Ln.

Students must bring their laptops to class.

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

RETIREMENT PLANNING TODAY

FC23. Are you worried about your retirement? Do you need some help planning for your future? Explore the many options and decisions regarding retirement needs, expenses, income sources, various kinds of insurance, and estate planning. Whether you are just beginning to develop a retirement plan or rapidly approaching retirement, this class is for you. Learn how to define long-term goals and return from the class with practical information you can apply immediately. Couples may attend together for a single registration fee.

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

A. April 2-9 | \$34

Tu from 6:30 PM to 9:00 PM

2 sessions

B. April 11-18 | \$34

Th from 6:30 PM to 9:00 PM

2 sessions

LaSalle University, 1900 West Olney Ave.,
Holroyd Hall, Room 290

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

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 6 years.

A. March 5 | \$32

Tu from 1:30 PM to 3:30 PM

B. March 7 | \$32

Th from 7:00 PM to 9:00 PM

The Comfort of Your Own Home

RETIREMENT INCOME & WITHDRAWAL STRATEGIES

Tu from 6:30 PM to 8:30 PM

FC22. You have diligently saved money for retirement, and now you face the daunting decision of how to replace your income when you stop working. This is one of the most important and least talked about issues in personal finance. We'll focus on common withdrawal strategies and identify the benefits and risks that are involved in each. Learn about Roth Conversions and other tax strategies that can have a significant impact on the longevity of your assets. Learn about the 4% rule, dividends, the pros and cons of annuities and more. The instructors will help you make smart decisions that will have a lasting impact on your ability to attain a secure, prosperous retirement.

Andrew Herron, Kevin Manning, and Myriah Lipke are Certified Financial Planners. Andrew and Kevin are the founders of Stone Pine Financial Partners located in Media, PA. Myriah is Stone Pine's Director of Financial Planning. The team has over thirty years of experience helping individuals and families transition to retirement.

January 23-30 | \$49

2 sessions

Mt Airy Art Garage (MAAG)
7054 Germantown Ave

MAAG

MT. AIRY ART GARAGE

**GIFT SHOP
LOCAL ARTIST
MADE HANDCRAFTS**

**2ND TUESDAY'S
FOLK MUSIC**
5:30 - 8:30 PM
BYOB AND SNACKS

**3RD WEDNESDAY'S
LIVE JAZZ
JAM SESSION**
5:30 - 8:30 PM

mtairyartgarage.org 267-323-2312
7054 Germantown Ave, Philadelphia, PA 19119

Thank you to our venue sponsors, Mt. Airy Art Garage and Cliveden Historic Trust.



Visit Cliveden this winter

Grounds open Monday-Friday,
free to the public.

Tours available by appointment
only. Advanced registration required.

Call 215-848-1777 or visit our
website to schedule a tour!



Cliveden
Kennel Club House

6401 Germantown Avenue,
Philadelphia, PA 19144
www.cliveden.org

**Northwest Village Network (NVN)
members receive up to 10% off
two MALT classes per term.**

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

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

Visit www.macscorp.org



Join us at our Saturday Socials!

Every Saturday - 10am-12pm

@ Market at the Fareway in Chestnut Hill

Arts & Culture • Film Discussions • Community Connections
Social Gatherings • Ride Share • Social Justice Engagement

NorthwestVillageNetwork.org
267-571-9697

Online Classes

Fitness + Health p.4

Fierce and Fit At Every Age
Dance-It-Out! Fun Fitness
Bounce-It-Out on the Mini-Trampoline
Navigating Heartburn and Reflux

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The Revising Conundrum: A Workshop on
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Poetic Approaches to Jumpstart Your Writing
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TV Drama Writing I: Creating The Pilot
French for Beginners
Conversational French
Arabic for Beginners Level 1
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Soup Love

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Mythic Mat: The Stories Behind the Yoga Poses
Manifest the Life You Want
Explore Your Past Lives

Talks + Walks p.62

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The Artist Looks Back: Self-Portraits,
Friends, & Rivals
Paintings with Patterns, Textures, and Echoes:
From Klimt to Escher
Brilliant Colors as seen by Picasso, Matisse,
Thomas, and others

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Stocks and Bonds 101
Investing for Justice - Tools and Resources
Get Paid to Teach English in the USA,
Overseas & Online
Home Business Goldmine
Understanding Medicare Choices
Budgeting Basics
The Secrets of Travel-Hacking:
Free Air, Hotels, & Cash Back
Develop Successful Job Search Strategies
Beating the Applicant Tracking System

Weekday Daytime Classes

Monday

Boxing Balance	p.5
Boxing Fitness Action	P.5
Stretch 4 Life	P.7
Nia Holistic Dance Practice	P.12
Mah Jongg 101	P.28
Introduction to Zentangle®	P.33
Creative Movement/Pre Ballet	P.51
Holden QiGong: 5 Elements Practice	P.55
Yoga for Strength and Stress Relief	P.57

Tuesday

Classic R&B Line Dancing!	P.13
Watercolor and Drawing Foundations	P.36
Introduction to Microsoft Excel	P.39
Create Your Website with Wordpress	P.40
Windows 11 Made Simple	P.40
T'ai Chi - Yang Style: Beginning	P.56
Comprehensive Christianity	P.63
Paintings with Patterns, Textures, Echoes: From Klimt to Escher	P.64
Brilliant Colors as seen by Picasso, Matisse, Thomas, and others	P.64
Understanding Medicare Choices	P.71

Wednesday

Zumba Gold®	P.4
Explore Your Body's Core	P.6
Fit Possibilities	P.6
Real Men Stretch	P.7
T'ai Chi - Yang Style: Beginning	P.56
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Yoga for Strength and Stress Relief	P.57
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Thursday

Improve Your Posture: Live Longer, Stronger	P.7
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Friday

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Writing the Personal Essay	P. 17
Fun with Watercolor Techniques	P.36
More Fun Watercolor Techniques	P.37
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Yoga, a Chair and You	P.57
Happiness: A Meditation Workshop	P.58

Thank you to our venue sponsors, United Lutheran Seminary and Mt. Airy Axis.



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Interested in pursuing a divinity degree?

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Learn more about what ULS has to offer at uls.edu



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MALT General Policies

Non-Discrimination

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

Code of Conduct

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

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

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

Common Sense and Consideration

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

Unacceptable behaviors include:

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

Consequences of Unacceptable Behavior

- Anyone made aware of unacceptable behavior is expected to comply with MALT policies, immediately. If a participant engages in unacceptable behavior, MALT will take any appropriate action, as necessary, up to and including expulsion from the course without refund.

What To Do If You Witness Or Are Subject To Unacceptable Behavior

- If you are a MALT student or instructor and witness or are subject to unacceptable behavior, or have any other concerns, please notify the MALT office as soon as possible: (215) 843-6333

Age Policy

Except where noted in our course catalog, all classes are for ages 18 and up. Adult students may not bring their children to class without explicit permission from the MALT office and instructor.

Liability

Students take courses at their own personal liability and agree to waive and release MALT administrators and staff from any and all claims. The opinions and recommendations expressed by instructors are personal. MALT is not responsible for faculty views.

Access

Access for students with disabilities varies by venue. Please let us know if you have limitations climbing stairs or have difficulty walking. Alerting us will help us make adjustments to the extent possible.

Below is a list of fully accessible MALT locations:

- Center on the Hill
- Grace Epiphany Church
- NewCourtland-Germantown Campus, Eisenhardt Building
- Mt. Airy Axis
- Presbyterian Church of Chestnut Hill
- St. Paul's Episcopal Church
- Summit Church (gym only)
- Unitarian Society of Germantown
- United Lutheran Seminary
- Wesley Enhanced Living

LOCATIONS

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

Action Karate

11 W Mt Airy Ave.
Philadelphia, PA 19119

Attic Brewing

137 Berkley Street
Philadelphia, PA 19144

Big Blue Marble

Bookstore
551 Carpenter Ln.
Philadelphia, PA 19119

Chestnut Hill Music Academy

22 East Chestnut Hill Ave.
Philadelphia, PA 19119

Center on the Hill Presbyterian Church of Chestnut Hill

8855 Germantown Ave.
Philadelphia, PA 19118

Church of St. Martin-in-the-Fields

8000 St. Martin's Lane
Philadelphia, PA 19118

Chestnut Hill United Church

8812 Germantown Ave.
Philadelphia, PA 19118

Cliveden Carriage House

6401 Germantown Ave.
Philadelphia, PA 19144

Commodore Barry Arts and Cultural Center

6815 Emlen Street
Philadelphia, PA, 19119

The Farm at Awbury Arboretum

6336 Ardleigh St
Philadelphia, PA 19138

Flaco's Dance Factory

411 Old York Rd.
Jenkintown, PA 19046

Fergie's Instructional Training

47 E High St,
Philadelphia, PA 19144

Grace Epiphany Church

224 East Gowen Ave.
Philadelphia, PA 19119

Hilltop Books

84 Bethlehem Pike Rear,
Philadelphia, PA 19118

Lest We Forget Slavery Museum

5501 Germantown Ave
Philadelphia, PA 19144

MALT Office

6601 Greene Street
Philadelphia, PA 19119

Mt Airy Axis

520 Carpenter Lane
Philadelphia, PA 19119

Mt. Airy Performing Arts Academy

230 E Gowen Avenue
Philadelphia, PA 19119

Natural State

709 Bethlehem Pike
Glenside, PA 19038

NewCourtland's Germantown Campus

Eisenhardt Bldg.
6950 Germantown Ave.

Northlight Community Center

175 Green Lane
Philadelphia, 19127

Our House Culture Center

6380 Germantown Ave.
Philadelphia, PA 19144

Philadelphia School of Circus Arts

6452 Greene St.
Philadelphia, PA 19119

St. Paul's Episcopal Church

22 E. Chestnut Hill Avenue
Philadelphia, PA 19118

Summit Presbyterian Church

6757 Greene St.
Philadelphia, PA 19119

Trolley Car

Table Tennis Club

3300 Henry Ave
Philadelphia, PA 19129

Unitarian Society of Germantown

6511 Lincoln Drive, Phila-
delphia, PA 19119

United Lutheran Seminary

7301 Germantown Ave
Philadelphia, PA 19119

Wesley Enhanced Living at Stapley

6300 Greene Street
Philadelphia, PA 19144

Wissahickon Dance Academy

38 E School House Lane
Philadelphia, PA 19144

Woodmere Art Museum

9201 Germantown Ave.
Philadelphia, PA 19118

Wyck Historic House Garden Farm

6026 Germantown Avenue
Philadelphia, PA 19144

COVID-19 POLICY

We are committed to the health and safety of our teachers, students and community. We have considered the advice from the CDC, as well as the Philadelphia Health Department, and we have developed the following safety measures.

The most up-to-date information is on our website, www.mtairylearningtree.org. If you have any questions call our office at 215-843-6333.

Effective December 1, 2023

- We are not requiring students to wear a mask or provide proof of vaccination for our Winter classes. In addition, our class locations are no longer requiring masks or proof of vaccination unless specified under the class description.
- These measures will be updated as needed to reflect changing guidelines.
- The most recent information for each class will be in the class' online description. Check your receipt.
- Teachers and students will be informed of the class location's COVID-19 policy prior to class if it differs from MALT policy.
- Partner Dance Classes: We encourage students to take classes with a partner. You may be asked to change partners. Some of our dance classes are partners-only classes.
- If you are not feeling well or have been exposed to someone who has tested positive for COVID please do not attend class. Our teachers will make every effort to help you make up the content you missed.

Private Homes and Studios

Teachers may request that students are vaccinated and/or use a mask. This will be specified under the class description and on your class registration receipt.

4 Easy Ways to Register

- 1. Online:** www.mtairylearningtree.org, by Visa or MasterCard.
- 2. Phone:** Call us at 215.843.6333 and leave a message. We will return your call.
- 3. Visit:** Open to the public on Monday - Thursday, from 9 AM to 2 PM.

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

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

Deadlines

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

Returned Check Policy

We must charge students \$15 for returned checks.

Age Policy

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

Deciding Upon a Course

Read the course descriptions carefully. If you are uncertain about whether a course will meet your needs, call us at 215.843.6333.

For In-Person Classes

Updated on 12/1/23: We are not requiring students to wear a mask or provide proof of vaccination for our Winter classes. In addition, our class locations are no longer requiring masks or proof of vaccination unless specified under the class description. Check our website for the most up-to-date policy.

Withdrawals

If you cannot attend a course, you can receive a refund, less \$6 registration fee, by notifying us 2 days (48 hours) before the first class begins.

Refunds

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

Discounts and Scholarships

Discounts cannot be combined.

- **WHYY Discount***: 10% off up to two classes per term. Member number required.
- **Fern Bell Scholarship Fund***: Need-based scholarships are available; call to request financial assistance.
- **Northwest Village Network Discount***: 10% off up to two classes per term.
- * Not available online, please call us for more information.

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

Tips from the Tree

Make Your MALT Class a Satisfactory Experience

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

REGISTRATION FORM

name

address

city

zip code

day tel.#

eve.#

email

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

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

1.	
2.	
3.	
4.	
	Subtotal:
Add non-refundable \$6 registration fee per person, per term.	\$6
Optional donation to the Fern Bell Scholarship Fund	
	Total:

As of 12/1/23: Check our website for the most up-to-date covid policy.

Make check payable to MALT.

I hereby authorize the use of Mastercard/Visa:

name on card

card #

exp. date

CCV

billing zip code

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

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

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

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

MACSC
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www.mtairylearningtree.org

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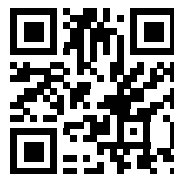
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