

WINTER 2023

MALT

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



**MALT SOCIAL CLUB
MARCH 22**

NOW OFFERING: ACROSS THE CREEK
Classes in East Falls, Roxborough & Manayunk



**MT. AIRY
LEARNING TREE**

**230+ COURSES
JAN • FEB • MAR**
IN PERSON • ONLINE

DIRECTOR'S NOTE

Dear Neighbors and Friends,

It's hard for me to believe that this is my fifth Director's Note introducing Mt. Airy Learning Tree's latest course catalog. What a privilege for us to bring it to you!

Once again, I am humbled and amazed to see packed within these pages the incredible depth and diversity of our community's collective skills, interests, enthusiasms, values and commitment to sharing it all.

Our instructors (25 of whom are making their MALT debuts) are teaching more than 230 amazing courses, 76 of which are brand new! Taking a birds-eye view of the winter term you will observe that the landscape has a familiar look, and yet there are some lovely new contours.

Across every category, we've rejuvenated our offerings — stretching minds and bodies, providing new skills and opening new perspectives into the worlds of sports, health, music, technology, culinary arts, meditative practices, culture, politics, civic education and more!

This catalog reflects our community's incandescent energy. Sure, it's chock full of words, names, dates, times and locations. But what I see behind the descriptions are laughter, smiles, pride, aspiration, camaraderie, irrepressible community spirit, and trust for even better tomorrows.

Janet Greenwood Gala
Executive Director

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**Thank You to Our Winter Term
Main Sponsor, 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.

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Education Coordinator John O'Donnell
Special Projects Sarah Claxton

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On the cover Clockwise from the top: Drawing (pg.28), Argentine Tango (pg. 8), Yoga* (pg. 51), Calligraphy* (pg. 27). * photos © Laurie Beck Peterson
Graphic Design - Janet Greenwood Gala



Flower Power Weekend

For over 35 years we have been celebrating the beauty of our community's gardens at our popular Hidden Gardens Tour! Last spring 8 gardeners shared their creations and 400 attendees enjoyed the tour on a glorious bright summer day.

This year we are doing something new!

We are celebrating the entire weekend, and calling the event **Flower Power Weekend**.

On Saturday evening, June 3 we will host a **dance party fundraiser with a silent auction**, and then Sunday, June 4, we will present **The Hidden Gardens Tour**.

Be sure to save the date!
June 3-4, 2023

There will be live music featuring songs from the 1960 & 70s, delicious hors d'oeuvres, a signature drink, and dancing!

All proceeds will support the programs at Mt. Airy Learning Tree.

Would you like to get involved? Do you love gardening and want to help MALT plan our Annual Fundraiser? Would you like to be featured on our Tour? Is your company interested in sponsoring our events?

Our first meeting will be on Thursday, January 26 from 7:00 to 8:30 pm, at the MALT Office, 6601 Greene Street.

RSVP: Email info@mtairylearningtree.org or call 215-843-6333 to join us!

MALT WINTER SEASON MEET & GREET, JAN. 19

Do you want to teach with us in the Spring term and would like to discuss your ideas? Our deadline for Spring proposals is February 1st.

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 19

5:00 to 6:30 pm

MALT Office, 6601 Greene Street

MALT SOCIAL CLUB LET'S CELEBRATE, MAR. 22

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

Wednesday, March 22

7:00 to 8:30 pm | \$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



MT. AIRY
LEARNING TREE

6601 Greene Street, Philadelphia, PA 19119
215-843-6333 | info@mtairylearningtree.org



Improve your health with Fergie! Above, Yvonne Ferguson-Hardin, in the red hat, with her Bootcamp students.

FERGIE'S BOOTCAMP

Sa from 7:00 AM to 8:00 AM

EX07. 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 has been in the fitness industry for over 25 years. She is a de-greed Fitness professional with certifications in Cancer Exercise, Gerontology, Physical education and more. Changing lives through specialized programming aimed to improve functional fitness in the 55 and over population is her goal.

January 28 - March 18 | \$99

8 sessions

Northwestern Stables,
120 West Northwestern Ave.

Bring water and a small towel.

FIT POSSIBILITIES

F from 9:00 AM to 9:45 AM

EX05. 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

January 20 - March 10 | \$99

8 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

NEW '80S AEROBICS

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

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

A. January 30 - March 27 | \$99

M from 6:45 PM to 7:45 PM
8 sessions, (no class 3/6)

B. January 21 - March 18 | \$99

Sa from 8:30 AM to 9:30 AM
8 sessions, (no class 3/4)

C. January 21 - March 27 | \$185

Sa from 8:30 AM to 9:30 AM AND
M from 6:45 PM to 7:45 PM
16 sessions, (no class 3/4 and 3/6)

Chestnut Hill United Church
8812 Germantown Ave.

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

NEW COME ZUMBA WITH ANNA!

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

Anna Dayle has been teaching Zumba for the past eight years. She is also a certified ballet barre instructor. She believes that exercising can be fun and the best way to stay on a good regime is to enjoy what you are doing.

A. January 23 - March 27 | \$109

M from 11:00 AM to 12 N

B January 25 - March 29 | \$109

W from 5:00 PM to 6:00 PM

10 sessions

Elite Sports Factory, 5050 Umbria Street

XTREME HIP HOP STEP WITH ROBYN

Th from 6:30 PM to 7:15 PM

EX01. Xtreme Hip Hop Step combines Xtreme cardio, the step board, hip hop music and lots of swag to provide participants with a fresh spin on an old concept. We are making "step" great again. The ultimate goal of Xtreme Hip Hop is to breathe life back into fitness and make it fun for all ages, cultures, genders, and fitness levels. The mission is to help save lives by encouraging fitness and making it fun and not a chore!

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

February 2 - March 23 | \$85

8 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Bring individual step.



Dance-It-Out! fun fitness

ONLINE DANCE-IT-OUT! FUN FITNESS

W from 7:00 PM to 8:00 PM

EX02. Stressed? Dance-it-Out! Overwhelmed? Dance-it-Out! Need a fun workout? Dance-It-Out! We'll do Zumba, Retro, a little Hip-Hop and Line -- four dance styles in one fun-filled hour. Burn calories, tone, reduce stress and feel energized. You'll have a blast while blasting away those stubborn pounds and stress. No dance experience necessary in this encouraging environment. Wear sneakers and comfortable clothing, so you can "Get Down Tonight." **WARNING:** This class will create lots of smiles and laughter.

Gayle Herbert Robinson is an ACE Certified Group Fitness Instructor. She received a Zumba license and teaches our mini trampoline workout). Join her from the beautiful islands of Hawaii for a mini getaway while you work out!

January 18 - February 22 | \$74

6 sessions

The Comfort of Your Own Home

ONLINE FIERCE AND FIT AT EVERY AGE

Th from 7:00 PM to 8:15 PM

EX30. 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. Wear comfortable clothes, bring a small towel, your own yoga mat and hand weights (2 or 3 lb is usually sufficient).

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 23 - March 30 | \$74

6 sessions

The Comfort of Your Own Home

MAKING MOVEMENT POSSIBLE WITH STRETCHING AND FOAM ROLLING

M from 9:00 AM to 9:45 AM

EX03. Do you own a stretching strap or a foam roller that you have no idea how to use? This class is designed to provide an enjoyable stretch, massage, and core toning experience using the 'stretching strap' and 'foam roller'. You will learn how to improve your flexibility, massage, how to release tight muscles, and also strengthen the core muscles. You will work on improving the flexibility in your hamstrings therefore releasing tightness in your lower back, plus how to use the roller to get a self massage that feels unbelievable.

Yvonne Ferguson-Hardin

January 23 - February 13 | \$59

4 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

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

HYBRID STRETCH 4 LIFE FOR SENIORS

M from 10:00 AM to 10:45 AM

EX06. This is an inspiring, rejuvenating class which anyone can do. You decide whether you sit or stand. The benefits of stretching are countless, improving flexibility, reducing blood clots, and improving brain function to name a few. Level 1 is conducted mostly on a chair. Level 2 incorporates more standing and floor exercises.

Yvonne Ferguson-Hardin

January 30 - March 20 | \$99

8 sessions

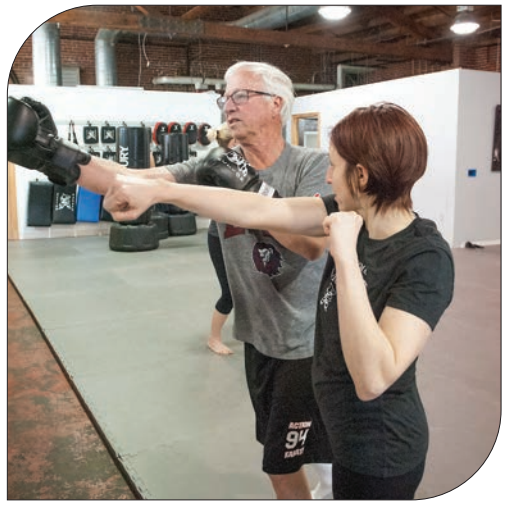
A. In Person

Grace Epiphany Church, 224 E. Gowen Ave.

B. Online

The Comfort of Your Own Home

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



Rochelle Brenner teaches Boxing Fitness Action

BOXING FITNESS ACTION

M from 6:00 PM to 6:40 PM

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

Rochelle Brenner is a former amateur boxer and holds a black belt in karate. She is the owner of Action Karate in Mt. Airy.

January 23 - February 20 | \$109

5 sessions

Action Karate, 11 West Mt. Airy Avenue

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

ONLINE HULA HOOP DANCE CARDIO

M from 7:00 PM to 8:00 PM

EX04. Who says fitness can't be fun? Hula hooping can burn up to 600 calories per hour. It tones while creating lots of smiles and laughter. We'll hula-hoop to hot contemporary and retro music with the hoop on and off our bodies. Get a great workout, whether you're a newbie or experienced. De-stress and spend a fun hour off-the-grid. You deserve it.

Gayle Herbert Robinson

January 23 - February 27 | \$74

6 sessions

The Comfort of Your Own Home

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

ONLINE BOUNCE-IT-OUT ON THE MINI-TRAMPOLINE

Th from 7:00 PM to 8:00 PM

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

Gayle Herbert Robinson

January 19 - February 23 | \$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.

NEW GET CERTIFIED IN ADULT CPR/FIRST AID/AED

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

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

A. February 11 | \$85

Sa from 9:00 AM to 3:30 PM

Elite Sports Factory, 5050 Umbria Street

B. March 11 | \$85

Sa from 9:00 AM to 3:30 PM

Wesley Enhanced Living, 6300 Greene St.

Before class begins each student must order a textbook available on the American Red Cross store website. The cost is \$12.95

NEW ONLINE THRIVING AFTER BREAST CANCER

W from 7:00 PM to 8:30 PM

EX23. This class is designed to help unravel some of the vast information cancer survivors are seeking, while helping to navigate natural options that may benefit for breast cancer survivors. We shall discuss some of the more complex side effects from previous treatments and routes to potential reduction in recurrence risk, including diet and herbal supplements. Advanced laboratory testing will also be discussed.

Paul Gannon, ND, is a naturopathic physician 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 15 | \$29

The Comfort of Your Own Home

NEW ONLINE NAVIGATING HEARTBURN AND REFLUX

Tu from 7:00 PM to 8:30 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.

March 21 | \$29

The Comfort of Your Own Home

**ACROSS THE CREEK
CLASS TITLES ARE IN PURPLE,
SEE FULL LISTING
ON PG. 47**

BEGINNING SALSA

Tu from 6:00 PM to 7:00 PM

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

Marck "Flaco" Best is a native of Mt. Airy. As a master teaching artist, he holds roster artist positions with such prestigious arts education agencies as Young Audiences of NJ & PA, AIE, Perkins Center for the Arts, Appel Farm and Arts Horizons, and has a long-standing relationship with The Painted Bride Art Center, where he appears frequently. His passion lies in teaching men to dance with the women in their lives. Flaco has taught with MALT since 1999.

January 31 - March 7

Individual | \$79

Couples Fee | \$135

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 students from the dance studio.

BACHATA FOR SINGLES

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

Marck "Flaco" Best

A. February 1 - March 8 | \$79

Beginners Class

W from 7:00 PM to 8:00 PM

B. February 1 - March 8 | \$79

Intermediate Class

W from 8:00 PM to 9:00 PM

6 sessions

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



Tango teachers Ann Kent and Adam Biggs

NEW ARGENTINE TANGO

Th from 7:00 PM to 8:00 PM

DA20. This class will focus on cultivating the basic skills needed to dance Argentine tango in social environments. Rather than pre-scripted steps or combinations, we will be learning to move together in comfortable and creative ways that reflect our interpretation of the music. During the six-week session, we'll explore the codigos (social etiquette,) the music, and the embrace. Everyone will learn to both lead and follow and we will take part in several conceptual blockbusting exercises designed to enhance our sense of connection. Students should wear comfortable clothing and bring thick socks (we may go shoeless at times.) Please enroll with a partner.

Ann Kent is an experienced ballet instructor and **Adam Biggs** is a history professor. They have been dancing Argentine tango together for over fifteen years. In 2018, they traveled to Buenos Aires and, shortly thereafter, began hosting a milonga and offering classes. They look forward to sharing Argentine Tango with you!

February 9 - March 16

Couples Fee | \$126

6 sessions

Presbyterian Church of Chestnut Hill, Chapel 8855 Germantown Ave.

NEW EVERYBODY CAN LINE DANCE – FOR BEGINNERS

W from 6:30 PM to 7:30 PM

DA22. 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 six weeks of line dance instruction and review. Week 6 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.

February 15 - March 22 | \$89

6 sessions

Summit Presbyterian Church,
6757 Greene St. at Westview.

NEW EVERYBODY CAN LINE DANCE - BEYOND THE BASICS

W from 7:45 PM to 8:45 PM

DA21. Come join Audrey and June for six weeks of line dance instruction and review. Step-by-Step instruction is provided to teach both ‘classic’ as well as more recent intermediate level dances such as “Feeling It,” “I’m Blessed,” “Soul Stepping,” “Odyssey...” Student requests are welcome. This session concludes with a line dance party format. Appropriate for all ages.

June and **Audrey Donaldson**

February 15 - March 22 | \$89

6 sessions

Summit Presbyterian Church,
6757 Greene St. at Westview.

NEW BACK TO THE 70'S DANCE GROOVE

Th from 7:00 PM to 8:00 PM

DA18. 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 & Fire & 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

January 26 - March 2 | \$79

6 sessions

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

CLASSIC R&B LINE DANCING

Tu from 1:00 PM to 2:00 PM

DA16. 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 & 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 31 - March 7 | \$79

6 sessions

North Light Community Center, 175 Green Lane





BALLROOM DANCING: THE BASICS

Th from 7:45 PM to 8:40 PM

DAo1. 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 26 - March 16

Couples Fee | \$170

8 sessions

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

Presbyterian Church of Chestnut Hill,
8855 Germantown Ave

BALLROOM DANCING: BEYOND THE BASICS

Th from 8:45 PM to 9:40 PM

DAo2. 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

Prerequisite: a ballroom dancing class taught by Debbie; this requirement can only be waived with permission of the instructor prior to the beginning of the course.

January 26 - March 16

Couples Fee | \$170

8 sessions

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

Presbyterian Church of Chestnut Hill,
8855 Germantown Ave



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

Enjoy a couples dance class:

Argentine Tango; Salsa for Beginners; Bachata for Singles Pg. 8, Ballroom Dancing Pgs. 10 + 11

Create beautiful gifts for your sweetie:

Zentangle® Valentine Jewelry Edition Pg. 26;
Papercut Cards: Valentine's Day Pg. 27;
Calligraphy Pg. 27

Make a delicious treat or adult beverage to impress:

Zen and the Art of Chocolate Pg. 34;
Perfect Chocolate Covered Strawberries Pg. 36
and The Art of Classic Mixology Pg. 36

Show yourself some love, too!

Take a Yoga class Pg. 51; or Deepen the relationship with yourself and take Mindfulness-Based Self-regulation pg. 57

Find your destiny written in the stars

with Numerology and Destiny Pg. 56 or Learning to Read Tarot classes Pg. 57



BARRE

F from 6:00 PM to 7:00 PM

DAo4. Dancing is always a workout, no matter what style it is, and Barre is the crazy hot new ballet based workout/fitness class that really focuses on toning the lower body, and supports small muscle development in the joints, glutes and extremities. Learn something new about ballet, or pick up where you left off. No experience is necessary. This class is an open level class, so beginners are always welcome to join in. In this class, the challenge always builds and the music is high energy.

Taught by an instructor at **Flaco's Dance Studio**.

January 27 - March 3 | \$79

6 sessions

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

INTERMEDIATE BALLROOM DANCING

Th from 6:45 PM to 7:40 PM

DAo3. 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

Prerequisite: a ballroom dancing class taught by Debbie; this requirement can only be waived with permission of the instructor prior to the beginning of the course.

January 26 - March 16

Couples Fee | \$170

8 sessions

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

Presbyterian Church of Chestnut Hill,
8855 Germantown Ave

BALLET FOR ADULTS AND TEENS

Tu from 7:30 PM to 8:45 PM

DAo6. 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 graduated from Hope College in Michigan with a BA in Dance. She has been teaching in the Philadelphia area for seven years, mostly classes in ballet and creative movement for young children. She is very patient and loves to impart the joy of dance to her students.

February 14 - April 4 | \$108

no classes 3/21 and 3/28

6 sessions
Wissahickon Dance Academy,
38 E. School House Lane.

ONLINE HAWAIIAN TAHITIAN AND HULA DANCE

Tu from 7:00 PM to 8:00 PM

DAo5. Aloha! Tired of the same old ways to stay in shape? Join us on the islands of Tahiti, Bora Bora and Hawaii without boarding a plane. We use exciting Tahitian/Hula dance moves to burn calories, reduce stress, and increase energy. No dance experience required in this encouraging environment. You'll laugh and smile your way into great fitness with this total body workout. Strengthen and define your abs, hips, legs and arms as you groove to traditional Polynesian drum beats, rhythmic island sounds, and today's funky contemporary, hip-hop and retro music. Mahalo! (Thank you)

Gayle Herbert Robinson is an ACE Certified Group Fitness Instructor. She received a Zumba license and also teaches rebounding (a mini trampoline workout). Gayle has taught with MALT since 2008. Join her from the beautiful islands of Hawaii for a mini getaway while you work out!

January 17 - February 21 | \$82

6 sessions

The Comfort of Your Own Home

Have water, sarong or shawl for your hips ready for class and we dance barefoot.



Lisa Zahren

NIA HOLISTIC DANCE

M from 9:30 AM to 10:30 AM

DA10. 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.

January 30 - March 13 | \$56

6 sessions, (No class 2/20)

Chestnut Hill United, 8812 Germantown Ave.

BEGINNING BELLY DANCE

Th from 7:00 PM to 8:00 PM

DA19. This ancient dance is performed in countries bordering the Mediterranean from Northern Africa to Turkey. Students will learn basic hip and arm movements, traveling steps and a short choreography. Belly dancing is a great way to have fun while toning the abdominal muscles and arms. Wear comfortable clothes and bring a scarf to tie around your hips.

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

February 16 - March 9 | \$64

4 sessions

Elite Sports Factory, 5050 Umbria St.

NEW INTERMEDIATE/ ADVANCED BELLY DANCE

W from 7:15 PM to 8:15 PM

DA17. This ancient dance is performed in countries bordering the Mediterranean from Northern Africa to Turkey. Students will learn basic hip and arm movements, traveling steps and a short choreography. Belly dancing is a great way to have fun while toning the abdominal muscles and arms. Wear comfortable clothes and bring a scarf to tie around your hips.

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

February 15 - March 22 | \$95

6 sessions

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



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

February 1st is the deadline to submit class proposals for the Spring term.

NEW INTRO TO IMPROV COMEDY

W from 7:00 PM to 8:30 PM

WM30. Have you ever watched "Saturday Night Live/SNL" or "Key and Peele" and wondered how they created those scenes? This class will help you develop improvised 1-1 scenes based on one word suggestions, how to "Yes And" your partner, and how to let loose and just have fun. Improv is great for enhancing listening skills, collaboration and public speaking. Whether you take this class for fun or as a start of your improv career, you will learn core improv skills in a supportive environment.

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

February 15 - March 8 | \$84

4 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

AN ACTOR'S LIFE FOR YOU?

M from 7:00 PM to 8:30 PM

WMo8. Have you ever wondered if you have the chops to make it as an actor? Why not give it a try in a comfortable setting - a fun and informative class at MALT! Learn how to break down scenes, do improvs and audition stress-free. Hone strategies to get noticed by casting directors. Whether you just want to have fun, build confidence, or actually live the actor's life, this class is an easy entry into the wonderful world of performing.

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

February 27 - March 20 | \$84

4 sessions

Chestnut Hill Friends Meeting,
20 E. Mermaid Lane

\$10 materials fee payable to instructor.



Rick Horner

NEW STRANGERS TO STAGE: IMPROV MASTERCLASS

Sa from 1:00 PM to 4:00 PM

WMo5. Improv - improvisation has become increasingly recognized as an important life skill. Its techniques aren't just for actors and comedians. Everyone can get something out of this course, even those who have had little or no experience with improv-style acting. The teamwork and self-confidence learned will carry through into a student's professional and social life. Trust, spontaneity, and listening are just some of the basic concepts and skills that students will sharpen. This class is taught by a very experienced teacher who knows how to create a safe and engaging space to express creativity while also having fun. Students will explore a range of games and exercises and ultimately stage a show for each other.

Rick Horner founded the 'improv incubator,' a weekly evening of improv for area improvisers and actors to meet up, get connected, and play. He is currently the ensemble director for Bright Invention and has taught many classes and workshops in and around Philadelphia. Rick studied at The Second City Training Center in Chicago and has also studied in Philly with many eminent teachers and practitioners.

February 4 | \$69

Grace Epiphany Church, 224 E. Gowen Ave

ONLINE SCREENWRITING

Sa from 1:00 PM to 2:30 PM

WM10. Ever wondered what it takes to write a movie script? Let's turn your original idea into a spark that'll result in you writing your feature length motion picture screenplay. This course covers the creative process from story development to screenplay structure. It will take you through the basics of filmmaking and to acquire a literary agent. Extensive coaching and feedback will be provided throughout entire course.

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 28 - February 18 | \$84

4 sessions

The Comfort of Your Own Home



Arthur J. Evans

ONLINE WRITING PAST BOUNDARIES

W from 7:00 PM to 8:30 PM

WM29. Everyone has a story to tell, but writers are often stymied by deciding on the appropriate genre for our story. Dare I write a memoir? Would fictionalizing my story be "safer"? And what is autofiction, anyway? This course will explore the ways fiction writing can inform non-fiction writing and vice versa, while staying true to the story you want to tell. Through selected readings, engaging writing prompts, and feedback, students will interrogate the boundaries that separate literary categories, and learn ways to bring appropriate techniques from other genres into their writing to make it stronger and more appealing.

Alison Glick is an author whose non-fiction works have appeared in the Arab Studies Quarterly, Washington Report on Middle East Affairs, and elsewhere. Her recent debut novel, *The Other End of the Sea*, was originally crafted as a memoir. By using the techniques she will be teaching, she fictionalized the memoir manuscript and thereby discovered untapped sources of inspiration and creativity.

January 18 - February 8 | \$84

4 sessions

The Comfort of Your Own Home

WRITING PICTURE BOOKS FOR CHILDREN

W from 7:00 PM to 8:30 PM

WM01. Learn how to write a picture book for children! For writers interested in traditional publishing, we'll discuss topics, page count, craft and how to pitch to agents and editors. Please bring your ideas or even a work in progress! We'll have a critique session each class.

Sarah Claxton has worked in the photo industry as a photo editor, agent and producer. She worked for national magazines, corporations and non-profits and owned a business managing photographers and assisting artists and companies in telling their own stories. She has self-published two picture books, is working on more, and is always scouting out publishers.

March 1-15 | \$69

3 sessions

Chestnut Hill Friends Meeting,
20 E. Mermaid Lane

STAGE COMBAT: UNARMED!

F from 6:00 PM to 9:00 PM

SRO8. Learn how to fight for stage and screen! This is an introduction into the exciting world of stage combat. Slaps, punches, chokes, falls... you'll learn how to do them all, safely and believably! This workshop is designed for anyone who's curious how actors and stunt performers make fights look real and exciting. No acting experience required -- just a willingness to learn and have fun!

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

March 31 | \$49

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

MEMOIRS AND ESSAYS: GETTING GOING

Sa from 1:00 PM to 4:00 PM

WM11. We often feel an urge to leave an account of our lives for our families or to sort through our life events so we can see them within the whole fabric of our lives. No matter our age or our reason, we must present these life stories in a clear, concise, readable and enjoyable end product--full and focused--so they don't sit, ignored and unread in a bottom drawer. Learn how to write and enjoy writing your memoir or personal essays through class instruction, writing assignments, exercises and teacher feedback.

Nancy Rasmussen has taught non-fiction writing courses at three universities in addition to her long-running memoir class for MALT. A freelance writer and editor, she has written short pieces for many US magazines and newspapers, including The Philadelphia Inquirer and The Denver Post. Nancy also coaches and edits for various clients and is trying to find time to write her own personal essays.

January 21 - February 4 | \$74

3 sessions

United Lutheran Seminary,
7301 Germantown Ave.

\$8 materials fee payable to the instructor.



Kenneth Nicholas

MOVIE NIGHT, '30S STYLE!

M from 5:00 PM to 8:00 PM

WM19. A tribute to the golden age of movies--the 1930s and '40s. We'll see films, both famous and obscure, featuring such stars as Edward G. Robinson, Cary Grant, Ronald Colman, Alice Faye, Bert Lahr, and many others. Plus vintage cartoons and comedy shorts before each film.

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 23 - March 27 | \$99

10 sessions

*Private home near Millman and Rex
in Chestnut Hill

SPIRITUAL AUTOBIOGRAPHY

M from 6:00 PM to 7:30 PM

WM02. 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 sources of your own self concept, this is your course! Through writing and discussion, we will examine the roots of our own biographies. (You will be offered a large selection of readings. You must enjoy reading!)

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.

February 6-27 | \$84

4 sessions

St. Paul's Episcopal Church
22 East Chestnut Hill Avenue

MEMOIRS AND ESSAYS: KEEPING THE MOMENTUM

Sa from 1:00 PM to 4:00 PM

WM17. 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 18-25 | \$64

2 sessions

United Lutheran Seminary,
7301 Germantown Ave.

ONLINE SUBMITTING YOUR WORK FOR PUBLICATION

Th from 7:00 PM to 8:30 PM

WM13. Do you have stories, essays, or poems you'd like to share with the world? Are you new to the submission process and don't know where to start or how to find submission opportunities? In this three-part course we will demystify the process of publication, break down the different components involved in a literary submission, practice writing cover letters, and learn how to find journals and magazines open for submission. Participants will leave with greater confidence in submitting their work for publication and will have the opportunity to digitally submit their work to at least one journal if they so choose. This class is open to anyone interested in learning more about the submission and publication process.

Chelsea Jackson is a writer, editor, and consultant who uses their writing to ask hard questions and explore what it means to be human. Their work is published in Fatal Flaw, Coffin Bell Journal, and Passengers Journal, among others, and they were also a finalist in the 2020 Driftwood Press In-House Poetry Contest and Animal Heart's 2022 Poetry Collection Contest. Chelsea has an MFA in Poetry from Drew University and is the Managing Editor of The Maine Review. After living in Philadelphia for 5 years, they returned to their home state of Virginia and now live in Richmond with their partner, and a cuddly pitbull.

February 23 - March 9 | \$69

3 sessions

The Comfort of Your Own Home

ONLINE BEGINNER'S HARMONICA

M from 6:30 PM to 7:45 PM

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

Seth Holzman (BA Music, Syracuse University) has been playing harmonica since 1965 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 23 - March 20 | \$94

8 sessions, (No Class 2/20)

Class for ages 16 and older.

The Comfort of Your Own Home

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

ONLINE PLAY THE UKULELE: GETTING STARTED

W from 6:30 PM to 7:30 PM

WM31. This is a beginner's level workshop covering 10 basic chords, how to tune the uke, how to hold it and some basic strumming patterns. Beginner song book and chord chart provided. Anne will also share ukulele resources. Course may be adapted based on proficiency and interests of participants.

Anne Stevenson Smith started playing ukulele in 2010, just when the current uke craze began. As a music major, with a history of singing and playing other instruments, she found the ukulele to be a perfect fit. She joined the Philadelphia Mainline ukulele meetup group in 2011, and now leads the group. By 2013, Anne was doing uke workshops for beginners at the Philadelphia Folk Festival, with her trio, Lord Jake and the Ukuleladies. She teaches professionally, both kids and adults, and focuses on basic chords and best practices.

February 1 - March 8 | \$79

6 sessions

The Comfort of Your Own Home

\$2 materials fee payable to the instructor.

NEW ONLINE THE STORY OF THE BLUES

Th from 7:30 PM to 8:45 PM

WMO4. Take a journey back to the roots of the Blues in West Africa and Europe and its emergence in the American South, where African Americans created a unique musical form that has influenced all forms of American music, including Jazz, Rhythm & Blues, Rock 'n' Roll, Country, Boogie Woogie and even Classical Music. We will listen to and discuss recordings of artists who illustrate the earliest forms of the Blues as well as the more recent forms, including the likes of Charlie Patton, Blind Lemon Jefferson, Robert Johnson, Blind Blake, Blind Boy Fuller, T-Bone Walker, Slim Harpo, B.B. King and John Coltrane. We'll touch on Delta Blues, Piedmont Blues, Chicago Blues, Jump Blues, Blues Rock and Jazz Blues.

Seth Holzman fell in love with Blues music in 1965. He has taught History Of The Blues classes at SUNY Buffalo while still an undergraduate, for Main Line School Night, and in workshops for Jefferson University. He has played harmonica in blues bands professionally since 1972, and sat in with Muddy Waters, Koko Taylor, Dave "Honeyboy" Edwards and others, and played gigs with Ronnie Earl and John Mooney. He performs locally with Stevie & The Bluescasters.

January 19 - March 9 | \$109

8 sessions

The Comfort of Your Own Home



Fatoumata Diawar of Mali received two nominations at the 61st Annual Grammy Awards for Best World Music Album for her album *Fenfo* and Best Dance Recording for "Ultimatum" in which she was featured with the English band Disclosure. 2019 Glastonbury Festival
Photo by Edward Hands

EXPLORING THE UNIVERSE OF AFRICAN MUSIC

Th from 7:00 PM to 8:30 PM

WMO6. Explore the different styles of African music, including Highlife, Afrobeat/Afrobeats, Congo, South African Township Music, Desert Blues, Juju and African Acoustic, with explanations of each style and history, listening to examples, and discussing as a group. The course will expand the student's appreciation of the vast array of African music and what makes it the source of so much music around the world.

Randall Grass is a record executive and has worked with major African artists such as Fela Anikulapo-Kuti, Ladysmith Black Mambazo, Alpha Blondy, Tabu Ley Rocherau, Fatoumata Diawar and more. Randall has written about African music for Spin Magazine, Musician, The Beat and is the author of the book *Great Spirits*. He lived in Nigeria for three years and played keyboards with African bands. Randall was also the host of The World Beat Dance Party on WXPB-FM.

March 16-30 | \$69

3 sessions

United Lutheran Seminary,
7301 Germantown Ave.



Connie Koppe

HOW TO MAKE A RECORD

Sa from 10:00 AM to 12 N

WM14. This class will teach you how a song goes from idea to Spotify in the modern age. Taught by the co-owners of Soundchild Studio, you will get knowledge from a grammy-nominated producer and platinum-certified mix engineer on the nitty gritty of making a record. First time in a studio? No Problem! Sit back and watch our demonstrations of recording different instruments and sculpting sounds out of nothing using software. Experienced player? Lay down a lick! We will show you where to put a microphone, and which mic to use to get the best sound from your instrument. We will make sure everyone goes home having learned something new and awesome.

Leo Galbraith-Paul brings a detailed ear and emphasis on musicianship to the studio environment. His roots as a jazz pianist combine with a versatile set of production skills and experience as an engineer across genres (Twin Talk, Akenya, The Walters, Lucille Ghatti, Sara Serpa, Divino Niño, etc.). Since relocating to Philly in Spring of 2020, Leo has made a name for himself by working with some of the city's best talent. As a producer, engineer, and collaborator, he loves working closely with artists to help bring their musical vision to life.

Will Brown is firstly a teacher of fourteen years out of a guitar shop that has won "Best Lessons on the Main Line" multiple times. He is a platinum-certified recording and mixing engineer, and has produced a song on a grammy-nominated album. He sings and plays guitar, bass, keys, and drums, and has been writing music his whole life.

January 21 - February 11 | \$180

4 sessions

Soundchild Studio, 5607 Germantown Ave.

FOR THE LOVE OF SINGING

Sa from 9:30 AM to 11:00 AM

WM25. Singing is a joyous experience. The sound and feeling of it moves us both physically and emotionally and speaks to us more deeply than most other forms of expression. We shall explore this joy and also develop your understanding of what it is to sing, develop your vocal range, strength and confidence. Students will sing music as a group and also individually work on songs from a wide range of repertoire as well as vocal warm-ups and diction for singing.

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

February 4 - March 25 | \$119

8 sessions

St. Paul's Episcopal Church
22 East Chestnut Hill Avenue

\$5 materials fee payable to instructor

ONLINE FRENCH FOR BEGINNERS

M from 6:30 PM to 8:00 PM

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

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

February 20 to March 27 | \$89

6 sessions

The Comfort of Your Own Home

Learn a romance language this Winter. Now we are offering Italian, and wanting to visit Italy!



ONLINE CONVERSATIONAL FRENCH

W from 6:30 PM to 8:00 PM

WM07. For intermediate and advanced 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 1 - 22 | \$64

4 sessions

The Comfort of Your Own Home

GERMAN IMMERSION: BEGINNER TO INTERMEDIATE

M from 6:30 PM to 8:00 PM

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

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

February 6 - March 13 | \$89

6 sessions

Work Mt. Airy, 6700 Germantown Ave

ITALIAN FOR BEGINNERS

Tu from 5:00 PM to 6:30 PM

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

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

January 17 - February 28 | \$89

6 sessions, No Class 2/7

United Lutheran Seminary,
7301 Germantown Ave.

ITALIAN II

W from 5:00 PM to 6:30 PM

WM22. For students who have already taken the previous Beginning Italian class or those who've had some basic elementary knowledge and speaking ability, this class will cover further topics in conversation, grammar and vocabulary. Take the next step in building your confidence and ability in speaking, reading and writing Italian.

Rodney Chonka

January 18 - March 1 | \$89

6 sessions, (No Class 2/8)

United Lutheran Seminary,
7301 Germantown Ave.

Text Book required - Ultimate Italian Beginner-Intermediate (Coursebook) By: Salvatore Lettieri, Michael Lettieri ISBN: 978-1-4000-0967-1.



Rebecca Fisher

NEW EXPLORING THE KITCHENS AT CLIVEDEN

Tu from 12 N to 1:30 PM

TW04. Built in 1767 as a summer home to the Chew family, Cliveden was the site of the Revolutionary War Battle of Germantown in 1777 and explores the lives of the Chew family and their workers, both the enslaved laborers and servants, from the 1760s until the 1970s. Explore the kitchen spaces at Cliveden, including the 18th century kitchen dependency, the 1959 kitchen and cellar spaces used for cooking and food storage with this behind the scenes, in-depth exploration led by Cliveden's education director Carolyn Wallace and preservation director Libbie Hawes. The tour will explore the built environment, cooking technology and those who labored at Cliveden, both enslaved laborers and paid staff, over two centuries.

Carolyn Wallace is an educator, program coordinator and collections manager with a background in historic sites. In her current role as Education Director for Cliveden of the National Trust, Carolyn is focused on education, interpretation and collections. **Libbie Hawes** is a preservationist with more than a decade of experience in site management at Cliveden. Her professional practice emphasizes the relationship between stewardship of the built environment, public history and community outreach.

March 21 | \$25

Cliveden Carriage House,
6401 Germantown Ave., rear

BADASS WOMEN OF PHILADELPHIA

Sa from 11:00 AM to 1:00 PM

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

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

March 4 | \$39

Meet at the Wawa on 6th and Chestnut Sts.

MAPLE SUGARING IN THE WISSAHICKON

Sa from 1:00 PM to 3:00 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. This will be fun for the whole family!

Led by **Trish Fries**, former director of the Wissahickon Environmental Center, who has been tapping trees and making syrup for 25 years, and **Susan Haidar**, an Environmental Education Planner with the City for 3.5 years and a Recreation Leader for 7 years. Previously, Susan was an educator at Riverbend Environmental Center.

February 11 | \$25

Parent and Child | \$35

Additional Child | \$5

Wissahickon Environmental Center
300 Northwestern Ave.

NEW WALK ON LEMON HILL

Sa from 10:00 AM to 12 N

TW01. Above and along the river drives, bustling with cyclist runners and skaters, there are quiet spaces where many wild edibles and medicinals can be found. And as nature begins to waken from her winter sleep, we'll be looking at a number of early emerging plants and be helping you better identify these and their uses before you inadvertently begin weeding them out when you begin your own gardens.

We'll meet at the benches in front of The Cosmic café, before crossing the street ascending the rock staircase and walking above the drives where we'll discuss the uses of plants like spiderwort, field garlic, and Indian strawberry while overlooking boathouse row. Then we'll follow a shaded trail before walking up to Lemon Hill towards the mansion and loop around Via Sedgely Drive, back to the start.

This isn't a hike, but there is a staircase, an incline and a trail with roots and rocks so wear appropriate shoes. And come prepared to see "the plants, formerly known as weeds" in a whole new light.

Lady Danni Morinich is Proprietress of Landed Gentress Handcrafted Herbals. She is passionate about foraging and using herbs and foraged finds in her creations. She is a member of the American Herbalist Guild and the American Botanical Council. She has a Master Herbalist diploma from the Centre of Excellence. She is a keen forager and a member of Wild Foodies of Philadelphia, where she hosts group tours. She also offers workshops and private tours through Landed Gentress.

March 11 | \$29

Cosmic Café and Ciderhouse, 1 Boathouse Row

This isn't a hike, but there is a staircase, an incline and a trail with roots & rocks so wear appropriate shoes.



Billie Holiday is just one of the many musical artists featured on the Philadelphia Musical History Bus Tour.

NEW ONLINE WINTER'S WILD SIDE

W from 7:00 PM to 8:00 PM

TW19. Cold Weather Plants

Zoom into winter's wild side with the founder of Philadelphia Wild Foodies on an excursion into cold weather plants. Learn all about Garlic Mustard, Chickweed, Ground-cover Mints, Pennycress and more.

January 18 | \$20

TW25. Winter's Wild Side: Tree Tapping

Zoom onto winter's wild side with the founder of Philadelphia Wild Foodies and learn all about tapping trees for sweet mineral water, using pine needles as a source of vitamin C, edible inner barks, and more.

February 15 | \$20

TW26. Winter's Wild Side: Spring Shoots

Zoom onto winter's wild side with the founder of Philadelphia Wild Foodies for an exploration of spring shoots. Learn about Pokeweed, Knotweed, Nettles, Spring Beauty, and more.

March 15 | \$20

Lynn Landes is a Philadelphia-based writer, researcher, reporter, and activist in the fields of politics, health, and the environment. Lynn runs the Philadelphia Wild Foodies, working to educate the public on the many uses of wild plants and animals for food, fiber, and medicine.

The Comfort of Your Own Home

PHILADELPHIA MUSICAL HISTORY BUS TOUR

Su from 10:00 AM to 1:00 PM

TW22. Join us for a mobile musical experience! We will teach you all about the talented musicians who were either born or raised in the Philadelphia area. Hop aboard our moving musical museum and prepare to be surprised and delighted to discover the great Philadelphians who revolutionized the music industry in Jazz, Classical, Gospel, Rock and Roll, Folk, R&B, Hip Hop and Country. Our signature sightseeing tour offers an in-depth guide to the rich musical history of our city. Video clips and a great musical soundtrack will enhance your tour experience. We bet you will tell everyone it is one of the best things to do in Philadelphia!

The **Philadelphia Musical History Tours** has been a very popular tour at MALT term after term.

March 5 | \$44

Meet at the corner of Wayne and Cliveden
There is a bathroom on the bus.

NEW CULTURAL COMPETENCY

Sa from 10:00 AM to 1:00 PM

TW05. This Cultural Competence training will demonstrate the need for cultural awareness and sensitivity, show the factors that might influence interpersonal dynamics—cultural biases, fears and stereotypes—and learn how these affect perception and interaction with others living a more diverse world. Participants can enhance effectiveness in cross-cultural communications through the development of character-building activities designed to teach respect, collaboration, responsibility, and promote acceptance and trust.

Percy Rosales is President of Rosales Communications. He is a professional speaker and expert in cultural competence, cross-cultural communication and language access. He has trained hundreds of City of Philadelphia workers and professionals around the country.

January 28 | \$49

Work Mt. Airy, 6700 Germantown Ave.

NEW DEMOCRACY IS NOT A SPECTATOR SPORT

M from 7:00 PM to 8:15 PM

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

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

March 6 - 27 | \$64

4 sessions

Mt. Airy Axis, 520 Carpenter Lane

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

Su from 1:00 PM to 2:30 PM

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

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

March 12 | \$31

Laurel Hill West Cemetery, 225 Belmont Ave, Bala Cynwyd

NEW SELLING PRESIDENTS: TV ADS FROM IKE TO TRUMP

Tu from 6:30 PM to 8:00 PM

TW09. Studying TV campaign ads of presidential candidates from 1952 to 2020 can provide vivid--and often amusing--insights into the transformation of American politics and rhetoric. This course utilizes a public archive of over 300 campaign advertisements, supplemented with PowerPoint presentations and stimulating discussion. It's a spirited dash through seven decades of American political and social history.

Stan Cutler enjoyed a long career in information technology after serving on the faculty of Penn State's speech and communications department. He has since self-published six novels and a narrative non-fiction book about political nominating conventions. In 2015, alarmed by the debasement of political rhetoric, he began teaching the fundamentals of rhetoric as they apply to political speech at lifelong-learning venues in and around Philadelphia.

January 24 - March 7 | \$119

7 sessions

Work Mt. Airy, 6700 Germantown Ave

NEW UNDERSTANDING OUR SUPREME COURT

W from 7:00 PM to 8:30 PM

TW10. The Supreme Court term ending in June 2022 brought seismic waves throughout the country with decisions ending Roe, expanding the right to carry concealed weapons and allowing a school employee to engage in prayer at a football game. What was the rationale expressed in those decisions, and what do they bode for the future? This mini-course for non-legal professionals will discuss those issues and answer your questions.

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

February 8-15 | \$49

2 sessions

United Lutheran Seminary
7301 Germantown Ave.

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

A GUIDED TOUR OF THE LEST WE FORGET MUSEUM OF SLAVERY

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

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

A. January 28, Sa from 12 N to 2:00 PM | \$20

B. February 16, Th from 12 N to 2:00 PM | \$20

The Lest We Forget Museum of Slavery
5501 Germantown Ave.. Masks required.

NEW ONLINE SPINNING STORIES IN PAINTINGS FROM RAPHAEL, MATISSE, TO MICKALENE THOMAS

Su from 2:00 PM to 3:30 PM

TW02. Join this lively artful conversation to discover how art elements construct the painting into exciting images with stories to tell. Follow Lines to see how they define, outline, and lead the eye. Look at Space, a dynamic visual element interacts with lines, shapes, and colors to give paintings meaning and definition. Which takes us to Form (the way a work of art looks) and Content (what the works of says) and Composition (how a painting is visually put together). A diversity of artists and isms will be covered including Shahn, Laurencin, and William Johnson. Each conversation-style session includes short, related videos.

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

January 22 - February 5 | \$49

3 sessions

The Comfort of Your Own Home

NEW ONLINE ARTFUL OBSERVATIONS! FANTASTICAL FLOWERS, COLLAGE, & BUILDINGS BY CASSATT, VAN GOGH

Tu from 2:00 PM to 3:30 PM

TW03. What do Tulipmania, collage, and architectural paintings have in common? Attention to detail and keen observation! Let's cultivate and use the "artist's eye" as way to look deeply at tulips and other boisterous flowers, intricate and inspiring works of collage, and paintings of exterior facades and interiors through fun and lively conversations. Ranging from precise renderings to expressive images, the works of art will be drawn from a variety of time periods featuring a diversity of artists and isms, from Veronese and O'Keeffe to Kerry James Marshall with fresh perspectives throughout. Each conversation-style session includes short, related videos.

Lynn Berkowitz, MFA, BFA

February 21 - March 7 | \$49

3 sessions

The Comfort of Your Own Home

NEW KNIT YOUR FIRST SWEATER

Th from 7:00 PM to 8:30 PM

ACo4. Learn how to knit a sweater this winter! We will knit the First Raglan Sweater by designer Jared Flood. This sweater is worked top-down, in the round, with no seaming required. In this class, students will learn sweater construction, short rows and sweater shaping. This is an intermediate class, and students should know how to knit in the round.

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.

January 26 - February 16 | \$74
4 sessions

St. Paul's Episcopal Church
22 East Chestnut Hill Avenue

Students will be expected to make independent progress between classes. Materials are suggested but the instructor will reach out once you register to discuss materials based on your size and gauge swatch. Materials needed: Approximately 995-1515 yards of worsted weight yarn based on size 16" and 32 circler needles (suggested size 5 and 7), double-pointed needles (suggested size 7), and stitch markers

KNITTING 101 FOR BEGINNERS

Su from 1:00 PM to 2:30 PM

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

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

February 5-19 | \$59
3 sessions

MALT Office, 6601 Greene Street

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



KNITTING 201 FOR BEGINNERS

M from 7:00 PM to 8:30 PM

AC26. Students who already know how to perform the basic knit stitch or have experience with crochet should start with this class. Learn to purl and start learning the basics of reading a pattern. We'll make a scarf from a simple pattern, perfect for these winter months!

Dawn Malone

March 6-20 | \$59
3 sessions

Mt. Airy Axis, 520 Carpenter Lane,
Rear Mezzanine

\$15 materials fee payable to the instructor.

LET'S MAKE A QUILT

Su from 12 N to 2:00 PM

AC19. 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 22 - March 5 | \$129
6 sessions, (No class 2/19)

Wesley Enhanced Living, 6300 Greene St.

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.

HOW TO FINISH A QUILT

Su from 12 N to 3:00 PM

AC21. Do you have a quilt top in progress or one that is finished but you don't know what to do next to make it a real quilt? This course is for you. We will cover quilting options (by hand, by machine or by tying), transferring quilt designs to your quilt top, putting on the backing, batting and binding, and adding optional sleeves or hanging ties for displaying quilts on a wall.

Judy Donovan

March 12-26 | \$74

3 sessions

Wesley Enhanced Living, 6300 Greene St.

Please bring: A quilt top sewn together or quilt blocks (enough for a quilt of any size). Fabric for the back of the quilt that is at least 2" wider overall than the quilt top plus quilt batting of the same size. Also provide one-half yard of fabric for binding; sewing machine in working order; rotary cutter and mat; threads and basic sewing supplies.

DUST OFF YOUR SEWING MACHINE

AC08. 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, as well as make an easy pillow cover.

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

A. February 25 | \$49

Sa from 10:00 AM to 1:00 PM

B. February 25 | \$49

Sa from 2:00 PM to 5:00 PM

Grace Epiphany Church, 224 E. Gowen Ave.

Please bring your own portable machine.

\$10 materials fee payable to the instructor.



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

M from 2:00 PM to 6:00 PM

AC09. This class is a follow-up to "Dust Off Your Sewing Machine" and will build on basic sewing skills. Students will learn to make a pocket, a buttonhole, machine applique, make handles, even sew a zipper while crafting their own tote bag! Class requirements: a working sewing machine, scissors, thread. Students must have a basic knowledge of their sewing machine (how to thread, fill their bobbin, stitch a line).

Bea Quindlen

February 27 | \$49

Grace Epiphany Church, 224 E. Gowen Ave.

\$10 materials fee payable to the instructor.

Please bring your own portable machine.

Needles, thread, scissors, and fabrics will be provided.

NEW DIY YOUR OWN VISION TOTE AND MUG!

Sa from 11:00 AM to 1:30 PM

AC14. Vision boards are fun to make but they are usually confined to your wall. In this workshop we will take images, magazine clippings, and words and use an image transfer technique to create our own personalized mugs and tote bags and keep your vision close to you wherever you go.

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 to others for more than 20 years.

January 21 | \$44

Wesley Enhanced Living, 6300 Greene St.

\$15 Materials Fee payable to the instructor

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INTRODUCTION TO ZENTANGLE®

M from 7:00 PM to 9:00 PM

ACo3A. 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. Learn more at zentangle.com.

Mindy Shapiro

February 6 | \$32

Summit Prebyterian Church, 6757 Greene St. at Westview

\$15 materials fee payable to the instructor.

SEW YOUR OWN JAPANESE RICE BAG

W from 6:00 PM to 8:00 PM

AC23. Japanese komebukuro bags are traditionally used to carry rice offerings to the temple during religious ceremonies and to carry presents to special friends or relatives. Komebukuro bags were typically hand sewn in patchwork style, using whatever fabric scraps were to hand, embellished with a running Boro stitch, and finished with cotton drawstring cords to ensure that they closed securely. Students will create their own unique Japanese rice bag made from commercial fabrics or, more traditionally, repurposed old clothing. The bag will be constructed by machine and decorated with simple running stitches. These bags are beautiful and work well as purses or gifts.

Judy Donovan

February 1-15 | \$64

3 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Please bring fabric; a sewing machine in working order; rotary cutter and mat; threads and basic sewing supplies.

NEW ZENTANGLE® VALENTINE JEWELRY EDITION

M from 7:00 PM to 9:00 PM

ACo3B. Take your Zentangle® skills to the next level and take this new project "to heart." Yes, we will be making a necklace for a Valentine. You will learn a few heart patterns to love and admire all year round. We will be working rather small so do bring magnifiers if you need them.

Mindy Shapiro

February 13 | \$32

Summit Presbyterian Church, 6757 Greene St. at Westview

Introduction to Zentangle® is a prerequisite to this class

\$15 Materials fee payable to the instructor

NEW WEAVE A MELON BASKET

Su from 2:00 PM to 5:00 PM

ACo5. Have you always want to weave a basket? Maybe you already have and would like to weave another. The melon basket was commonly used to gather eggs and earned its name from its melon-shaped bottom. You will learn the Kentucky-style "eye and rib" construction, and how to weave with flat reed in an over/under pattern. This basket will look lovely in your home and make a great gift for your friends. Even your chickens will like it!

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

February 26 - March 5 | \$54

2 sessions

North Light Community Center, 175 Green Lane

\$25 Materials Fee payable to the instructor



PAPERCUT CARDS: VALENTINE'S DAY

Th from 7:00 PM to 9:00 PM

ACo2. 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 a picture or mobile.

Mindy Shapiro is a papercut, Zentangle® and book artist.

February 9 | \$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.

NEW SILHOUETTE CUTTING 101

Sa from 10:00 AM to 12 N

AC17. Do you have a Silhouette Cameo or Portrait sitting at home and you don't know how to use it? In this workshop we will cover everything you need to know to use the software and create your own cut files. After reviewing various materials, we will create four projects together using card stock, sticker paper, permanent and heat transfer vinyl. If you have a Silhouette machine, you may bring it with you or use mine. Please bring a laptop if you want to follow along in class.

Cheri Skipworth

February 4-25 | \$119

4 sessions

Wesley Enhanced Living, 6300 Greene St.

\$20 Materials Fee payable to the instructor



Learn to make beautiful Valentine's Day Cards with Mindy Shapiro.

CALLIGRAPHY

ACo1. Add some flair to your signature, some pizzazz to your greeting cards! Don't worry—we're not going to recreate an ancient manuscript! Learn how to use a calligraphy cartridge ("fountain") pen, basic strokes, shapes and formats. Students will do some practice exercises then develop their own alphabet script. Each student will take home a pen set, instructions, and exercise sheets.

Bea Quindlen

A. February 11 | \$49

Sa from 1:00 PM to 4:00 PM

B. March 25 | \$49

Sa from 10:00 AM to 1:00 PM

Wesley Enhanced Living, 6300 Greene St.

\$10 materials fee payable to the instructor.

LEARN TO WEAVE ON A RIGID HEDDLE LOOM

Sa from 1:00 PM to 4:00 PM

AC22. No weaving experience necessary! Experience the joy of weaving on a rigid heddle loom. Learn basic weaving taught by members of the Philadelphia Guild of Handweavers. Learn to warp the loom and weave a scarf or cowl using different weaving techniques. You will receive instructions prior to class on what type of yarn to bring. Ages 15 and up. Course fee includes the Guild's \$25 equipment rental fee.

Judy Donovan

February 25 - March 4 | \$89

2 sessions

Philadelphia Guild of Hand Weavers,
3705 Main St.

\$15 materials fee payable to the instructors.
Class starts promptly at 1PM.

WATERCOLOR AND DRAWING FOUNDATIONS

Tu from 1:30 PM to 3:30 PM

AC07. 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 is a teaching artist (MFA, Tyler, 1976) in Mt. Airy. Her instruction-based teaching method, which she names Making Art Makes Us Smarter (c.2010), represents her passionate belief in the regenerative power of creative art. Marcia's primary mediums are watercolor and pastel. She presented a one-person show at Center On The Hill in February, 2020. Her work can also be seen at Le Bus in East Falls, and in private collections.

February 28 - March 28 | \$110
5 sessions

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

A supply list will be attached to receipt email. NOTE: You do not have to be vaccinated to be at the center, but you must be so in order to be unmasked inside. Vaccination cards will be checked at the door.

MAKING ART MAKES US SMARTER: PASTELS

Th from 1:30 PM to 3:30 PM

AC10. 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 23 - March 23 | \$110
5 sessions

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



FUN WITH WATERCOLOR TECHNIQUES

F from 10:00 AM to 12 N

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

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

February 24 - March 17 | \$89
4 sessions

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

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

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

STILL-LIFE BASICS

F from 10:00 AM to 12 N

AC12. Have you ever admired a vase of flowers, bowl of fruit, or other everyday object? Still Life Basics is an opportunity to learn how to capture the beauty you see around you in an original still-life drawing or painting. Geared towards beginners, you'll learn the step by step secret to drawing from life. Use any medium you want from a simple pencil and eraser to color pencils, oil pastels, or watercolors.

Rebecca Hoenig

March 24-31 | \$49
2 sessions

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

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

NEW ONLINE DRAWING: DESIGNING CHARACTERS

M from 7:00 PM to 8:00 PM

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

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

February 6 - 27 | \$59

4 sessions

The Comfort of Your Own Home

REVIVING THE DRAWING DRAGON!

W from 7:00 PM to 8:30 PM

AC18. Whether you have never drawn, tried but given up, or have experience and want to practice in a community of artists, come and hone your skills! Learn new ways to see and approach drawing both methodically and metaphorically, using still life, clothed models, the outdoors, and ourselves. We might even take a field trip. NOTE: Returning students will be given advanced, independent assignments.

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

February 22 - March 15 | \$79

4 sessions

Wesley Enhanced Living, 6300 Greene St.

Bring to the first class only a large newsprint pad that can fit on a table top along with several pencils to test (2B, 5B, 8B, etc.), a pack of vine charcoal, and a kneaded eraser. Supplies are available at Artist & Craftsman store in Chestnut Hill.

For this location, vaccination and mask wearing is required.



Y'vonne Page-Magnus

DESIGN YOUR OWN JEWELRY WORKSHOP

Sa from 1:30 PM to 3:30 PM

AC37. 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 4 | \$32

Wesley Enhanced Living, 6300 Greene St.

\$30 material fee payable to instructor

For this location, vaccination and mask wearing is required.



**WE ARE OFFERING
58 ONLINE CLASSES
IN OUR WINTER TERM!**

See page 67

CANDLE MAKING

Sa from 4:00 PM to 6:00 PM

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

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

March 18 | \$44

Grace Epiphany Church, 224 East Gowen Ave.

\$10 materials fee payable to the instructor.

GLASSBLOWING: DRINKING GLASS WORKSHOP

Sa from 10:30 AM to 1:30 PM

AC16. Curious about glass blowing but don't know where to start? Dip into this one-day workshop designed for the total beginner at East Falls Glassworks! With the aid of the course instructor, participants will learn-- through direct interaction with molten glass-- to create their very own drinking glass!

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

February 11 | \$150

East Falls Glassworks, 3510 Scotts Ln., East Falls

Course fee includes all materials. Following an hour of instruction and introduction to the material, each student will produce a piece. Actual class duration may vary slightly based on enrollment. COVID-19 vaccination is required at East Falls Glassworks.

ONLINE APPRECIATING OUR FACES: ALL KINDS OF PORTRAITS

Th from 7:00 PM to 8:30 PM

AC43. Our faces are so special. They reveal both our uniqueness and our commonality. Explore all this in one fun workshop. We will begin by looking at a range of inspiring artwork, and learning about the basic proportions of a face. Then you will get to work on your own portrait or someone else's. You will work on creating a realistic likeness or something wild and abstract. You are invited to draw, paint, collage, or build with materials of your choice.

This workshop is for all ages. As we work, each person will get as much support or freedom as they would like. We will all get to enjoy each other's company as we make our portraits and appreciate our faces and each other!

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

February 16 | \$32

The Comfort of Your Own Home

DIGITAL CAMERAS: SLRS

AC20. Do you have a digital SLR but keep it on auto everything? Trying to get the most out of your camera but you don't know what all the buttons do? Bring your camera and learn how to take more control over your photography. Gain some composition tips, too. Be sure to charge your battery before each class. Your camera must have the following letters on the top dial: P, M, A, & S or P, M, Av, & Tv.

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

A. February 9-23 | \$64

Th from 7:00 PM to 9:00 PM
3 sessions

B. March 6-20 | \$64

M from 7:00 PM to 9:00 PM
3 sessions

MALT Office, 6601 Greene St.

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

NEW ZOOM ESSENTIALS

Tu from 6:00 PM to 8:00 PM

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

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

January 24 | \$32

United Lutheran Seminary,
7301 Germantown Ave.

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

NEW SOCIAL MEDIA FOR BEGINNERS

F from 3:00 PM to 4:15 PM

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

Susan Gobreski has been a career policy advocate, including significant work in communications and helping campaign supporters, volunteers and staff people use communication tools to support policy campaigns. She also raised three daughters in the social media era. Whether it is Facebook, Twitter, Instagram, Zoom, Google Meet, Facebook Messenger, Slack or the more common alternatives, she has had to figure out how to use them. Sometimes she is a power user, other times she muddles through, but she is willing to help newbies figure it out.

February 10-24 | \$49

3 sessions

Wesley Enhanced Living, 6300 Greene St.
Bring a web-enabled device to class.



Learn how to use Zoom with Alexa Strus,
MALT's Program Administrator.

NEW ONLINE CREATE GRAPHICS FOR SOCIAL MEDIA USING CANVA & MORE!

Th from 7:00 PM to 8:30 PM

FC19. Do you need a banner image or an image for social media, a blog post, or an event? How about a presentation or video? Learn to use Canva, a free online graphics application that is one of the best graphic design tools for non-graphic designers. It offers a host of tools to create perfect images for promotional use, plus you don't need to download or install any software. We will have a brief overview of Over, Snappa, Picktochart, as well as a demo of WordArt. Plus learn where you can get images that do not violate copyright laws. Join Lynne to learn more with a big picture overview, and live demos!

Lynne Williams, Ed.D. 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.

February 2-9 | \$49

2 sessions

The Comfort of Your Own Home

NEW GETTING TO KNOW YOUR ANDROID PHONE

Sa from 1:00 PM to 3:00 PM

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

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

March 18-25 | \$49

2 sessions

MALT Office, 6601 Greene St.

Touchscreens only (no flip phones).

ONLINE GETTING TO KNOW YOUR IPHONE

Tu from 10:00 AM to 12 N

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

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

March 7-14 | \$49

2 sessions

The Comfort of Your Own Home

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

INTRO TO THE GOOGLE PLATFORM

M from 6:30 PM to 8:00 PM

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

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

February 27 - March 13 | \$66

3 sessions

United Lutheran Seminary,
7301 Germantown Ave.

Students must bring their laptops to class.

WINDOWS 11 MADE SIMPLE

Tu from 10:00 AM to 12 N

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

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

January 17-31 | \$89

3 sessions

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

Students must bring their laptops to class.

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

March 21 - April 4 | \$89

3 sessions

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

Students must bring their laptops to class.

QUICKBOOKS FOR BEGINNERS

Th from 6:00 PM to 8:00 PM

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

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

March 2-9 | \$49

2 sessions

United Lutheran Seminary,
7301 Germantown Ave.

\$40 materials fee payable to the instructor (online access for additional 4 months).
Students must bring their laptops to class.

COVID-19 POLICY

**For All Classes at
Center on the Hill:**

Vaccination cards will be checked at the door. You do not have to be vaccinated to be at the center, but you must be in order to be unmasked inside.

See MALT's COVID-19 policy plus a complete list of policies per location on page 69.

NEW GETTING YOUR BUSINESS FOUND ON GOOGLE

Th from 7:00 PM to 8:00 PM

FCo5. Increasingly, a dynamic Google Business Profile is the key to online visibility and success for your enterprise. If you want to have a fighting chance of getting found in search results, it's vital to learn how to claim, create and optimize your GBP listing. This introduction to GBP will teach you how to select keywords and understand its analytic approach. It aims to help you supercharge your local marketing efforts and get the most from your internet presence. If you want your enterprise to have a strong digital footprint, you need to ensure that you are making the most out of your GBP listing. Without it, your business may well be invisible.

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

March 2-9 | \$34

2 sessions

United Lutheran Seminary,
7301 Germantown Ave.

Bring a web-enabled device to class.

MICROSOFT WORD & POWERPOINT

Th from 6:30 PM to 8:00 PM

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

Stacie Sawyer

March 23-April 6 | \$66

3 sessions

United Lutheran Seminary,
7301 Germantown Ave.

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

NEW WINE TASTING: SPAIN REVISITED

W from 7:00 PM to 9:00 PM

CKo1. It's been several years since we last sampled wines from the Iberian peninsula, and it's always a good time to delight in the offerings to be found in the many varied regions there which continue to be some of the best values in the wine world. In addition to the more celebrated "denominaciones", we will also delve into the lesser known areas that deserve wider recognition and put Spain at the forefront of wine culture. Join us for a fun evening of tasting and discovery. Olé!

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

A. March 22 | \$32

B. March 29 | \$32

Cliveden Carriage House,
6401 Germantown Ave., rear

\$13 Materials Fee payable to the instructor

INFLUENCED BY INDIA

Th from 7:00 PM to 9:00 PM

CKo2. Think flavorful, delicious, and a little spicy! We will explore the flavors and textures inspired by Indian cuisine, with a twist. All recipes are gluten and dairy free and sweetened when necessary with low glycemic sweeteners. The menu will include mango chutney, spinach paneer, non-Naan, samosas, and a chai cheezecake. We will go through a variety of ways to create healthy, nutritious and delicious food. Bring an appetite and take away containers for leftovers.

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.

March 9 | \$32

Mt. Airy Axis, 520 Carpenter Lane

\$15 materials fee payable to the instructor.

ZEN AND THE ART OF CHOCOLATE

Th from 7:00 PM to 9:00 PM

CKo4. 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

February 9 | \$32

Mt. Airy Axis, 520 Carpenter Lane

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

ONLINE PIE CRUST ADVENTURE

Su from 1:00 PM to 3:00 PM

CKo6. Are you intimidated by homemade pie crusts? Well don't be. Jackie Jonas will talk you through the process of making a delicious crust for use with sweet or savory fillings. Learn the ins and outs of pastry making. After your crust is done, choose to follow Jackie in making either a sweet or savory filling. The sweet path leads to a delicious sweet potato pie. The savory path leads to a wonderful spinach and mushroom quiche. Either way, you will end up with a marvelous treat and your friends and family will be impressed.

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 19 | \$39

The Comfort of Your Own Home



NEW LAGERS FOR LIFE AT ATTIC BREWING CO.

Tu from 6:00 PM to 8:00 PM

CK05. You've most likely enjoyed a lager at one time or another. But how are they made? And why are they so popular? Join the owners of Attic Brewing Co., Laura & Todd Lacy, as they walk you through what it takes to make a great lager. Course includes a brewery tour, guided beer tasting, in depth instruction, light snack, and souvenir pint glass. Participants must be 21+

Laura Lacy

March 21 | \$25

Attic Brewing, 137 Berkley Street

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

ONLINE SOUP LOVE

Su from 4:00 PM to 5:30 PM

CK07. 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

February 5 | \$34

The Comfort of Your Own Home

FIRE TONIC FOR YOUR HEALTH

Tu from 7:00 PM to 9:00 PM

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

Dorothy Bauer

January 17 | \$32

Mt. Airy Axis, 520 Carpenter Lane

\$20 materials fee payable to the instructor.



GO BEHIND THE SCENES AT ATTIC BREWING CO.

Tu from 6:00 PM to 8:00 PM

CK03. Come visit Germantown's Attic Brewing Co. and learn about how they brew their award-winning beer and what makes this neighborhood-focused brewery so cool. You'll get to sample beers with the owners as they share their knowledge of beer styles, ingredients, and brewing processes. Plus you'll learn a bit of the history of beer. Participants will also receive a logo pint glass and 20% coupon for to-go beers to take home after the class. NOTE: Participants must be 21+.

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

January 24 | \$25

Attic Brewing, 137 Berkley Street

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



See Page 20

NEW! Exploring the Kitchens at Cliveden

See Page 59

Restore Your Health with Food as Medicine



NEW PERFECT CHOCOLATE COVERED STRAWBERRIES WITH JUNEBUG SWEET TREATS

F from 6:30 PM to 8:30 PM

CK09. 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 3 | \$32

Grace Epiphany Church, 224 E. Gowen Ave.

\$20 materials fee payable to the instructor.

HOW TO BREW THE PERFECT CUP OF COFFEE

Su from 10:00 AM to 12 N

CK15. Ever wondered how the pros brew the perfect cup of coffee every time? Join us at Germantown Espresso Bar as we take a deep dive into all things coffee brewing! From determining the appropriate grind for your desired brewing method to learning how to make a pour over and everything in between, learn from coffee professionals at this beloved community spot. Take some time to taste, smell, and see how coffee goes from perfectly roasted beans to a delicious cup of joe.

Miles Butler is the owner of the **Germantown Espresso Bar**, and **Many Hands Coffee Co.**—a new coffee company rooted in the idea of positive change through community connectedness and profit-sharing. They began roasting and brewing fair trade and organic coffees in early 2021 in NW Philadelphia and now run a coffee oasis in Love Park. They bring their coffee truck across the region to festivals, private events, and beyond.

March 5 | \$32

Many Hands Coffee Co., 6326 Germantown Ave.

\$10 Materials fee payable to the instructor

THE ART OF CLASSIC MIXOLOGY

M from 7:00 PM to 8:30 PM

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

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

February 13 | \$32

Commodore Barry Arts and Cultural Center, 6815 Emlen St,

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.

INTRODUCTION TO TEA

Tu from 6:30 PM to 8:30 PM

CK18. Discover the wide world of tea, its history and its wondrous varieties. We'll talk about how teas are processed, from the time the leaves are plucked until they are shipped. We will touch on the primary tea processing regions around the world, guidelines for brewing different types of teas, and the health benefits of tea. We will of course be brewing and tasting various types of teas.

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

March 21 | \$32

Holistic Health Suite Cafe, 6802 Old York Road

\$5 materials fee payable to the instructor.



NEW MAKING FRESH PASTA

Sa from 1:00 PM to 3:00 PM

CK23. Want to show off a little at your next dinner party or incorporate easily homemade fresh pasta into your weekly planning? We will begin by making the dough, and then use both a mechanical roller and a rolling pin to prepare several batches. Bring containers to take home leftovers!

Tyler Peckham claims no Italian heritage, formal training, or even years of restaurant experience. His wife, **Justina Cwenar**, used to make Sunday dinners with her Italian grandmother from a very young age. Since buying a pasta machine a few years ago, together they have been making fresh pasta weekly for regular meals and dinner parties, and they look forward to sharing recipes and techniques with you.

February 18 | \$32

Grace Epiphany Church, 224 E. Gowen Ave.

\$10 materials fee payable to the instructors.

THE SCIENCE OF NOUVEAU MIXOLOGY

M from 7:00 PM to 8:30 PM

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

Liz Aubry

March 13 | \$32

Commodore Barry Arts and Cultural Center, 6815 Emlen St,

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.

BAKING CHALLAH WITH MINDY

W from 6:30 PM to 8:30 PM

CK22. Traditionally made to be eaten on the Jewish Sabbath, this bread is terrific any day and makes the best leftovers for French toast and bread pudding! You don't need to be intimidated by yeast. If you're already familiar with bread baking, bring challah into your repertoire.

Mindy Shapiro is a papercut, Zentangle® and book artist.

March 22 | \$32

Grace Epiphany Church, 224 E. Gowen Ave.

Additional \$7 materials fee due when registering. Please bring: measuring cup, measuring spoons, medium size bowl for kneading, soup spoon, and a light cotton cloth to cover bowl.

NEW ONLINE REDISCOVER THE JOY OF COOKING, HEALTHY OPTIONS FOR THOSE WITH DIABETES

M from 6:00 to 8:00 pm

CK10. If you or a loved one have been diagnosed with diabetes, you know how hard navigating a new world of dietary regulations can be. Join Lisa as she breaks down the ins and outs of nutritional eating with diabetes, while also bringing the joy back to cooking! She will cover the basics, share some tips and together you will prepare a recipe or meal together. You will leave this class armed with the know-how to make the right decisions for yourself and also a new bundle of recipes to incorporate into your cooking repertoire.

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 favorite foods again and finally get their numbers in normal ranges. Besides being an RD, Lisa is a passionate cook, baker and instructor that loves to be a part of the moment when her students take a bite out of a meal they've cooked together and realize, there's hope---AND that healthy food can be full of flavor and delicious. If you or someone you love lives with diabetes, you do not want to miss this class!

March 20 | \$37

The Comfort of Your own Home

ONLINE UNDERSTANDING MEDICARE CHOICES

FCo1. 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 AP-PRISE Medicare Counseling (now called PA MEDI) at the Mayor's Commission on Aging in Philadelphia. She is now working as a volunteer through the PA MEDI program at the Einstein Medical Center. PA MEDI is a free service through the Area Agencies on Aging. It is part of the SHIP network nationally.

A. February 9 | \$32

Th from 7:00 PM to 9:00 PM

B. February 14 | \$32

Tu from 1:30 PM to 3:30 PM

The Comfort of Your Own Home

ONLINE HOW TO TRAVEL FREE & SAFELY

Tu from 6:30 PM to 9:00 PM

FCo2. We're ready to get back to our travels! When it is safe to go on a trip, where can we go, how do we stay safe, and how do we make our travel free? Learn how to benefit from the deep travel discounts being offered right now to enable you to book economical future travel. If you are near retirement, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she is prepared for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Earn free airline tickets, hotel nights, tours and more in the U.S. and worldwide. Consider volunteering, fun work-vacations, paid travel, teaching English, mystery shopping, importing/drop shipping, and remote employment opportunities.

Gina Henry

February 7 | \$39

The Comfort of Your Own Home

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

NEW ONLINE INVESTING FOR JUSTICE - TOOLS AND RESOURCES

Tu from 7:00 PM to 9:00 PM

FCo6. Impact investing, socially responsible investing and ESG (Environmental, Social and Governance) investing refer to aligning your money with your values. I'll 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 after "passion projects" such as impact investing, conference hopping, and moving personal and institutional money toward justice.

March 14 | \$32

The Comfort of Your Own Home

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

Tu from 6:30 PM to 9:00 PM

FCo3. 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.

February 28 | \$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).

NEW ONLINE WORK REMOTELY & BECOME A DIGITAL NOMAD

Tu from 6:30 PM to 9:00 PM

FCo4. Working remotely is in vogue. Why not add travel into the mix? Join thousands of individuals who are taking their work with them and hitting the road! You can make your travels sustainable by earning a living as you explore the world. Professional traveler Gina Henry has been doing this for years and shares her wealth of knowledge. Get the "how to" of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a "physical address", the RV lifestyle, timeshares, international living, long-term rentals, house sitting, and more. Learn the best ways to set up your remote office and get quality wifi in your hotel, long-term rental, or vehicle. Learn about the many pursuits that "promote remote"!

Gina Henry

March 14 | \$39

The Comfort of Your Own Home

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

EFFECTIVE PUBLIC SPEAKING

Tu from 6:30 PM to 8:30 PM

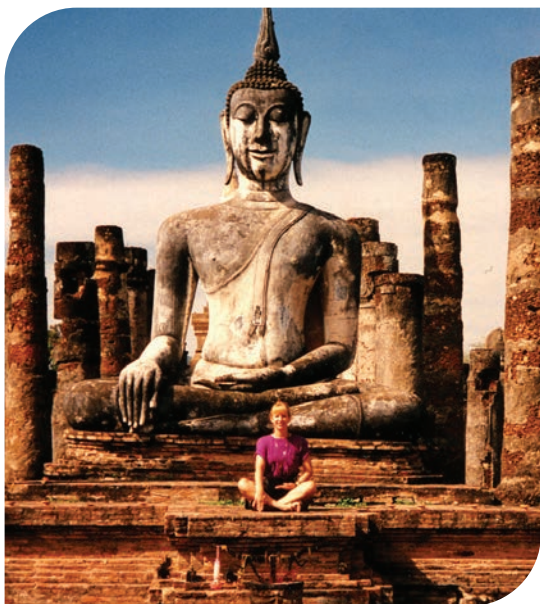
FCo7. Does the thought of speaking in front of others make you anxious? Do you have to make a presentation for the first time? Are you trying to get yourself out there and not sure how to start a conversation with people you don't know? Whether you're the college student that needs to make a presentation, a business leader that needs to get their point across to their team, or a meeting facilitator, this class is for you. We will talk about the components of effective public speaking, the do's and don'ts, and how to create your message and communicate effectively. You will create a presentation or bring one along and practice it in class. Materials will be provided.

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

February 7-28 | \$109

4 sessions

United Lutheran Seminary,
7301 Germantown Ave.



Gina Henry

THE ART OF EFFECTIVE INTERVIEWING

Su from 12:30 PM to 2:30 PM

FCo8. In this class, you will learn the art of effective interviewing. Whether you are reentering the job market or looking for your next opportunity, this class will help you prepare for the interview and the questions you will be asked. You will be sure to make a positive impression. Materials are included. Feel free to bring a resume.

Marci Goldshlack

January 22-29 | \$64

2 sessions

United Lutheran Seminary,
7301 Germantown Ave.

ONLINE BUDGETING BASICS

Th from 7:00 PM to 9:00 PM

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

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

March 16 | \$29

Parent & Child | \$35

The Comfort of Your Own Home

NEW ONLINE THE HOME PURCHASING PROCESS

Th from 7:00 PM to 9:00 PM

FC10. The several types of available mortgage loans have many complex moving parts. With interest rates on the rise, it's essential to understand the market and make a better informed decision when making what is most likely the largest purchase of your life. Make this class the first investment in your biggest one!

Ericka Neville

February 16 | \$32

The Comfort of Your Own Home

ONLINE \$50 WEALTH BUILDER

M from 6:30 PM to 9:00 PM

FC11. Safely invest with as little as \$50! Learn how you can grow money even in this tough market. In one information-packed session you can learn how to wisely and profitably begin building your own financial empire as a small investor. This seminar was created specifically to meet the needs of the low- and middle-income investor. Safely buy high-potential stocks for as little as \$50 a month (with no commissions!) while minimizing risk; buy gold and silver for as little as \$50; start a high-powered financial portfolio for \$100; invest in mutual funds; and virtually guarantee \$1 million for your retirement!

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

March 6 | \$49

The Comfort of Your Own Home

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



See Page 47

NEW! Habit Tracking with Bullet Journaling

See Page 33

NEW! Getting Your Business Found on Google



ONLINE ULTRA-INVESTING USING OPTIONS

W from 6:30 PM to 9:00 PM

FC12. Aggressive investing might make you a fortune! This class is not for the financially risk-averse. Learn strategies that experienced investors are using to make tremendous profits in the world of options. The instructor has students and clients who have turned \$2,000 into \$100,000 in under 6 months! Using options on stocks, indexes, gold, oil, currencies or other commodities, you can make a small fortune overnight or (if you're not careful) lose one. Learn safe strategies, how to speculate with as little as \$200, how to use options for quick gains or steady income. Learn all about commodities, how to make money no matter which way the markets go, and resources and websites that can help you.

Paul Mladjenovic

March 8 | \$49

The Comfort of Your Own Home

\$10 materials fee for software payable to instructor.

EMPOWERING WOMEN AS ENTREPRENEURS

W from 6:30 PM to 8:00 PM

FC15. This course will be directed to women and women entrepreneurs keying in on how women view success and failure, and how these views differ from men's. Building knowledge and skill empowers female entrepreneurs to succeed. We'll discuss common problems and how to overcome them to create opportunities, change our perceptions, and reinforce positive thinking. You will learn to define precisely your talent, product or service and to communicate it concisely and advantageously in daily conversations. You will create realistic goals while building relationships, networks and leadership skills and practice overcoming fear of failure by thinking positively with consistency.

Debra Malinics is the founder and owner of Debra Malinics Advertising. Debra has more than forty years of experience as an entrepreneur, business owner, author, speaker and mentor. Frequently interviewed on broadcast media, she has addressed international business forums and hosts "Communications Matters," a podcast series on VoiceAmerica Radio. She has taught advertising, design and entrepreneurship at area colleges and universities.

March 8 | \$32

Work Mt. Airy, 6700 Germantown Ave

NEW ONLINE OPTIMIZE LINKEDIN FOR CAREER SUCCESS

Th from 7:00 PM to 8:30 PM

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

Lynne Williams, Ed.D. 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.

March 2-16 | \$64

3 sessions

The Comfort of Your Own Home



Gary Kurtiss

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

W from 7:00 PM to 8:30 PM

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

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

February 22 -March 1 | \$49

2 sessions

Work Mt. Airy, 6700 Germantown Ave.

IMPACT FIRST: EFFECTIVE GRANT WRITING

Tu from 6:00 PM to 8:00 PM

FC17. Overwhelmed by the idea of applying for funding for your non-profit or research project? In this course, we go back to the basics of grant writing and learn to crystalize idea you are trying to fund. Over two weeks, participants will study the main components of grant writing, draft a proposal and have work reviewed by peers. The result will be a nearly finalized proposal.

Lynsey Farrell is a Senior Lecturer in Anthropology at the University of Pennsylvania where she directs the Africa program at the Lauder Institute for Management and International Studies. Lynsey has also served as Senior Consultant for a Nairobi-based organizational development consulting firm called Projects and Allied Consultants.

February 21-28 | \$59

2 sessions

United Lutheran Seminary,
7301 Germantown Ave.

ONLINE WORK FROM HOME AS A MEDICAL TRANSCRIPTIONIST

Th from 6:00 PM to 9:00 PM

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

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

January 19 | \$39

The Comfort of Your Own Home

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

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



Lynsey Farrell

RETIREMENT PLANNING TODAY

FC21. Are you worried about your retirement? Do you need some help planning for your future? Explore the many options and decisions regarding retirement needs, expenses, income sources, various kinds of insurance, and estate planning. Whether you are just beginning to develop a retirement plan or rapidly approaching retirement, this class is for you. Learn how to define long-term goals and return from the class with practical information you can apply immediately. Couples may attend together for a single registration fee.

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

A. March 7 - 14 | \$34

Tu from 6:30 PM to 9:00 PM

2 sessions

B. March 16 -23 | \$34

Th from 6:30 PM to 9:00 PM | \$34

2 sessions

LaSalle University, 1900 West Olney Ave.

Class will take place in Holroyd Hall

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

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.

February 23 | \$49

Mt. Airy Axis, 520 Carpenter Lane

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

UNDERSTANDING LONG TERM CARE

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

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

A. March 7 | \$32

Tu from 1:00 PM to 3:00 PM | In Person
NewCourtland's Germantown Campus
(Eisenhardt Bldg.)

B. March 16 | \$32

Th from 7:00 PM to 9:00 PM | Online
The Comfort of Your Own Home



NON-PROFIT START-UP MADE EASY

Tu from 7:00 PM to 9:00 PM

FC27. Are you thinking about starting a non-profit? Find out how Mt. Airy Community Services Corporation (MACSC) can make it easy to obtain the 501(c)(3) status, by-laws, other organizing documents, and insurance you might need in order to become a legal non-profit. Gain the information about the processes needed for incorporation whether you choose to join MACSC or incorporate independently. [MACSC is the umbrella for the Mt. Airy Learning Tree and other organizations serving Northwest Philadelphia.]

Bob Rossman is president of Mt. Airy Community Services Corporation, treasurer of MALT, and active in a variety of other community organizations. **Pam Pittenger** is the administrator of Mt. Airy Community Services Corporation.

March 14 | \$32

NewCourtland's Germantown Campus
(Eisenhardt Bldg.)

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

Visit: mtairylearningtree.org





Allison Houghton

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! Feel free to bring your own oils too.

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

March 11-18 | \$44

2 sessions

MALT Office, 6601 Greene St.

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

M from 2:30 PM to 4:30 PM

FHo4. Do you feel overwhelmed by stuff? Have unpacked boxes from your last move? Do you drown in papers? Break vows to organize? Enjoy some Clutter Tonic! Make happy decisions about what to let go of and how to organize the rest. Make real changes in your home and shifts in your routines that will make them last. Send almost nothing to the landfill. Buy no containers. Learn where to donate or recycle nearing 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 13-27 | \$64

3 sessions

NewCourtland's Germantown Campus (Eisenhardt Bldg.)

NEW GROWING GREENS IN WINTER

W from 6:00 PM to 8:00 PM

FHo2. Have you ever wanted to grow your own nutrient-dense greens and veggies in winter? Learn creative techniques for extending the season in the early spring with hoophouses, cold frames, and other do-it-yourself covers as well as tips for maximizing growing indoors and on windowsills. Grow salads all winter long!

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

February 8 | \$32

Cliveden Carriage House, 6401 Germantown Ave., rear

\$15 Materials Fee Payable to Instructor for Winter Greens Kit

NEW SOIL BUILDING 101

M from 6:00 PM to 8:00 PM

FHo5. Soil is ALIVE. It is teeming with near-invisible microbial allies just under our feet. Growing soil captures carbon, holds onto water like a sponge, increases biodiversity above and below-ground, grows more nutrient-dense crops, breaks down pollutants, and builds flood and drought resistance. Great soil also grows awesome plants, making gardening more effortless, rewarding, and fun! The science of soil is complex, but the principles for growing soil are relatively simple!

Allison Houghton

February 20 | \$32

Mt. Airy Axis, 520 Carpenter Lane

NEW FROM SEEDLING TO TRANSPLANT: THE SOIL BLOCKING METHOD

Su from 10:00 AM to 12 N

FHo7. Get a head start on your spring garden and ditch the plastic containers while you're at it! Soil blocking is a seed-starting method that uses pressed cubes of soil, resulting in healthier and happier seedlings ready for transplant to your garden. Join Courtney Jewell as she demonstrates this environmentally friendly, space saving method!

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

March 26 | \$32

NewCourtland's Germantown Campus (Eisenhardt Bldg.)

BACKYARD CHICKEN KEEPING

Th from 7:00 PM to 9:00 PM

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

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

March 23-30 | \$44

2 sessions

Mt. Airy Axis, 520 Carpenter Lane



NEW TO REPOT OR NOT: HOUSEPLANT CARE 101

W from 6:00 PM to 8:00 PM

FHo8. Whether you recently adopted your houseplant or have had one on your windowsill for eons, knowing how to care for it is essential to a thriving plant that will add to the beauty of your home for years to come. Join Courtney Jewell to examine the dos and don'ts of plant care, including watering schedules, proper soil composition, dividing and more! Bring one or two of your own plants, as well as a pot to transfer them to. Soil will be provided!

Courtney Jewell

February 22 | \$32

NewCourtland's Germantown Campus (Eisenhardt Bldg.)

\$10 Materials Fee Payable to the Instructor





Left to right, Brianna, Coette and Olivia of Natural State, a hair space for all.

NEW ONLINE WHAT COMES NEXT? A GUIDE FOR NEW PARENTS

M from 6:00 PM to 8:00 PM

FH06. Are you a first-time parent, or simply interested in knowing more about the newest addition to your family? If so, join us to learn more about how babies bond with their parents, develop, communicate and what they really need to be healthy. We'll cover topics ranging from breastfeeding, formula, what to expect at your doctor visits, and more!

Kathleen Watkins is a child development specialist and early childhood educator with fifty years experience as a parent and teacher educator. She is the mother of two, grandmother of two, and the author of eight books on child development/child care topics.

February 6-13 | \$48

2 sessions

The Comfort of Your Own Home

LISTING YOUR HOME FOR SALE

Sa from 10:00 AM to 12 N

FH17. Learn what kind of preparation you can do in order to list your home and get the best price you can. Topics include the best time to list your home, when to set your asking price, how to choose a sales agent, how to improve your home's appeal to the buyer, and what repairs you should do if you have a tight budget.

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

February 25 | \$35

MALT Office, 6601 Greene St.

\$5 materials fee payable to the instructor.

DEBUNKING CURL MYTHS

Su from 2:00 PM to 4:00 PM

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

Brianna Redner has curated a clientele with people from all over the world. Discovering how to enhance what people already have has become the mission of her professional career. She is Deva Curl Certified and celebrates it all: wavy, curled and coiled. **Natural State** is committed to offering a safe and welcoming home for the community, where individuality can flourish and self expression is celebrated.

January 29 | \$34

Natural State, 709 Bethlehem Pike, Glenside

NEW ONLINE ENERGY EFFICIENCY AND CONSERVATION FOR HOMEOWNERS

Th from 7:00 PM to 8:00 PM

FH09. Learn how to lower your energy bills. By understanding how your home works as a system and knowing the difference between energy efficiency and energy conservation, homeowners can make easy, low-cost changes to lower their energy burden. There is also a review in available programs for residential customers, including rebates/incentives to save even more.

Percy Rosales is a registered conservation services provider in Pennsylvania and is BPI certified in energy conservation measures. He has given hundreds of presentations on behalf of PECO, PGW and other agencies to help customers understand how to save money on their energy bills.

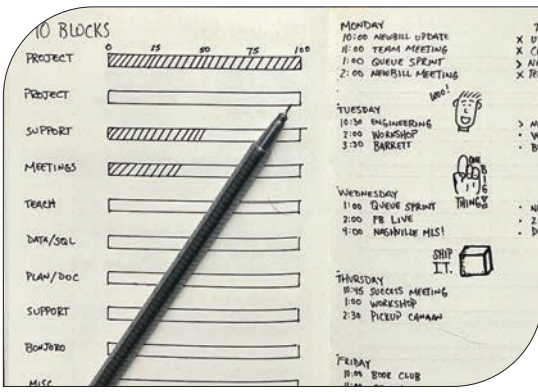
January 19 | \$29

The Comfort of Your Own Home

EAST FALLS MANAYUNK ROXBOROUGH

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

NEW! Come Zumba with Anna!	Pg. 5
NEW! Get Certified in Adult CPR/First Aid/AED	Pg. 7
Classic R&B Line Dancing!	Pg. 9
Beginning Belly Dance with Aneeta	Pg. 12
Weave a Melon Basket	Pg. 26
Weave on a Rigid Heddle Loom	Pg. 27
Glassblowing Workshop	Pg. 30
T'ai Chi - Yang Style: Beginning	Pg. 54
March Madness Basketball	Pg. 63
Health Through Posture	Pg. 59
Ping Pong: From Basement Hobby to Club Player	Pg. 62
Rowing at RowZone®	Pg. 63



NEW HABIT TRACKING WITH BULLET JOURNALING

Su from 11:00 AM to 1:00 PM

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

Kellen Sines has an extensive background in adult and community education, instructional design and technology, and training design and delivery. They use bullet journaling in all aspects of living.

March 19 | \$32

Work Mt. Airy, 6700 Germantown Ave

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.

FUNERAL PRE-PLANNING

Th from 6:30 PM to 8:30 PM

TW12. When is the best time to plan your funeral? Anytime but at the time of your death! Why leave the ultimate celebration of your life until the last minute? Here's your opportunity to ask a funeral director anything; no question is too little or silly--or too big and serious. We will also review the laws associated with burial, cremation and making a funeral purchase.

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

March 9 | \$32

Work Mt. Airy, 6700 Germantown Ave,

Consider taking a class
with a friend who
lives out of town.
This winter term we
are offering 58
online classes!



INTRO TO PIANO FOR KIDS AGES 5-7

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. Ages 5-11 years old.

Offered by the staff of **Chestnut Hill Music Academy** - a full service school in Chestnut Hill providing private lessons and training on all instruments and voice to all ages. The music academy's director is **Mickey Leone**.

February 9 - March 2 | \$44

4 sessions

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

BEGINNING GUITAR FOR KIDS

Th from 7:00 PM to 7:30 PM

KDo5. Has your child been asking about guitar? All the basic elements of guitar playing will be introduced in this fun class. Work on easy chords, strumming and accompanying all types of music from Rock to Pop to Gospel and Country. Then we'll do a quick intro of note reading and playing so kids can learn what all those little dots mean. Students need to have their own instrument. Ages 5-12 years.

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

February 9 - March 2 | \$44

4 sessions

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



NEW INTRO TO VIOLIN FOR KIDS

M from 7:30 PM to 8:00 PM

KDo7. Introduce your child to the world of music with this fun, interactive violin class. Learn how to hold the violin, use the bow and finger the notes. Explore more musical concepts through rhythm, and other play-based activities. No instrument required. Each child can use a school violin at the lesson. Ages 4-9 years old.

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

February 6-27 | \$44

4 sessions

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

NEW MUSICAL THEATER AND IMPROV

M from 4:30 PM to 6:00 PM

KD16. For Ages 7 to 15 years old.

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 23 - March 27 | \$175

10 sessions

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



Empower youth activists with Philly Children's Movement. Photo courtesy PCM.

NEW DANCING WITH TOMORROW'S STARS!

Th from 4:00 to 5:00 PM

KD15. It's the kids' turn to shine! Maestro Flaco is offering a Ballroom dance class for young folks ages 12-14, which culminates in a grand performance. Flaco has been teaching Ballroom in schools for over fifteen years to all ages of kids, and for the past six years at The Chestnut Hill Dancing School, so your kids are in great hands!! Manners and social etiquette are also a focus of the class, acquisitions important in dancing as well as life.

Marck "Flaco" Best is a native of Mt. Airy. As a master teaching artist, he holds roster artist positions with such prestigious arts education agencies as Young Audiences of NJ & PA, AIE, Perkins Center for the Arts, Appel Farm and Arts Horizons, and has a long-standing relationship with The Painted Bride Art Center, where he appears frequently.

January 26 - March 2 | \$79

6 sessions

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

Fern Bell Scholarships

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

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



NEW WEE WOKE, TOO: EMPOWERING YOUTH ACTIVISTS

Sa from 10:00 AM to 11:30 AM

KD17. Philly Children's Movement fosters space for families and young people to engage visibly at rallies, protests, marches, and actions — their powerful presence speaks loudly! Young people are often underrepresented and underappreciated activists and yet they are often strong, smart change-makers for their communities and the world. Through a range of activities, discussions, and actions, we will cultivate a kid-friendly, family-oriented safe space where your children can grow into their own advocates for justice. Facilitators will guide young people through tough conversations via kid-friendly play and activities. Participants will learn more about their identity while exploring the history and systems that are at play in the world around them. Young people will simultaneously take action, spark joy and engage in dialogue alongside a passionate peer community. For ages 6 to 14 years old. Parents and caregivers are welcome to join the class.

This workshop is taught by college students and recent graduates from **Philly Children's Movement**, a collective of families and educators talking, playing, learning, and rising up for racial justice! The nonprofit began in 2015 and has presented workshops in schools throughout the Philadelphia area and suburbs.

February 11 - March 4 | \$79

Parent & Child | \$99

4 sessions

Summit Presbyterian Church, 6757 Greene St.
at Westview



BALLET FOR ADULTS AND TEENS

Tu from 7:30 PM to 8:45 PM

DAo6. 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 graduated from Hope College in Michigan with a BA in Dance. She has been teaching in the Philadelphia area for seven years, mostly classes in ballet and creative movement for young children. She is very patient and loves to impart the joy of dance to her students.

February 14 - April 4 | \$108

no classes 3/21 and 3/28

6 sessions

Wissahickon Dance Academy,
38 E. School House Lane.

TODDLER BALLET/TAP, AGES 3-5

KDo8. This is a wonderful intro to dance that is both structured and fun! Children will learn basics of both dance forms including rhythm and positions of the feet and arms. We will also explore jumping, turning, creative movement and the experience of a solo performance! MUST be 3+ and potty trained.

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.

A. Th from 4:00 PM to 4:55 PM

February 2 - March 23 | \$120

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

February 4 - March 25 | \$120

8 sessions

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

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

TEEN HAIR CARE

Su from 1:00 PM to 3:00 PM

KD14. Are your kids and teens ready to learn more about their textures and how to style their hair? In this class we will have a model for examples of hands on practice for getting ready routines! From wet to dry we'll teach you how to properly shampoo, the easy steps and products to use and the importance of self care!

Brianna Redner has curated a clientele with people from all over the world. Discovering how to enhance what people already have has become the mission of her professional career. She is Deva Curl Certified and celebrates it all: wavy, curled and coiled. **Natural State** is committed to offering a safe and welcoming home for the community, where individuality can flourish and self expression is celebrated.

February 19 | \$34

Natural State, 709 Bethlehem Pike, Glenside



Join Christopher Coan for his Yoga/Pilates Mix class in person in the winter term.

YOGA/PILATES MIX

Th from 6:30 PM to 7:30 PM

EXo8. Stretch the muscles of the core with yoga, then strengthen the muscles with Pilates. This is a great combination for the body and mind. Suitable for those familiar with yoga and athletic beginners. Bring a mat.

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

January 26 - March 16 | \$99

8 sessions

Summit Presbyterian Church,
6757 Greene St. at Westview

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

Tu from 7:00 PM to 8:00 PM

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

Karen Rile is a writer, editor, and yoga teacher. She is a certified Flexibility Coach through Yoga Teachers College, where she earned her 200-hour yoga teacher certification.

February 28 - March 21 | \$59

4 sessions

The Comfort of Your Own Home

YOGA FOR STRENGTH AND STRESS RELIEF

MB12. Movement (asana), breath techniques (pranayama), and meditation are three tools of yoga that work together to increase 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 to enhance core engagement and others to enhance relaxation. Short meditation opportunities will be included as well.

Jen May has been practicing yoga for almost twenty years, and she is sure that yoga has helped her build a stronger, more balanced physical body, a nervous system that can better handle stress, and an ability to be more present for all the moments of life. Jen has taught high school science, and she loves learning and teaching about the body. Following childrearing, she adopted yoga as her profession and passion. She has taken basic and advanced trainings, and she loves to teach beginners and older beginners how to practice in a way that most benefits their daily lives.

A. January 23 - March 13 | \$99

M from 6:30 PM to 7:45 PM

8 sessions

Cliveden Carriage House,
6401 Germantown Ave., rear

B. January 25 - March 15 | \$99

W from 10:00 AM to 11:15 AM

8 sessions

Chestnut Hill United, 8812 Germantown Ave.

YOGA BASICS - MINI RETREAT

Su from 2:00 PM to 4:00 PM

MB05. Treat yourself to a mini retreat! This class is suitable for all levels, experienced and newcomers. You may think two hours is a long yoga class, but it flies by! We pause and take breath-&-beingness breaks. The extra time allows for hands-on assists to enhance your ability to adapt poses to your body's individual needs. The atmosphere allows you to go at your own pace with gentle guidance from a loving teacher. You will be happier, more at peace, better balanced, open and flexible. Please bring a yoga mat and feel free to reach out to the instructor for questions.

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

A. January 22 | \$39

B. February 12 | \$39

C. March 12 | \$39

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

YOGA, A CHAIR AND YOU

F from 11:30 AM to 1:00 PM

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

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

March 3-31 | \$74

5 sessions

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

NEW ONLINE YOGA: THE TREE POSE FLOW

Sa from 8:00 AM to 9:00 AM

MB21. Embrace your inner tree! Get grounded while building strength and stability in this restorative yoga class! This gentle flow focuses on Vrksasana (vrik-SHAH-sun), better known as Tree Pose. This class is presented in three segments: Foundation Building - the asana (poses); Breathwork - connecting and bringing awareness; and the Cool Down - a guided meditative visualization grounding journey through your favorite woods, greenspace, park, etc. Class also includes variations and modification suggestions.

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

January 21 - March 11 | \$99

8 sessions

The Comfort of Your Own Home

YOGA FOR BONE HEALTH

W from 5:45 PM to 7:00 PM

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

Linda Kish 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. In Person

January 25 - March 1 | \$95

6 sessions

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

B. Online

January 25 - March 1 | \$95

6 sessions

The Comfort of Your Own Home



Bobbi Tighe

NEW YOGA FOR ALL WITH ELYSE HIBBS

Th from 7:30 PM to 8:30 PM

MB61. A vinyasa yoga class for beginners and regular practitioners that are looking for a class that will offer options to support the exploration of body and identity. Come as you are and embrace the power that is within you. Class will be a combination of meditation, breath work, and physical movement. Language will be gender neutral and trauma informed. You will gain a deeper understanding of your needs in a yoga class through pose options and space to ask questions. You are encouraged to come as you are, whatever the body or identity is that day.

Elyse Hibbs discovered yoga in 2010 via a running club. The physical aspect was empowering. However, the mental and emotional growth was so life changing, that her first round of training was trauma informed yoga. In 2014 she became a registered yoga teacher. Her teaching experience includes, studios, offices, schools, and treatment programs.

January 26 - March 2 | \$95

6 sessions

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

The Comfort of Your Own Home

T'AI CHI - YANG STYLE: BEGINNING

W from 10:00 AM to 11:00 AM

MB07. T'ai Chi (or tai chi ch'uan) is claimed to be the oldest martial art. But 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 has even been shown to benefit those with Parkinson's disease. Tai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5 ft. square of open space. The Beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes.

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 18 - March 22 | \$129

10 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

MB08. T'ai Chi (or tai chi ch'uan) is claimed to be the oldest martial art. But 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 has even been shown to benefit those with Parkinson's disease. T'ai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5 ft. square of open space. The Continuing Class is for students who have learned the First and Second Third of the Cheng Man Ch'ing Short Form, or by permission of the instructor. Wear loose, comfortable clothing and flat, flexible shoes.

Vicki Mehl

January 18 - March 22 | \$129

10 sessions

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

T'AI CHI - YANG STYLE: INTERMEDIATE

W from 12:30 PM to 1:30 PM

MB17. T'ai Chi (or tai chi ch'uan) is claimed to be the oldest martial art. But 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 has even been shown to benefit those with Parkinson's disease. T'ai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5 ft. square of open space. The Intermediate class is for those who have learned at least the "first third" of the form, and/or has the teacher's permission. Wear loose, comfortable clothing and flat, flexible shoes.

Vicki Mehl

January 18 - March 22 | \$129

10 sessions

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

This class will take place in Widener Hall. Masks required. NOTE: You do not have to be vaccinated to be at the Center, but you must be so in order to be unmasked inside. Vaccination cards will be checked at the door.

T'AI CHI - YANG STYLE: BEGINNING

Tu from 11:30 AM to 12:30 PM

MB29. T'ai Chi (or tai chi ch'uan) is claimed to be the oldest martial art. But 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 has even been shown to benefit those with Parkinson's disease. Tai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5 ft. square of open space. The Beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes.

Vicki Mehl

January 17 - March 21 | \$129

10 sessions

North Light Community Center, 175 Green Lane



T'AI CHI CH'UAN: BEGINNING

Th from 7:00 PM to 8:00 PM

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

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

January 26 - March 30 | \$129

10 sessions

Chestnut Hill United, 8812 Germantown Ave.

T'AI CHI CH'UAN: CONTINUING

Th from 8:00 PM to 9:00 PM

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

Kurt Findeisen

January 26 - March 30 | \$129

10 sessions

Chestnut Hill United, 8812 Germantown Ave.

T'AI CHI FOR HEALTH

Tu from 7:00 PM to 8:00 PM

MB28. Since ancient times, the soft flowing movements of T'ai Chi have been used to improve and maintain health. Golden Breath is an internal art that uses movement with breath control and adapts easily for those who have trouble standing. This moving meditation is also great for improving general fitness, balance and coordination. Enjoy a gentle, complete workout to relax the mind, restore the body and rejuvenate the spirit!

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

February 7 - March 14 | \$79

6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Masks are required for this class.

NEW ONLINE QIGONG & HEALING SOUNDS OF POWER

Sa from 10:00 AM to 10:45 AM

MB03. Strengthen your bones, shield your nervous system, and replenish your energy reserves with QiGong and Healing Sounds of Power. We will be using specific postures and chanting sounds to internally vibrate the body into a state of balance for healing. Come and practice standing or even sitting down! All ages encouraged to come heal!

Nga El is a certified Tai Chi instructor, reflexologist, and medicinal essential essence practitioner. Nga takes a holistic approach to help people, regardless of age, confidently step into their wellness and beauty through natural and alternative healing. Nga's workshops are powerful, fun, safe and effective. Her services help reduce the anxiety and stress of everyday life that manifests in your life, and on your face.

February 18 - March 11 | \$49

4 sessions

The Comfort of Your Own Home

MINDFULNESS OF QIGONG

M from 7:00 PM to 8:00 PM

MB04. Classical QiGong brings healing, calm and clarity from antiquity to the 21st century. Wellbeing is cultivated with the synergy of breath, mind-heart, and movement. Using ancient techniques, we mindfully transform energy depleting stress into the energy of vitality. Taoist philosophical framework and practical methods support resilience in a rapidly changing world. QiGong forms are easily adapted to all physical abilities. Previous QiGong experience is not required. Students of all levels are invited.

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 20 - March 27 | \$79

6 sessions

Summit Presbyterian Church,

6757 Greene St. at Westview

ONLINE CRYSTAL ALCHEMY BOWL MEDITATION

Sa from 4:00 PM to 5:30 PM

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

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

February 18 | \$32

The Comfort of Your Own Home

"IS IT HOT IN HERE OR IS IT JUST ME?"-- HOLISTIC APPROACHES TO SAIL THROUGH MENOPAUSE

Sa from 10:30 AM to 12 N

MB09. This course will provide women with knowledge, tools, and solutions for a smooth transition into menopause. Together we will be walking through changes that happen within the body as a result of menopause, why naturopathic medicine gives you additional treatment options and tools outside of hormone replacement therapy, and safe/effective holistic approaches to alleviate symptoms associated with menopause.

Kristina Schieferecke is a licensed naturopathic doctor practicing in the state of PA. She received her degree from the Southwest College of Naturopathic Medicine. In her practice she works with women through all stages of life and has grown to appreciate working with menopausal women. Through this process she has treated and alleviated many menopause symptoms as well as worked with her clients to prevent complications from menopause such as cardiovascular and bone disease.

February 18 | \$34

Work Mt. Airy, 6700 Germantown Ave

NEW ONLINE DRAWING AND HEALING

Sa from 2:00 PM to 4:00 PM

MB11. This course will explore the connections between the physical act of drawing (body) and the different therapeutic effects that various composition techniques produce (mind). Discover a relaxation technique that will induce the peaceful state of mind essential to unblocking paths to spiritual growth and creativity. You'll need a small sketch book designed for mixed media that is a minimum size of 5" x 7", a black felt medium tip marker. (Paper Mates are good), and twelve colored pencils (I recommend Prismacolor.)

Djuna Wojton holds a BFA in Painting and is certified in Level Two in Neurographica. She is also trained and certified in many holistic therapies, including Reiki Master Level, Hypnotherapy, and Advanced Crystal Dreaming. With over thirty years of professional experience as a healer and psychic, seeing private clients and conducting group workshops, she authored *Karmic Healing: Clearing Past-Life Blocks To Present Day Love, Health and Happiness* (Crossing Press) and *Karmic Choices: How Making The Right Decisions Can Create Enduring Joy* (Llewellyn). They are both distributed worldwide and translated into seven languages.

February 18 - March 4 | \$74

3 sessions

The Comfort of Your Own Home

NEW ONLINE NUMEROLOGY AND DESTINY

Sa from 1:00 PM to 4:00 PM

MB13. Are you unsure of the path you are pursuing? Confused by the way things are going? In this workshop you'll discover your personal primary numbers that will help you understand both your challenges and your potentials. See yourself more clearly. Learn how to fulfill your destiny. Decipher your relationships: romantic partners, parents, children, business partners, clients, and others. This three-hour workshop will help you apply numerology in everyday events so that you make wise choices.

Djuna Wojton

February 4 | \$44

The Comfort of Your Own Home

Students should bring a notebook to class

NEW ONLINE RECHARGE WITH REIKI

Th from 7:00 PM to 8:30 PM

MB19. Discover how to saturate yourself easily and quickly with healing life-force energy wherever you are, whenever you need it. Imagine having nourishing and soothing vibes flowing from your fingertips during meetings, dentist appointments, and family dinners! It's a tremendous tool to have in your back pocket for preventative care and stressful times. Participants will receive individual attunements to open their energy channels, allowing access to this healing energy. No special skills or experience necessary.

Pamela Hipp began her Reiki journey in 2002 in Santa Fe, NM. Level 1 certification was being offered at the school where she studied massage therapy. After a few years of daily self-treatment showed her proof of the benefits, she began working with clients. She found that Reiki was often more effective at treating stress and pain than Swedish massage. In 2008, she completed Reiki Master Teacher training and began sharing this precious gift with others. These days, she offers sessions (gentle massage, Reiki, and her specialty hybrid treatment) in Mt. Airy. Empowering others to participate in their own wellness by developing self-care practices is an important part of her life's mission.

January 26 - February 16 | \$74

4 sessions

The Comfort of Your Own Home

CREATING NEW AND FULL MOON RITUALS

Su from 1:00 PM to 3:00 PM

MB25. The new and full moons are times of initiation, new beginnings, and a discarding of what no longer serves you! It is the time to assess how you want to navigate and grow in your life. Creating a wishful intention is magical. The new and full moons offer us unique energies of illumination and intention, to rid ourselves of the negative habits in our life.

During this 2-hour session we'll explore various ways to custom create a new and full moon experience so that each month you draw closer to living the life of your dreams! To accommodate diverse thoughts, beliefs and associations a non-denominational and non-judgmental environment is provided.

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

March 19 | \$32

Meet at Violets in Bloom, 7906 High School Rd, Elkins Park

NEW SPIRITUAL GUIDES: THE CASE FOR DOGS

M from 7:00 PM to 9:00 PM

MB30. Many of us cultivate spirituality through religion, meditation, physical discipline, and even dietary regimen. But perhaps unconsciously we achieve that goal through companionship with our pets. There are nearly as many dogs in American homes as there are households, and yet there are surprisingly few studies devoted to why this is so. This course is devoted to exploring this relationship and sensitizing us to ways in which dog companions function as guides to our spiritual development.

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 27 | \$39

MALT Office, 6601 Greene St.

Right, Andrew with his dog, Victoria.

LEARNING TO READ TAROT

W from 7:00 PM to 9:00 PM

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

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

January 25 - February 15 | \$64

4 sessions

Wesley Enhanced Living, 6300 Greene St.

Please bring a tarot deck to class (preferably Coleman/Waite a.k.a Rider-Waite) or a deck that you have been using for a while. NOTE: For this location, vaccination and mask wearing are required.

NEW ONLINE MINDFULNESS-BASED SELF-REGULATION

Su from 1:00 PM to 4:00 PM

MB22. This course utilizes mindfulness-based meditation, concepts in nervous system regulation, gentle yoga, and somatic therapies to teach you tools for reducing stress and anxiety, as well as to promote better, more restful sleeping habits. Over the duration of the course, you are asked to keep a journal to track your progress and keep what's working for you.

John Moletress is a private-practice somatic psychotherapist, ecopsychologist, educator and artist. Based in West Mount Airy, he has over 15 years of practice in insight meditation as a community member and teacher.

February 12 | \$45

In the Comfort of Your Home



ONLINE ALEXANDER TECHNIQUE: RETURNING TO YOUR EXPANSIVE NATURE

Sa from 11:00 AM to 12:15 PM

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

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

January 21 - February 4 | \$54

3 sessions

The Comfort of Your Own Home

ONLINE DEEP STRETCHING AND BREATHING FOR SLEEP AND MOBILITY

Tu from 7:00 PM to 8:00 PM

MB39. Feeling locked-up and achy in your hamstrings, hips, and shoulders? Do you have trouble falling asleep or sleeping through the night? Targeted deep stretching will help you sleep better and move through life with less pain. "Science of Stretching" is a mobility method that combines slow, passive yoga stretches with deep-breathing exercises to stimulate the parasympathetic nervous system and relieve muscle tension. This simple, science-based approach is effective for everyone; no experience necessary.

Karen Rile is a writer, editor, and yoga teacher. She is a certified Flexibility Coach through Yoga Teachers College, where she earned her 200-hour yoga teacher certification.

January 24 - February 21 | \$59

5 sessions

The Comfort of Your Own Home

ONLINE MORNING MEDITATION

W from 7:00 AM to 7:30 AM

MB38. Start off the day with an upbeat, positive, joyful energy to manifest all the happiness you want to bring into your life, to bridge the gap between what you desire and what keeps happening in your life.

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 22 to March 29 | \$48

6 sessions

The Comfort of Your Own Home

NIGHTTIME ADVENTURES: REMEMBERING AND INTERPRETING YOUR DREAMS

W from 7:00 PM to 9:00 PM

MB41. Brainwave studies show that everyone dreams every night, and throughout history people have noted their dreams' meaningful messages. How can we better remember them? Aside from their practical value, can dreams help us further develop our intuition and spirituality? After reviewing the basic biology of dreams, we'll spend each session learning principles of dreamwork from some major theorists (Jung, Taylor, etc.), understand symbolism, and go about helping each "scratch the surface" understanding our own dreams. Our goal will be to dialogue with our inner self and perhaps support each other in life changes we may wish to undertake as a result.

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. See more about him at davidlowm-sphd.com

March 15-29 | \$64

3 sessions

Summit Presbyterian Church,
6757 Greene St. at Westview



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Sophie Bernard

ONLINE KITCHEN RX: RESTORE YOUR HEALTH WITH FOOD AS MEDICINE

Tu from 7:30 PM to 9:00 PM

MB45. Make your pantry a better path to health than your medicine cabinet. Plant-based eating is a proven antidote to many of the chronic illnesses of our time. Medical research, for example, has validated nutritionist claims that the condition of pre-diabetes (affecting one in three adult Americans) can be reversed with a plant-based diet. Eating a whole foods diet has been shown to strengthen our immunological resistance to viral diseases—including COVID—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. Join us to learn more!

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

March 7 | \$32

The Comfort of Your Own Home

ALL ABOUT MEDICAL CANNABIS AND CBD

W from 7:00 PM to 9:00 PM

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

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

February 22 | \$35

Mt. Airy Axis, 520 Carpenter Lane,
rear mezzanine

HEALTH THROUGH POSTURE

W from 7:00 PM to 8:30 PM

MB16. Did you know that there is a correlation between your posture and your health? With improved posture, comes better alignment, balance and flexibility. It's never too late to move with more efficiency, improve your posture, strength and increase your longevity. Learn how all of these concepts are interconnected in this lecture format class. Fight the aging process and embrace health through movement!

Nicole Rodriguez is an exercise therapist. She is certified in Exercise Therapy Skills and Posture Alignment through the Egoscue Institute. She worked as an exercise therapist at Egoscue of Philadelphia before opening Pain Free Philly. She was disabled in a car accident and a chronic pain sufferer for years until she was healed by corrective exercises. Nicole works with clients privately and semi-privately at MovementRx Studio in Wynnewood, where she teaches strengthening/cardio and dance fusion classes.

February 22 | \$32

Elite Sports Factory, 5050 Umbria Street

NEW INTRO TO JUGGLING

M from 7:00 PM to 8:00 PM

SRO5. 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, and 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, qi gong, and contemporary dance, and he brings this diverse skill set to his classes and way of working with juggling for beginners and advanced practitioners.

January 30 - February 27 | \$69

5 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

NEW THE QUEEN'S GAMBIT: BEGINNERS CHESS FOR WOMEN

Sa from 1:00 PM to 3:00 PM

SRO7. Ladies, March is Women's History Month which means that it's your move! If you always wanted to learn the game of chess, then you don't want to miss this fun-filled, interactive workshop with one of the baddest female chess players in Philly. In this one of a kind class for women, you will learn basic chess fundamentals that will take you on a journey from learning the rules of the game, to applying chess principles used by the masters. You will leave with some winning strategies to impress your family and friends!

Jojo Gass is a chess enthusiast who has been playing chess for over 20 years. In addition to being one of the city's fastest female blitz players, she is also a student of Glenn Umstead; a chess master and legend who often entertains crowds by playing chess blindfolded.

March 25 | \$29

Grace Epiphany Church, 224 E. Gowen Ave.

For players 16 years old, and older

\$10 Materials Fee payable to the instructor at the beginning of class



Luther Bangert

NEW LET'S PLAY POKER: TEXAS HOLD 'EM

Th from 7:00 PM to 9:00 PM

SRO6. Learn how to play Texas Hold 'Em, the poker game that is sweeping the country! The class will cover hand rankings, basics of play, and the betting and raising system. You will also learn some basic tips that will make you not just a player, but a good player! Chips will be provided; no playing money needed. Sign up early as space is limited.

Becky Hanno (they/she) grew up in the Philadelphia area and currently is a bartender and musician living in Germantown. From a poker-playing family, they have participated in tournaments and have taught poker in casual settings for a number of years.

February 23 - March 9 | \$64

3 sessions

Wesley Enhanced Living, 6300 Greene St.

\$10 Materials Fee payable to instructor for Becky Hanno's Original Guide to Texas Hold 'Em

NEW KALI STICK TRAINING

Th from 7:30 PM to 8:10 PM

SR10. Learn basic stick strikes and blocks while developing hand-eye coordination, general coordination, discipline and general athleticism. Kali stick work develops quicker reflexes and reaction times, so important for self defense. Being able to react quickly also helps develop balance and response time for simple tasks throughout our daily lives. By the end of the course, each student will be able to perform the "open series" sequence with a partner as well as other supplemental drills. Single and double sticks will be utilized.

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

January 19 - February 23 | \$109

6 sessions

Action Karate, 11 W Mt Airy Ave.

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

NEW THE ABC'S OF BICYCLE MAINTENANCE

Sa from 11:30 AM to 2:00 PM

SR09. Learn the ABC's of springtime bicycle maintenance in this hands on class! Learn how to troubleshoot, fix a flat, clean a chain, smooth your shifting, and button up your brakes. This will be a workshop demonstration with plenty of time for questions.

Aaron Wilson is a bike mechanic, bird watcher, and bartender living in Germantown. A transplant from Michigan, he volunteered at and later managed the Armory Bike Union, a co-op serving the Jackson, Michigan community. He would love to show you pictures of his dog.

March 25 | \$34

NewCourtland's Germantown Campus (Eisenhardt Bldg.)



ONLINE INTRODUCTION TO DUNGEONS & DRAGONS

M from 7:00 PM to 9:00 PM

SR02. Why are so many people playing Dungeons and Dragons? What's the big deal? Is it really more fun than a video game? Why do people say it makes you smarter? Do I need to use some crazy accents when I play? Can I really do anything in the game? You will have the answers to these questions and more when you finish this class. This is an Introduction to Dungeon and Dragons combined with a one-shot adventure class. This four-hour experience will teach you all the basic game play and leave you feeling comfortable joining into a D&D game with friends.

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

January 30 - February 6 | \$49

2 sessions

The Comfort of Your Own Home



From tricycles to bicycles, Aaron Wilson's love of self-propelled transportation has never wavered.



MAH JONGG 101

M from 10:00 AM to 12 N

SR11. Have fun learning this ancient Chinese tile game. Using 152 tiles, players form hands and earn points. It's an intricate game that provides an exercise for the mind, an opportunity for social groups to get together, and is played competitively in tournaments throughout the US. (Students will be required to wear a mask at this class regardless of vaccination status.)

Barbara (Penny) 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.

January 23 - March 13 | \$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 \$10, available at nationalmahjonggleague.org.

MAH JONGG 201

W from 1:00 PM to 3:00 PM

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

Barbara (Penny) Delp

January 18 - March 8 | \$109

8 sessions

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

Students must purchase of the current year NMJL playing card in advance of class (preferably large print).

ONLINE CLASSIC DUNGEONS & DRAGONS

M from 7:00 PM to 9:00 PM

SRO3. Gamers who have completed "Introduction to Dungeons & Dragons" or more experienced players will enjoy this extended excursion into this popular fantasyland of gaming adventure guided by the founder of the online interactive Adventuring Portal. This will be a classic Dungeon and Dragons experience. You will go through character creation and then right into an adventure that you help create through your collaborative storytelling. Each session will be two hours long. We will have five sessions for a total of ten hours of gaming. All sessions will be online using Zoom for communication and Roll20 (free to register an account) to play.

Paul Lazrow

February 20 - March 20 | \$114

5 sessions

The Comfort of Your Own Home

PING PONG: FROM BASEMENT HOBBY TO CLUB PLAYER

Su from 10:00 AM to 11:30 AM

SRO1. Whether you are new to the sport or champion of your basement ping pong game, this class will help you improve. A fun sport that can be enjoyed at any age, table tennis is a great form of exercise that builds hand/eye coordination, reflexes and mental stamina. Improve with the best! 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 22 - February 12 | \$64

4 sessions

Trolley Car Table Tennis Club, 3300 Henry Ave.



See Page 15

**Stage Combat
with Kenneth Nichols**



THE ABCS OF CROSSWORDS

W from 6:30 PM to 8:30 PM

SR04. Crosswords are an amusing pastime that also offer a great platform for effective problem-solving. As an experienced editor at Games World of Puzzles magazine, Raymond can knowledgeably discuss both aspects of these word puzzles. In this class, he'll sketch the history of crosswords, describe their basic elements, discuss different kinds of clues, and—most important—he'll lead two "group solves." You may enjoy the experience so much that you begin doing the crossword daily!

Raymond Simon works full-time as an editor for Kappa Publishing, which specializes in the sort of puzzle magazines you can find in your supermarket or pharmacy magazine rack (word searches, fill-ins, sudoku, and, of course, crosswords). He's been at Kappa for a decade now and is fortunate to work on its flagship publication, Games World of Puzzles magazine. He is a certifiable "word nerd."

March 29 | \$34

Wesley Enhanced Living, 6300 Greene St.

For this location, vaccination and mask wearing is required.

ROWING AT ROWZONE®

M from 6:30 PM to 7:15 PM

SR22. The RowZone® workout is a unique blend of conventional rowing and full-body toning exercises. Change your routine today and see results tomorrow. Besides burning 600-800 calories, the RowZone(R) workout is low-impact so you can get all of the benefits of running, squatting, and lifting without the wear and tear on your body. Feel better and live better.

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

January 23 - February 27 | \$120

6 sessions

RowZone, 4401 Main St, Manayunk

You are encouraged to arrive 15 minutes early.

MARCH MADNESS

SR23. Join coach Brien Tilley on the hardwood for a four-week basketball clinic. It's hoop heaven in a first-class gym for "18 and ups" and all skill levels. Learn the rules and foundations of the game, practice fundamentals, and gain court awareness. It's a great winter way to keep in shape in the warm indoors. Play some "We Got Game" full- and half-court. It's a slam dunk!

Brien Tilley is the longtime baseball commissioner of Chestnut Hill Youth Sports, and a former president of the Chestnut Hill Community Association. He founded and organized the CHCA's annual Hoops Madness Basketball Tournament for six years. He is an avid athlete ready to share his basketball and team skills on the court.

4 sessions | \$64

Visit mtairylearningtree.org to confirm dates and times. Will be on Wednesday or Thursday evenings in March.

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Steven Standiford, MD, FACS
Tower Health Medical Group
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DAYTIME WEEKDAY CLASSES

MONDAY

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Stretch 4 Life for Seniors Online	pg. 6
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Still-Life Basics	pg.28

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Wow! 58 ONLINE CLASSES

FITNESS + HEALTH pg.4

Dance-It-Out! Fun Fitness
Hula Hoop Dance Cardio
Stretch 4 Life for Seniors
Bounce-It-Out on the Mini-Trampoline
Thriving After Breast Cancer
Navigating Heartburn and Reflux
Fierce and Fit At Every Age

DANCE pg.8

Hawaiian Tahitian and Hula Dance

WORDS + MUSIC + THEATER + FILM pg.13

Beginner's Harmonica for Adults (Ages 16+)
The Story of the Blues
Conversational French
Screenwriting
Submitting Your Work for Publication
French for Beginners
Writing Past Boundaries
Play the Ukulele: Getting Started

WALKS + TALKS pg.20

Spinning Stories in Paintings from Raphael, Matisse, to Mickalene Thomas
Artful Observations! Fantastical Flowers, Collage, & Buildings by Cassatt, Van Gogh
Winter's Wild Side:
Cold Weather Plants
Tree Tapping
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Drawing: Designing Characters
Appreciating Our Faces: All Kinds of Portraits

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How to Travel Free & Safely
Get Paid to Teach English in the USA, Overseas & Online
Work Remotely & Become a Digital Nomad
Investing for Justice - Tools and Resources
Budgeting Basics
The Home Purchasing Process
\$50 Wealth Builder
Ultra-Investing Using Options
Create Graphics for Social Media using Canva
Work from Home as a Medical Transcriptionist
Optimize LinkedIn for Career Success

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Understanding Long Term Care

MIND + BODY pg.51

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Yoga Breathing for Stress Relief, Digestion, Energy, and Deep Sleep
Drawing and Healing
Numerology and Destiny
Crystal Alchemy Bowl Meditation
Yoga for Bone Health
Recharge With Reiki
Yoga: The Tree Pose Flow
Mindfulness-Based Self-Regulation
Alexander Technique
Morning Meditation
Deep Stretching and Breathing for Sleep and Mobility
Kitchen Rx: Restore Your Health with Food As Medicine

SPORTS + RECREATION pg.60

Introduction to Dungeons & Dragons
Classic Dungeons & Dragons



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website to schedule a tour!



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www.cliveden.org

MALT General Policies

Non-Discrimination

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

Code of Conduct

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

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

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

Common Sense and Consideration

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

Unacceptable behaviors include:

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

Consequences of Unacceptable Behavior

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

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

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

Age Policy

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

Liability

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

Access

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

Below is a list of fully accessible MALT locations:

- Center on the Hill
- Chestnut Hill Friends Meeting
- Grace Epiphany Church
- NewCourtland-Germantown Campus, Eisenhardt Building
- Mt. Airy Axis
- Presbyterian Church of Chestnut Hill
- Summit Church (gym only)
- United Lutheran Seminary
- Wesley Enhanced Living

LOCATIONS

Action Karate

11 W Mt Airy Ave.
Philadelphia, PA 19119

Attic Brewing

137 Berkley Street, Philadelphia, PA 19144

Bella Mosaic Art Studio

6780 Germantown Ave.
Philadelphia, PA 19119

Chestnut Hill Friends Meeting House

20 E Mermaid Ln
Philadelphia, PA 19118

Chestnut Hill Music Academy

22 East
Chestnut Hill Ave.

Center on the Hill Presbyterian Church of Chestnut Hill

8855 Germantown Ave.
Philadelphia, PA 19118

Cliveden Carriage House

6401 Germantown Ave.

Chestnut Hill United Church

8812 Germantown Ave.
Philadelphia, PA 19118

Commodore Barry Arts and Cultural Center

6815 Emlen Street
Philadelphia, PA, 19119

East Falls Glassworks

3510 Scotts Ln.
Philadelphia, PA 19129

Elite Sports

5050 Umbria St
Philadelphia, PA 19128

Flaco's Dance Factory

411 Old York Rd.
Jenkintown, PA 19046

Grace Epiphany Church

224 East Gowen Ave.
Philadelphia, PA 19119

Lest We Forget Slavery Museum

5501 Germantown Ave
Philadelphia, PA 19144

MALT Office

661 Greene Street
Philadelphia, PA 19119

Mt Airy Axis

520 Carpenter Lane
Philadelphia, PA 19119

Mt. Airy Performing Arts Academy

230 E Gowen Avenue
Philadelphia, PA 19119

NewCourtland's

Germantown Campus

Eisenhardt Bldg.
6950 Germantown Ave.

Violet's in Bloom

7906 High School Rd,
Elkins Park, PA 19127

Northlight Community Center

175 Green Lane
Philadelphia, 19127

St. Martin-in-the-Fields

8000 St. Martin's Lane
Philadelphia, PA 19118

St. Paul's Episcopal Church

22 E. Chestnut Hill Avenue
Philadelphia, PA 19118

Summit Presbyterian Church

6757 Greene St.
Philadelphia, PA 19119

United Lutheran Seminary

7301 Germantown Ave
Philadelphia, PA 19119

Wesley Enhanced Living at Stapley

6300 Greene Street
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 15, 2022

- At indoor classes wearing a mask is strongly encouraged regardless of vaccination status.
- Teachers and students will be informed of the class location's COVID-19 policy prior to class if it differs from MALT policy.
- We will host our classes in rooms that have enough space to spread out with at least 3 feet of social distance, and we will limit the attendance to accommodate the class location.
- Partner Dance Classes: We strongly encourage students to take classes with a partner. You may be asked to change partners. Some of our dance classes are partners only classes.
- If you are not feeling well please do not attend class.

Some class locations require additional COVID-19 precautions.

Center on the Hill
Masks required unless proof of vaccination is provided

East Falls Glassworks
Proof of vaccination required

Wesley Enhanced Living
Proof of vaccination and masks required

Private Homes
Teachers may request that students are vaccinated and/or use a mask if the class takes place in their home.

The most recent information for each class will be in the class's online description.

4 Easy Ways to Register

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

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

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

Deadlines

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

Returned Check Policy

We must charge students \$15 for returned checks.

Age Policy

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

Deciding Upon a Course

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

For In-Person Classes

Updated on 8/15/22: MALT strongly encourages wearing a mask at indoor classes. Some locations may have a different COVID-19 Policy. Check our website for the most up-to-date policy.

Withdrawals

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

Refunds

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

Discounts and Scholarships

Discounts cannot be combined.

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

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

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

Tips from the Tree

Make Your MALT Class a Satisfactory Experience

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

REGISTRATION FORM

name

address

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	
Optional donation for Strengthen Our Roots Campaign	

As of 12/15/22: For Indoor Classes MALT Strongly Encourages Wearing a Mask. Some Locations may have a different COVID-19 Policy. Check our website for the most up to date policy.

Make check payable to MALT.

I hereby authorize the use of Mastercard/Visa:

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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.

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