

FALL 2022

MALT

MT. AIRY LEARNING TREE
NEIGHBORS TEACHING NEIGHBORS



MALT CELEBRATION
October 1

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



MT. AIRY
LEARNING TREE

260+ COURSES
SEP·OCT·NOV·DEC
IN PERSON • ONLINE

DIRECTOR'S NOTE

Fall is almost here, and we are ready! We've spent the summer crafting our most dynamic catalog yet, complete with over 260 classes for you to enjoy. And 85 of our classes are brand new!

Our autumn courses offer a seasonal touch: Take a fall equinox twilight hike, knit a beautiful moonwake cowl, decorate holiday cookies, make apple butter, forage through the woods with the Wild Foodies, or learn to make your own ink with botanicals.

Find peaceful moments —explore the healing sounds of crystal bowls, take a forest bath in the Wissahickon, seek happiness through deep meditation, or try one of our many yoga, t'ai chi, and qigong classes.

Express your creativity with colorful pastels or weave on a loom, make an engaging collage, or learn Bollywood dance routines. Want to Pretend to be Captain Kirk on Star Trek (honestly, who doesn't?)—take our new Intro to Sci Fi Improv Class!

You can write your memoirs, perform a 5-minute story, try stand-up comedy, write a song, then actually make a record. Get in shape with xtreme hip hop fitness, join our book club, or discuss the films from the 1930s. You can really do it all at MALT! Want to learn Italian? Yes, we have that class, too! And German, Spanish, and French.

As I turn the pages of our Fall catalog I see the extraordinary talents of our neighbors. They generously share their skills with our community every term, every year.

On October 1, we are hosting a community celebration. Please join us, meet our teachers, and help us show our appreciation. See you then, and have a great term!

Janet Greenwood Gala
Executive Director

CONTENTS

Words + Music + Theater	4
Talks + Walks	13
Arts + Crafts	21
Across the Creek Index	23
Computers + Technology	30
Cooking	33
Dance	38
Fitness + Health	43
Finance + Careers	48
Family + Home	54
Kids + Teens	56
Mind + Body	58
Sports + Recreation	68
Online + Daytime Classes	74
MALT General Policies	76
Updated Covid-19 Policy	77
Registration	79

**Thank You to Our Fall 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: Intro to Spanish (pg.11), T'ai Chi (pg. 58, photo by Rivkah Walton), Ballroom Dancing (pg. 38), Guitar for Beginners (pg. 12)



MALT COMMUNITY CELEBRATION!

Join us as we celebrate the beginning of Mt. Airy Learning Tree's Fall term! Enjoy music, dancing, teacher demos, plus delicious treats including sweet creations from the Frosted Fox Cake Shop, to mark this happy occasion.

Meet our teachers, learn about all of our fabulous classes and sign up.

We will also be honoring our teachers and announcing the very first winner of the Barbara Bloom Teacher Award.

Let's Celebrate! We hope to see you there!

Sunday, October 1 from 2:00 to 4:00 pm. Outside on the Lawn.

Grace Epiphany Church, 224 East Gowen Avenue, Philadelphia, PA 19119

MALT POP-UPS

We can't wait to be out in the community. Come visit us at these upcoming neighborhood events. Learn about our classes, register for the Fall term in person, and get to meet our board members, teachers and office team. If you are interested in teaching with MALT then stop by, visit with us, and learn more about how to get involved!

Sunday, September 11

5:00 to 9:00 pm

Salsa Night at Attic Brewing Co.

A dance party at one of the coolest breweries around! This free event includes a dance lesson with our instructor Marck "Flaco" Best. -Presented by Flaco's Dance Factory.

Attic Brewing Co.

37 Berkley Street, Germantown

Sunday, September 25

10:00 am to 2:00 pm

High Point Sunday Market

Live music, delicious treats and beverages.

High Point Cafe - Allens Lane Train Station
7210 Cresheim Road, Mt. Airy

Sunday, September 25

11:00 am to 5:00 pm

(rain date Sunday, October 2)

Chestnut Hill Fall for the Arts Festival

Enjoy a day of art, music and food along Germantown Avenue.

Wednesday, September 14

5:00 to 9:00 pm

(rain date Wednesday, September 21)

Supper Sessions Presented by Mt. Airy CDC

Enjoy Mt. Airy restaurants and guest food trucks. A DJ sets the vibe for the evening, plus there will be fun kids activities.

7100 block of Germantown Avenue

Thursday, September 29

9:00 am to 12:00 pm

Good Neighbor Day and Senior Expo

Join us at the Senior Expo, there will be giveaways, health screenings and more.

Roxborough Memorial Hospital
5800 Ridge Avenue, Roxborough

Saturday, October 15

12:00 to 6:00 pm

RoxYunk Porchest 2022

Musicians perform free concerts throughout the neighborhood. MALT will be there from 4:00 to 6:00 pm. Visit roxyunkporchest.com.

NEW 5-MINUTE STORY SLAM

W from 7:00 PM to 8:30 PM

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

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

October 5-26 | \$69
4 sessions

Wesley Enhanced Living, 6300 Greene Street

NEW INTRODUCTION TO IMPROV SCI FI

Tu from 7:00 PM to 8:30 PM

WM01. Do you love sci fi? Have you ever wanted to improvise a 60s Star Trek episode, a 90s Farscape / Matrix style sci fi, or a modern Superhero flick a la MCU? Have you already taken improv and want to learn how to improvise an entire Star Trek or Buffy episode? Then this is the perfect class for you!

Anita Nicholson currently performs with Bright Invention Ensemble and is on staff at improvutopia. She has trained at Philly Improv Theater and the Magnet. Regionally, she performed with ComedySportz's Improv Narrative Team, Liberty City Radio, PHIT Conservatory Class shows, and the New Jersey and Pennsylvania Ren Faires.

November 15 - December 6 | \$64
4 sessions

Summit Presbyterian Church, 6757 Greene St.



Marjorie Winther

INTRODUCTION TO IMPROV COMEDY

Th from 11:00 AM to 1:00 PM

WM05. Both brand-new and already-familiar folks are welcome to participate in this introductory improv workshop. Key concepts will be covered through circle games, scenework exercises, and class discussion culminating in a casual graduation show/celebration open to a small audience of the group's invitation. In a supportive environment, we'll develop our physical and verbal expression, mental agility, and ability to function as an ensemble. Whether one intends to continue improvisation onwards, or sees it as a spontaneous exploration of the unknown. The natural laughs generated when we vulnerably commit to silliness, hopefully, will help lighten the load of occasionally burdensome reality!

Alexandra Vogelsong is a trauma-informed and trained teaching artist who began improv comedy training about a decade ago to help re-wire her stage fright and social anxiety. As a neurodivergent and disabled individual, she appreciates chances to help coax folks' connection with themselves and with others. A theater background transitioned into a love of musical improvisation as well, and she enjoys focusing workshop themes.

September 29 - November 3 | \$89
6 sessions

Grace Epiphany Church,
Cline Auditorium, 224 East Gowen Ave.

NEW 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.

November 9 - December 7 | \$79

4 sessions

No Class 11/23

The Comfort of Your Own Home

NEW A GENTLE, FUN GUIDE TO DOING STAND UP COMEDY

M from 7:00 PM to 8:30 PM

WM27. This class is for the beginner. Have you thought of doing stand up for quite a while or had a sudden desire to try it out? Have your relatives or friends always told you you’ve got a great sense of humor? This class is also for anyone who would like to improve their act, or public speaking skills, or add some interest into business presentations. This class will culminate in a graduation live performance in a local club. You will be well coached and ready after five classes with a personal and unique standup routine. Bring a notebook, a willingness to fail, and be great!

Paul Lyons is a veteran comedian for over 30 years, he has taught stand-up comedy at UCLA and at The Improvisation. Paul taught Jim Gaffigan and many other working comics as well as business professionals who wanted to add humor to their presentations.

November 7 - December 12 | \$108

6 sessions

Philadelphia Folksong Society, 6156 Ridge Ave.

**NOTE: ACROSS THE CREEK CLASS TITLES ARE
IN PURPLE, SEE FULL LISTING ON PG. 23**

NEW THE ALCHEMY OF WORDS: A POETRY WORKSHOP

Sa from 10:00 AM to 12 N

WM12. As one famous wizard once said, “Words are our most inexhaustible source of magic.”

If you love poetry, then we are sure you agree. But what makes a piece of writing so powerful?

How do we take an idea and distill it to its most potent form? Poetry, like every craft, has a process—a playful exploration. In this workshop we will discover the process together. We will read, use prompts, and go on a wild writing romp. Then we will look back at our writing and find the words that matter most. Calling forth all poets, whether you know you’re one or not!

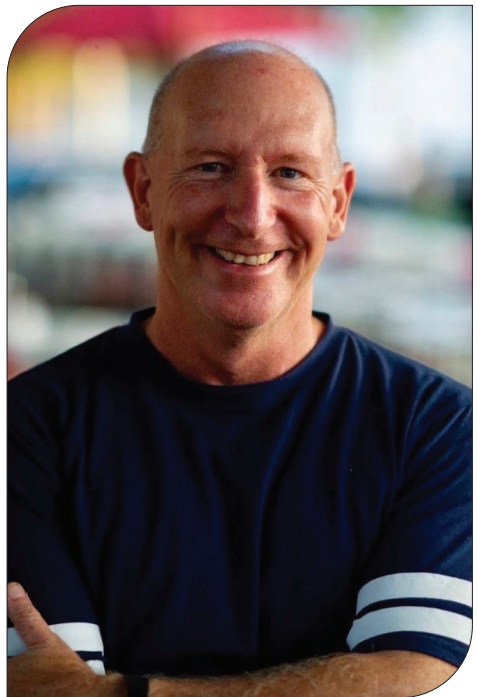
If you have a Morris Arboretum Membership, please call our office to register and you will receive the \$5 discount.

Melissa Lisboa-Underwood is a writer, violinist, editor of the Morris Arboretum Volunteer Newsletter, and the current McLean Contribution Youth and Visitor Education Intern at the Morris Arboretum

October 22 | \$35

Morris Arboretum, 100 E. Northwestern Ave., Visitor Center

Cost of the class includes admission to the Morris Arboretum



Paul Lyons



Vickie Hatcher
Mt. Airy's BTS Expert



BTS performing "DNA" during the Love Yourself concert in Nagoya,
13 Jan. 2019. Creative Commons, Author: I DARE U JK

NEW BTS: HOW A K-POP BAND BECAME A GLOBAL SENSATION

Su from 2:00 PM to 4:00 PM

WM18. There is K-Pop; and then there is BTS! The seven-member singing and dancing sensations from South Korea, more formally known as Bangtan Sonyeondan (Bullet-Proof Boy Scouts), set out to bring solace to Korean youth through their music. Along the way, BTS took the Billboard music charts by storm; sold out concert stadiums in less than thirty minutes; addressed the United Nations General Assembly three times; and most recently spoke before the White House press corps.

Join the MALT community for a lively exploration of the who, what, why and how of this paradigm-shifting group and their 55-million strong global fandom known as ARMY. See and experience their music; be a fly on the wall listening to them talking about struggle, success, and their bond with ARMY. Most of all, fasten your seat belts for an experience unlike any other.

Vickie Hatcher, a Mt. Airy resident since 2020, discovered BTS only after retiring from New York Presbyterian Hospital. Alerted to the group by one of her seven brothers, a life-long musician, she quickly became an ardent fan. She now declares to whomever will listen that BTS is the biggest cultural phenomenon of the 21st century.

October 16 | \$35

United Lutheran Seminary,
7301 Germantown Ave.

\$2 Materials Fee paid to instructor

EXPLORING THE UNIVERSE OF AFRICAN MUSIC

Th from 7:00 PM to 8:30 PM

WM20. What do artists such as Bob Marley, Fela Anikulapo Kuti, Nina Simone, Augustus Pablo and Sun Ra have in common? All created uniquely powerful musical art that had a profound effect on their audiences. Through their music and their lives they became forces for liberation, challenging the established order and inspiring people around the world to look at life in new ways. So great was their originality that to a large extent they created their own musical genres, and listeners claim the music leads them to a higher state of being. Join author Randall Grass of *Great Spirits: Portraits of Life-Changing World Music Artists* as he presents personal encounters of some of the most interesting and important musical artists of the past fifty years. Based on the author's meetings and interviews with these giants, he reveals the unique essence of each musician as a person, as an artist, and as a force for social change. Spanning the realms of jazz, blues, reggae, gospel, African, and Middle Eastern music, these artists epitomize musical creation at its highest level. In the class he will share and discuss great, and rare, music and video.

Randall Grass is a record company executive, writer, musician and former radio show host who wrote the book *Great Spirits: Portraits of Life-Changing World Music Artists*. In our winter term he presented our popular class, *Exploring the Universe of African Music*. He has written about African music for *Spin Magazine*, *Musician*, and *The Beat*, and is also the host of *The World Beat Dance Party* on WXPB-FM.

October 27 - November 10 | \$69

3 sessions

United Lutheran Seminary,
7301 Germantown Ave.

NEW SONGWRITING

M from 7:00 PM to 8:30 PM

WM26. Anyone can write a song. In this supportive class you will be encouraged to write one or more, and if you wish share them with the group for constructive feedback. We will go over some standard song forms (12-bar blues, AABA, etc) and chord progressions (I IV V; I vi ii V; etc), as well as ways to record your song, from rather simple with a smartphone app to quite robust software like Reaper DAW.

You don't need to play guitar. You don't need a great voice. You don't even need any talent, though that helps. Anyone can write a song. If you want to do so, let's get you started!

Charlie Cooper has been writing songs for most of his life, in fact he has written A LOT of songs, somewhere over 100 or more. He has been the principle songwriter in the Humbleman Band for over 25 years, and has self produced and released several records with Humbleman and other bands.

September 19 - October 24 | \$74

5 sessions

No class 9/26

Philadelphia Folksong Society, 6156 Ridge 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. For the love of singing will explore this joy and also develop your understanding of what it is to sing, develop your vocal range, strength and confidence. 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.

October 1 - November 19 | \$119

8 sessions

First United Methodist Church of Germantown, 6001 Germantown Ave.

\$5 materials fee payable to instructor

NEW 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 13 years out of a guitar shop which 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.

Soundchild Studio is a partnership between longtime friends and collaborators Will Brown and Leo Galbraith-Paul. Both are accomplished instrumentalists, producers, and engineers; Will is a platinum mix engineer and was recently nominated for a Grammy for his work on Maxi Priest's 2019 album It All Comes Back To Love, Leo is a producer and engineer who works with a lot of the city's brightest talent. Located in the heart of Germantown, Soundchild provides industry quality recording and production services in a comfortable, inspiring creative environment.

September 24 - October 15 | \$180

4 sessions

Soundchild Studio, 5607 Germantown Ave.



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 never read, in a bottom drawer. Learn how to write, and enjoy writing your memoir or personal essay, 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. Currently, she is writing and compiling her own personal essays in response to prompts she gives her students for their assignments.

November 5 - 19 | \$74

3 sessions

United Lutheran Seminary, Brossman Center,
7301 Germantown Ave.

\$8 materials fee payable to the instructor.

NEW 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

December 3 - 10 | \$64

2 sessions

Unttd Lutheran Seminary,
7301 Germantown Ave.

ONLINE SUBMITTING YOUR WORK FOR PUBLICATION

W 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 3-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 where to find journals and magazines to submit to. 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 uses their poetry to ask hard questions, interrogate inherited social narratives, and explore what it means to be human. They love teaching workshops and helping others connect to the wisdom and power of words. 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. They now live in Richmond with their partner and cuddly pitbull.

November 30 - December 14 | \$54

3 sessions

The Comfort of Your Own Home

ONLINE POETIC APPROACHES TO JUMPSTART YOUR WRITING

Th from 7:00 PM to 9:00 PM

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

Chelsea Jackson

October 6-27 | \$64

4 sessions

The Comfort of Your Own Home

NEW ONLINE SPIRITUAL AUTOBIOGRAPHY

W from 6:00 PM to 8:00 PM

WMo2. We define ourselves not only through formative personal experiences but also through emulating role models, subscribing to theories of personality development, or perhaps embracing religious or spiritual practices. If you want to explore more thoroughly the 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 professor at Rutgers, Rowan and other colleges in the area. He has a private counseling practice in Mt. Airy.

October 19 - November 9 | \$64

4 sessions

The Comfort of Your Own Home

See Page 70

SWORDFIGHTING FOR STAGE AND SCREEN



Chelsea Jackson

NEW MODERN CHINESE CINEMA

Th from 6:00 PM to 9:00 PM

WMo9. Post-Tiananmen, caught between a revolutionary past and capitalist future, some maverick Chinese filmmakers sought to capture the urban alienation and social instability in their country's rapidly changing economic landscape. The results were some of the most intimate, gritty, and entrancing films to come out of Asia in a generation. Every week we'll watch a carefully selected film from this period, followed by a fun and thoughtful conversation on what we've just seen. The course is great for cinephiles, as well as those watching international cinema for the first time!

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

September 22 - October 20 | \$59

5 sessions

Mt. Airy Axis, 520 Carpenter Lane,
Class will take place in the Living Room Area

NEW MOVIE NIGHT '30S STYLE!

M from 5:00 PM to 8:00 PM

WM19. Celebrate the golden age of movies: the 1930s and '40s. We'll watch some classic feature films as well as lesser-known ones, featuring stars like Jimmy Stewart, Barbara Stanwyck, Mae West, and many others- plus vintage cartoons and comedy shorts!

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

October 10 - December 12 | \$99

10 sessions

*Private home near Millman and Rex in Chestnut Hill

NEW BOOK CLUB: "LEAVING HOME"- -FICTIONS ABOUT MIGRATION

Tu 6:30 PM to 8:00 PM

WM30. This club will be discussing four fictional works that explore the experience of migration and assimilation by transnational authors originally hailing from Ireland, India, Cuba, and Pakistan: Colm Toibin, Brooklyn (2009); Jhumpa Lahiri, Unaccustomed Earth (2008); Wendy Guerra, Everyone Leaves (2008); and, Mohsin Hamid, Exit West (2017). Get books from bookshop.org or online shops. Also check out Hilltop Books (<https://bookshop.org/shop/hilltop-books>) and public libraries.

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

September 20, October 18 | \$44

November 15, December 13

4 sessions

Hilltop Books, 84 Bethlehem Pike

ITALIAN FOR BEGINNERS

W from 5:00 PM to 6:30 PM

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

Rodney Chonka has lived, studied, taught and traveled in both Italy and France. Rodney is fluent in French and Italian and has taught both languages over many years. He has toured wineries throughout Europe and the US and has led wine tastings at MALT since 2009.

September 29 - November 3 | \$89

6 sessions

No class 10/20

United Lutheran Seminary,
7301 Germantown Ave,

Right, Teenagers Inc. teachers and
MALT students speaking
Spanish together.

NEW ITALIAN II

Tu 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. Text Book required.

Rodney Chonka

October 25 - December 6 | \$89

6 sessions

No class 11/8 for Election Day

United Lutheran Seminary, 7301 Germantown

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.

September 19 - October 24 | \$89

6 sessions

The Comfort of Your Own Home



ONLINE CONVERSATIONAL FRENCH

W from 6:30 PM to 8:00 PM

WMo4. For intermediate and advanced students of French, perfect your communication skills by discussing in French your ideas, values dreams and goals. We'll explore topics, books and texts picked during our first class. Bring your questions and immerse yourself in the 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

October 12 - November 2 | \$79

4 sessions

The Comfort of Your Own Home

CONVERSATIONAL SPANISH CAFE

Sa from 11:00 AM to 12:30 PM

WM24. Here's an opportunity for people with a basic knowledge of Spanish to practice in a relaxed atmosphere. Planning a trip to Latin America? Want to refresh that high school or college Spanish before it's lost forever? Learn to express yourself in everyday situations using vocabulary relevant to practical life situations. Classes will explore a wide variety of topical themes.

Teens Inc will provide teen teachers who have been studying Spanish and wish to share their knowledge.

October 15 - December 10 | \$89

8 sessions

No class 11/26

Teens Inc, 84 Bethlehem Pike, rear

\$10 materials fee payable to the instructor.



Devan Merchant (holding the tablet) and his Introduction to Spanish students pose for a selfie.

INTRODUCTION TO SPANISH

W from 7:00 PM to 8:00 PM

WM15. Vamanos! You know you've been wanting to learn a new language for ages! Think of the places you can visit, the business relations you can improve, the restaurants you can have the insider scoop on! This small, entertaining instructor-led course will give you a jump start on speaking Spanish right away. It's so much more effective and organic than those language apps. Take the plunge!

Devan Merchant earned his degree in Spanish proficiency at the Autonomous University of Mexico. He speaks four languages and has lived in many parts of the world. Devan loves learning and teaching, and will partner with you to meet your goals. A California native, Devan now makes his home with his happy dog, Ridley, in Philadelphia, PA.

October 5 - 26 | \$59

4 sessions

North Light Community Center, 175 Green Lane

GERMAN IMMERSION: BEGINNER TO INTERMEDIATE

Th from 6:30 PM to 8:00 PM

WM23. Learn basic conversational German and grammar to create a good 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 students 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.

September 29 - November 17 | \$109

8 sessions

Work Mt. Airy, 6703 Germantown Ave

MALT's Updated Covid-19 Policy is on Pg. 77



ONLINE PLAY THE UKULELE: GETTING STARTED

W from 6:30 PM to 7:30 PM

WMo7. 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. Music choices are flexible but include folk, classic rock, blues and standards. Anne will provide information about ukulele resources.

Anne Stevenson Smith began playing ukulele in 2010, was the leader of the Philadelphia Mainline ukulele meetup group, and has taught uke workshops for beginners at the Philadelphia Folk Festival, with her trio, Lord Jake and the Ukuleladies. In 2014, she began teaching professionally, focusing on basic chords and best practices, and has taught uke workshops for the Philadelphia Folksong society.

September 28 - November 2 | \$79

6 sessions

The Comfort of Your Own Home

\$2 materials fee payable to the instructor.

PLAY THE UKULELE: NEXT STEPS

W from 6:30 PM to 7:30 PM

WMo8. This course is designed for those who are comfortable with basic chords and are looking to improve technique and expand repertoire. One session will introduce participants to chord melody style, another will focus on fingerpicking, and other sessions will address how to add some pizzazz to your playing.

Anne Stevenson Smith

November 30 - December 14 | \$59

3 sessions

Chestnut Hill Friends Meeting House, 20 East Mermaid Ln.

\$2 materials fee payable to the instructor.

GUITAR FOR BEGINNERS

M from 7:30 PM to 8:30 PM

WMo6. Did you always want to learn to play the guitar? Join us for a small group class that covers the essentials. Learn the parts of your instrument, basic skills for playing chords and build the muscles you need to play the guitar with confidence.

Zach Poyatt has been a student of guitar for 25 years and has been teaching others for nearly as long. He graduated from the University of the Arts in 2009 with a BM in Jazz Guitar Performance and currently teaches at the Settlement Music School. Zach has played with a wide variety of Philadelphia bands and enjoys teaching a range of styles including jazz standards, funk, pop-rock, folk, and traditional music. He believes learning an instrument can enrich one's life and loves teaching beginners of all ages.

September 19 - October 10 | \$69

4 sessions

Summit Presbyterian Church, 6757 Greene St.

This class is for adult learners aged 18+. Students must provide their own instruments.

ONLINE BEGINNER'S HARMONICA FOR ADULTS AGES 16+

M from 6:30 PM to 7:45 PM

WMo3. Learn to play simple traditional folk songs and elementary blues on one of America's most popular, portable instruments, the harmonica. Practice basic techniques such as bending, trilling, tongue-blocking, vibrato and "wah-wah." Individual attention is given to each student. No musical background is required.

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

September 19 - November 21 | \$94

8 sessions

No class 10/10 10/31

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.



NEW BASIC TREE IDENTIFICATION AT THE MORRIS ARBORETUM

F from 1:00 PM to 2:30 PM

TW23. Between scientific names and how “all of those leaves just look the same!” tree identification can seem daunting, but it doesn’t need to! Join Rebecca Roth at the Morris Arboretum for a guided walkthrough of basic plant characteristics and common families. She’ll share her favorite tips and resources for plant ID and give you the confidence to go out into the world and greet trees by their names. Wear good walking shoes. The walk will be gentle but may include some light-off roading to explore the Arboretum’s collection.

Rebecca Roth is the current Adult Education Intern at the Morris Arboretum. She’s had a life-long interest in the environment and sustainability. She has an undergraduate degree in history and a graduate degree in library science and is now exploring a new path in environmental education. She is a certified tree-tender with the Pennsylvania Horticultural Society.

October 21 | \$31

Morris Arboretum, 100 E. Northwestern Ave., Visitor Center

Class fee includes admission to the arboretum



CHANTICLEER – A PLEASURE GARDEN

F from 10:30 PM to 12:00 PM

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

Erin Dougherty will be your guide. She is the Public Programs Manager at Chanticleer Garden.

September 30 | \$39

Class fee includes admission (\$10 value).

Students must reserve a parking spot before the tour. Tour is rain or shine.

Chanticleer, 786 Church Road, Wayne

TAKE A WALKING TOUR OF TOURISON

Sa from 11:00 AM to 1:00 PM

TW07. East Mt. Airy has a fascinating and little known history, and many fabulous houses. Who built and designed these houses, and created most of what we now know as East Mt. Airy? Native son Ashton Tourison, Sr. was a builder with strong principles and a respect for beauty, community and integrity. He and his family created stunning residential architecture and contributed to Mt. Airy’s institutional architecture. Their legacy has lasted more than 100 years. Please join us as we journey back in time to circa 1905! Elise Rivers created and researched with the support of Historic Germantown.

Elise Rivers, Esq, MAc, was the Assistant Director of Preservation Worcester, MA, and the Executive Director of Landmark West, an historic preservation non-profit in the Upper West Side of Manhattan. Her passion for beauty in architecture has never waned, and she was inspired to create this walking tour, after living in, and loving, her Tourison home.

October 15 | \$31

Rain date: October 16. Meet outside at Lovett Library, 6945 Germantown Ave. at 10:45 AM (we will gather early and start walking on time!)

Optional \$20 fee, payable to instructor, for a guidebook and a video with much more information. All proceeds from sale of the guidebook donated to Historic Germantown.

NEW WALK ON THE WILD SIDE OF HISTORIC RITTENHOUSE TOWN & WISSAHICKON CREEK

Su from 10:00 AM to 12:00 PM

TW02. Lynn Landes, Founder of The Wild Foodies of Philly, will be leading the tour from Historic Rittenhouse Town through the woods, along a meadow, and then down a rocky path to the captivating Wissahickon Creek with its majestic rock outcroppings. Along the way, you'll be seeing wineberries, sassafras, spice bush, stinging nettle, wild ginger, sweet root, and many other "wild" edible and medicinal plants.

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.

October 9 | \$29

Historic Rittenhouse Town, 208 Lincoln Drive

NEW FALL FORAGING IN AWBURY ARBORETUM

Su from 10:00 AM to 12:00 PM

TW24. The seasonal cusp, where summer's waning bounty meets the just ripening flora of fall. And what better view of it than a walk through the vibrant landscape of Awbury Arboretum. This is the perfect time to learn about wild foods that can be preserved and plants that can be dried and processed into medicines for the coming winter. In her work with Wild Foodies, Lady Danni discusses the edibility of wild plants (and some of that will be covered), but her passion is the medicinal attributes of plants you often see and perhaps dismiss as invasive weeds. Intrinsically we hold the knowledge of how plants nurture us; we just need a little help remembering. By weaving botanical information with plant legend and lore, she hopes to change your mindset, so that you depart with an appreciation of plants once considered weeds.

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 is a member of Wild Foodies of Philadelphia, where she hosts group tours. She also offers workshops and private tours through Landed Gentress.

October 2 | \$29

Awbury Arboretum, meet at 6060 Ardleigh Street

14 | MT. AIRY LEARNING TREE/FALL 2022

NEW JOURNEY INTO THE MAGICAL CRESHIEM WOODS

Su from 10:00 AM to 12:00 PM

TW27. On this Halloween weekend, join mystic and Wild Foodie Alicia Rink, on a rocky hike exploring the magical land of the Creshiem Woods. This adventure will open your mind to the world of free food and medicinal options surrounding you. She will talk about her food creations, how her connection to Spirit guides her foraging and what "fair-trade" means to her practice. For those interested, after the foraging tour, Alicia will channel a blessing from the spirits of the Creshiem Woods and the land itself. Please feel free to dress to impress in your Halloween best.

Alicia Rink is a plant and spirit "medium", an enthusiastic "wild" cook, spiritual channel and artist. She inspires and empowers others to connect with nature and the divine within and out. She belongs to The Wild Foodies of Philly where she hosts public and private tours. She also offers individual intuitive and healing sessions as well as group spiritual messages.

October 30 | \$29

Meet at 7600 Germantown Ave.

NEW FALL EQUINOX TWILIGHT HIKE TO THE LOST CAVE OF THE WISSAHICKON

W from 6:00 PM to 8:00 PM

TW10. Join Kris Soffa, "Wild Woman of the Wilderness," and Eric Sabaroff for a Fall Equinox twilight hike to the Lost Cave of the Wissahickon, home of the first Doomsday Cult in America. We'll depart from the Hermitage Mansion at 6 pm and walk through the Hermit's Glen trail to the Hermit's Cave and beyond to Lover's Leap. A portion of this 2 mile hike is moderately steep and rocky. Wear sturdy closed toe footwear (no sandals). No pets please. Bring water, flashlight and be prepared to walk quietly in the woods on uneven trail surfaces.

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

September 21 | \$29

Hermitage Mansion, 700 Hermit Ln

NEW 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.

October 16 | \$31

Laurel Hill West Cemetery, 225 Belmont Ave,
Bala Cynwyd

NEW WALKING TOUR OF LAUREL HILL EAST CEMETERY

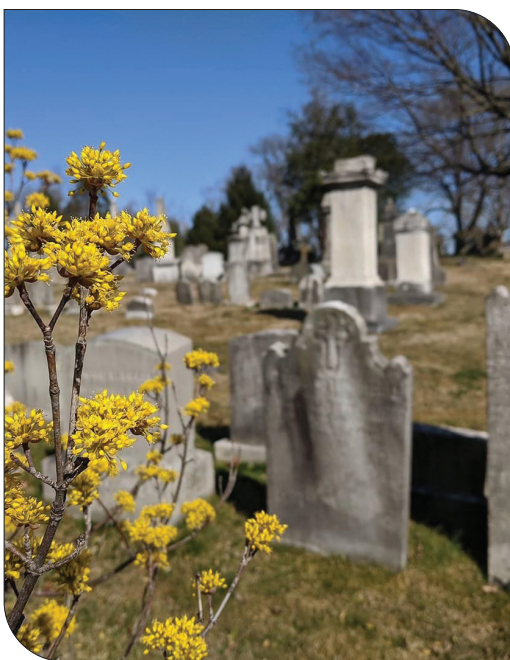
Sa from 10:00 AM to 12 N

TW12. Established in 1836 as the second garden-designed cemetery in the United States, Laurel Hill is the nation's first National Historic Landmark cemetery. John Jay Smith, the site's founding visionary, had planned for Laurel Hill to be a school of instruction in architecture, culture, landscape gardening, arboriculture and botany. Laurel Hill was not only established as a permanent, non-sectarian burial place for the dead, but also as a scenic, riverside sanctuary for the living. Join historian and author Tom Keels for this insightful tour through one of America's most celebrated cemeteries.

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

December 10 | \$31

Laurel Hill Cemetery, 3822 Ridge Ave.



NEW AMERICA LIES HERE: A HISTORY OF PHILADELPHIA BURIAL PLACES

W from 7:00 PM to 8:30 PM

TW14. Trace the history of Philadelphia and America through its existing and vanished burial sites, from colonial graveyards like Christ Church, to Victorian rural cemeteries like Laurel Hill, to modern memorial parks. Philadelphia's burial sites reflect 18th-century political and mercantile supremacy, 19th-century industrial strength and wealth, and the changing demographics of the 20th century. Through PowerPoint presentations, we will visit the graves of famous Philadelphians like Benjamin Franklin, General George Gordon Meade, Rebecca Gratz, Marian Anderson, and John Barrymore. We will also explore African-American, Catholic, and Jewish burial sites; discuss cemetery architecture and symbolism; and see how a number of historic graveyards have been reborn in recent years. Course consists of two 90-minute lectures and a field trip to Laurel Hill East Cemetery.

Thomas H. Keels

Class: November 2-9 | \$84

Tour: December 10 from 10:00 AM to 12:00 PM

3 sessions

NewCourtland's Germantown Campus (Eisenhardt Bldg.)

Following the two-session class, there will be a two-hour tour of Laurel Hill East Cemetery located at 3822 Ridge Ave.



Playtime, Inner City, 1976, by Allan Edmunds (Woodmere Art Museum: Museum purchase, 2015)

NEW THE ART OF PRINTMAKER ALLAN EDMUNDS

Sa from 2:00 PM to 3:00 PM

TW26 .Enjoy a special tour of Woodmere Art Museum's exhibition celebrating the art of Allan L. Edmunds, the founder and director of the Brandywine Workshop and Archives. Born in Philadelphia, Allan L. Edmunds is an artist and educator, master printmaker, mentor, and innovator. Known for his ability to expand the limits of printmaking by combining traditional processes with new technologies, Edmunds' compelling images employ a variety of print-making processes including lithography, offset lithography, and screenprinting. His work is included in the permanent collections of the African American Museum in Philadelphia; Renwick Gallery at the Smithsonian American Art Museum in Washington, DC; Philadelphia Museum of Art; Harvard University Museums in Cambridge, MA; University of Texas-Austin; and Pennsylvania Academy of the Fine Arts, and Woodmere Art Museum.

The Brandywine Workshop and Archives, one of the leading printmaking workshops in Philadelphia, was established in 1972. This year marks its 50th anniversary of promoting printmaking as a fine art, fostering collaboration, educational programming, technical experimentation, and engaging visual artists and audiences of diverse audiences and nationalities.

Hildy Tow, who will be leading the tour, is The Robert L. McNeil, Jr. Curator of Education at the Woodmere Art Museum.

Nov 12 | \$31

Woodmere Art Museum,
9201 Germantown Ave

NEW LOOK-SEE ART IN MUSEUMS: WOODMERE MUSEUM OF ART

Su from 1:00 to 2:30 PM

TW04. Learn new strategies for seeing and appreciating art in this fun 2-part program that begins in a creative and comfortable classroom setting. With this fresh approach, active looking can be practiced in any gallery. The second class is a decidedly different walk-through of Woodmere Art Museum in Chestnut Hill. Through the lens of exciting prompts and activities you will look deeply at and consider the special exhibition on view in a whole new light. Transportation and admission to the museum are up to the participant. Admission is free to the museum on Sundays.

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.

October 2-9 | \$39

2 sessions

Oct. 2 - class takes place at Wesley Enhanced Living, 6300 Greene St.; Oct. 9 - class takes place at Woodmere Art Museum, 9201 Germantown Ave.

NEW LOOK-SEE ART IN MUSEUMS: PHILADELPHIA MUSEUM OF ART

Su from 1:00 PM to 2:30 PM

TW25. Learn new strategies for seeing and appreciating art in this fun 2-part program that begins in a creative and comfortable classroom setting. With this fresh approach, active looking can be practiced in any gallery. The second class is a decidedly different walk-through of the Philadelphia Museum of Art. Through the lens of exciting prompts and activities you will look deeply at and consider highlighted works from the collection in a whole new light. Transportation and admission to the museum are up to the participant. Members free; at this writing, first Sunday is pay-what-you-wish.

Lynn Berkowitz

October 30 - November 6 | \$39

2 sessions

Oct. 30 - class takes place at Wesley Enhanced Living, 6300 Greene St.; Nov. 6 - class takes place at the Philadelphia Museum of Art, 2600 Benjamin Franklin Parkway

NEW ONLINE PAINTED REFLECTIONS: MIRRORS, METAL, BUBBLES, GLASS

Tu from 2:00 PM to 3:30 PM

TW03. Reflections in art — seen within mirrors or glancing off shiny metal, bubbles, and glass — provide an exciting interplay of meaning and interpretation. Mirrors and shiny metals can boost the illusion of space or make compelling connections to the artist. Bubbles can speak of moments of delight or the brevity of life itself. Glass, that holds and shields, can shatter and distort. Reflections can also act as a way of looking inwards; a way to grapple with identity and the very ideas of 'seeing' and 'being seen.' Each conversational-style class includes short videos to enrich the discussion.

Lynn Berkowitz

September 20 - October 4 | \$52

3 sessions

The Comfort of Your Own Home

NEW ONLINE ARTIST CIRCLE: FAMILY AND FRIENDS FROM MATISSE TO WARHOL

Tu from 2:00 PM to 3:30 PM

TW05. Family, friends, and their own images often pop up in artists' paintings. From the past to the present, painters find inspiration close to home along with the freedom to try new things. Here we will explore the 'who' artists are looking at, the emotions expressed, and the 'how' viewers perceive them. This is people-watching to the max, and the faces have a lot to say. Through the lens of diverse artists and 'isms,' you will examine paintings of Tanner, Marisol, and others in a decidedly different way. Each conversation-style session includes short, related videos.

Lynn Berkowitz

November 15-29 | \$52

3 sessions

The Comfort of Your Own Home

PHILADELPHIA MUSICAL HISTORY BUS TOUR

Sa from 10:00 AM to 1:00 PM

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

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

Clayton Prince is the Owner and Tour Operator of The Musical History Tours.

October 1 | \$44

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

Please note that there is a bathroom on the bus.

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. October 1 | \$20

Sa from 10:00 AM to 12 N

B. November 17 | \$20

Th from 10:00 AM to 12 N

The Lest We Forget Museum of Slavery, 5501 Germantown Avenue

NEW A GUIDED TOUR OF THE ACES VETERANS MUSEUM

F from 11:00 AM to 12:30 PM

TW19. Join Dr. Hankins for a curated tour of ACES Veterans Museum, committed to educating visitors to the history and accomplishments of Black and Minority WWII Veterans and their families. Have the opportunity to see rare artifacts of WWII and learn about individuals who changed history. We shall also have fun!

Althea Hankins is a MD who also holds a Masters in Education and Public Administration. She is actively involved in the preservation of Parker Hall, a World War II USO, honoring individuals who acted on hope for a better tomorrow.

October 14 | \$31

ACES Veterans Museum

Tours can be aided by the book, *ACTING On Hope*, found at ACES Veteran Museum and Barnes and Noble.

BUDDHIST PHILOSOPHY AND ETHICS

W from 1:00 PM to 3:00 PM

TW20. Buddhism has gained much visibility as an outstandingly peaceful and insightful religion, and its meditation practices are widely known. Learn about the history, doctrines of this faith, and see why its ethical practices are so admired by psychologists (and any number of celebrities). Similarities and contrasts with our country's Judeo-Christian heritage will be noted. We'll do a bit of Buddhist self-inquiry and meditation practice as well.

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

November 30 - December 14 | \$64

3 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill

ONLINE ALL ABOUT ONLINE DATING

M from 7:00 PM to 8:30 PM

TW18. Dating can be tough these days, especially if you're not adept at navigating the online dating world. Traditional ways of meeting partners – through family, in church and in the neighborhood – have all been in decline for decades. Success in online dating depends on many factors, including knowing which apps fit your dating goals; how to create a captivating profile; and how to write messages that guarantee replies. Are you confused about where to even begin? Sandra is here to help! Learn how to develop your best online dating persona to attract whomever you're looking for, from casual date to lifetime partner!

Sandra Wade is a model, actress, writer, filmmaker and web developer. She was an online dating trailblazer in the early 90's and her experience was documented by HBO in "Breakthroughs: Amazing Things to Come". She is excited to help you get back out there!

November 7 - December 12| \$69

6 sessions

The Comfort of Your Own Home



NEW PHILADELPHIA ZONING CODE AND YOUR NEIGHBORHOOD

W from 7:00 PM to 8:30 PM

FH09. Learn exactly what you need to know about the Philadelphia Zoning Code, how it works and the on-line tools that the City provides to help residents. You'll learn the differences between "by right," "use variance," "dimensional variance." You'll understand the roles of the local Registered Community Organizations (RCO), the City's Zoning Board of Adjustment (ZBA) and near neighbors in the variance review process.

We'll review the criteria that the City's ZBA uses to evaluate variance appeals. Students will learn how to use the City's online City Atlas to research your neighborhood and the ZBA online calendar to track zoning variances in your area.

1. Are you concerned about development in Northwest Philadelphia?
2. Do you want to be able to participate in the zoning variance review process?
3. Are you a concerned near neighbor to a proposed development?

If you answer yes to any of these questions, this course will help you participate as an informed neighbor to proposed development in your neighborhood.

Kelly O'Day is a retired professional civil/ environmental engineer, long term Mt. Airy resident and member of E Mt Airy Neighbor's Zoning Committee where he has reviewed many zoning variance cases.

October 5 - 19 | \$52

3 sessions

Work Mt Airy, 6700 Germantown Ave., lower level

NEW BUILDING RESISTANCE FROM THE GROUND UP

Tu from 7:00 PM to 9:00 PM

Two6. Social Movements often appear organic and spontaneous, but to bring about effective change they need strategies, tactics and goals. In this workshop you will get a brief overview of the history of social movements, and Saul Alinsky's "Rules for Radicals." Then students will learn how to organize, plan and build a campaign or action plan for a cause they care about, focusing on goals, strategies, and tactics. Working in small groups or individually, they will design one they can use out in the world.

Amy Cox is a retired professor of politics, peace and conflict resolution. She has taught courses on nationalism, social movements and political change. Amy has been a social justice advocate and activist for the last 20 years including 5 years in local and national student politics in Canada leading regional and national campaigns around tuition, whistle-blower protection, copyright issues, unionization of graduate assistants and divestment.

October 4 - 18 | \$72

3 sessions

United Lutheran Seminary,
7301 Germantown Ave.

Fern Bell Scholarships

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



NEW PERSPECTIVES ON THE BATTLE OF GERMANTOWN

Tu from 10:30 AM to 12 N

TW09. Join Cliveden's Education Director Carolyn Wallace to learn about the Battle of Germantown and unpack Washington's plan to liberate occupied Philadelphia. Find out what happened on that gray, foggy morning in October 1777 and see how the battle is remembered by the community and in art.

Carolyn Wallace

September 20 | \$25

Cliveden Carriage House, 6401 Germantown Ave., rear

PHILLY GAYBORHOOD AND LGBTQ TOUR: TELLING LGBTQ STORIES WITH PRIDE

Sa from 3:00 PM to 5:00 PM

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

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

October 22 | \$39

Meet at 13th and Locust Sts.

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 brotherly 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

October 8 | \$39

Meet at the Wawa on 6th and Chestnut Sts.

PRESERVING AND ADAPTING THEIR WORLD: THE WOMEN OF CLIVEDEN

Th from 10:00 AM to 12:00 PM N

TW01. Built in 1767 as a summer home to the Chew family, Cliveden was the site of the Revolutionary War Battle of Germantown in 1777. Explore the lives of the Chew family and their workers, both the enslaved and servants, from the 1760s until the 1970s. The tour will include Cliveden's current exhibition, Preserving and Adapting their World: The Women of Cliveden with Education Director Carolyn Wallace. Learn about how the exhibit was developed and have the opportunity to see objects from Cliveden's textile collections not currently on view.

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.

October 27 | \$25

Cliveden Carriage House, 6401 Germantown Ave., rear

★ **Save the date!** ★



★ **Revolutionary Germantown Festival** ★

★ **Saturday, October 1, 2022** ★
10 am - 4 pm | Rain or shine!

Join Cliveden & the sites of Historic Germantown for a day of fun while learning about our community's revolutionary history. Free & open to visitors of all ages!

cliveden.org/revolutionary-germantown-festival/


Rachel Field Shaw


Randall & Linda Miller


Member Sites of HISTORIC GERMANTOWN
Freedom's Backyard


LORETTA WITT HOMES


reed|group
Marketing Research & Consulting Services


William Penn Charter School
1689

NEW “HELLO, DAHLIA!” FALL FLOWER ARRANGING

Sa from 2:00 PM to 4:00 PM

AC22. The flowers of autumn stun the eye with their bold, warm, vibrant colors and inspire the gardener to find pleasing ways to bring the the outside beauty indoors. Visit the instructor’s organic CSA garden, featured in MALT’s 2022 Hidden Garden Tour, and learn the happy art of whimsical floral arranging. This class is designed to help any beginner understand how to use colors, textures and the natural world to put together florals in an unexpected and beautiful way. Students will depart with their vased, fresh-cut creations.

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 10 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.

October 15 | \$44

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

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

NEW ACRYLIC PAINT POURING - SWIPING AND SEA CELLS

Sa from 12:00 PM to 2:30 PM

AC03. Come and learn 2 new techniques in acrylic paint pouring! Swiping to form lacing and cells using a black background on canvas and metallic paint. Sea Cells - having fun with silicone - using shades of blue to create an underwater creation. Please bring a hairdryer with a wide attachment, if you can. Please bring a cookie tray covered in tinfoil, and wear your painting clothes.

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

November 5 | \$44

Grace Epiphany Church, 224 East Gowen Ave.

\$40 materials fee payable to instructor



NEW COLOR FROM NATURE: BOTANICAL INK WORKSHOP

Su from 1:00 PM to 3:30 PM

AC02. Make your own ink for drawing and fine writing from natural materials using flowers and plants growing in our green spaces and simple ingredients found in your kitchen! Bottle experiences of connection with natural places and experiment with your own plant-based ink in this workshop.

You will leave this workshop with a bottle of your own handmade botanical ink, a reference zine on ink making, a collection of your own drawings & ink samples, and knowledge to create your own collection of natural inks from homegrown and foraged botanicals

Nicole Dupree is a local textile artist, natural color enthusiast, educator and the primary maker behind Ampersand Textile & Design--a Philadelphia-based creative workshop producing handmade goods and art materials from reclaimed, natural, and thoughtfully sourced materials. Nicole pursues adventures in natural color foraging, dye garden cultivation, visible mending, rigid heddle weaving and more.

October 2 | \$54

Private Studio at Nippon and Bryan Sts.

All ink making tools and botanical supplies will be provided.

NEW ACRYLIC POUR PAINTING - WOODEN SERVING TRAY GIFT

Sa from 12:00 PM to 2:30 PM

AC05. A beautiful gift for yourself, or someone you love. Using pigments, and a 2-part epoxy, we will make a beautiful serving tray. We will be embellishing it with semiprecious stones, glitter, beads, or miniature shells. Please bring a hairdryer with a wide attachment, if you can. Please bring a cookie tray covered in tinfoil, and wear your painting clothes.

Julie Potter

December 10 | \$44

Grace Epiphany Church, 224 East Gowen Ave.

\$45 Materials fee payable to the instructor at time of class for paints, canvas, wooden tray, epoxy, semi-precious stone, glitter payable to the instructor.

MIGHTY MASH UP COLLAGE

Th from 7:00 PM to 8:30 PM

AC30. This course is not the kinder, gentler cousin of the soft and sweet scrapbooking. No, this course allows for and encourages using found images and mixed media to let go and blast your emotions out in a flurry of bits and pieces. Once you have found your voice and made a mess, just stand back with your hands firmly on your hips and say unapologetically, "Yea, that's what I meant!" Artists will explore a new means of image making and create at least one collage.

There will be demonstrations of various materials and techniques. Also, a condensed history and discussion of collage with an emphasis on artistic intent.

John Serpentelli has created several hand-made animated films using collage materials for HBO Family, Nick Jr., Sesame Street and PBS.

December 1 - 15 | \$59

3 session

United Lutheran Seminary, Brossman Center, 7301 Germantown Ave., room 209

\$20 material fee payable to instructor.

CREATIVE COLLAGE

F from 10:00 AM to 12:00 PM

AC13. This class is for anybody and everybody who wants to have fun and play with paper. Absolutely no previous art experience is necessary. You will be amazed at how easy, relaxing, and rewarding it is to make a collage. All materials will be supplied by the instructor. However, if you would like to bring your own materials to class, you may bring a pair of scissors, some paper (old magazines, wrapping paper, newspaper, calendars etc.), and some form of adhesive such as glue or a glue stick.

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.

November 11 - 18 | \$49

2 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill
8855 Germantown Ave.

GLASSBLOWING: ORNAMENTS AND CANDY DISH WORKSHOP

Tu from 4:00 PM to 9:00 PM

AC27. Join the talented instructors at East Falls Glassworks for a one-day workshop to create two beautiful glass pieces! Learn how to blow glass into delicate ornaments and a beautiful colorful candy dish. Keep your pieces or give them as thoughtful handmade gifts. No experience necessary; this class is great for beginners. Cost includes materials. 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.

Course fee includes all materials. Class structure will consist of 1 hour of instruction and introduction to the material first, followed by each student making a piece. Actual class duration may vary slightly based on enrollment.

East Falls Glassworks is Philadelphia's only public-access glassblowing studio!

December 6 | \$150

East Falls Glassworks, 3510 Scotts Ln.

Across the Creek

KNITTING FOR BEGINNERS 101

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 she has made numerous rectangles (scarfs), circles (hats) and triangles.

September 25 - October 9 | \$59

3 sessions

Mt. Airy Axis, 520 Carpenter Lane

Bring in 1 skein of yarn (acrylic or wool, not cotton) and bamboo needles OR pay a \$15 materials fee payable to the instructor.

NEW KNITTING FOR BEGINNERS 201

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 here. Learn to purl and start learning the basics of reading a pattern. We'll make a scarf from a simple pattern.

Dawn Malone

November 7 - 21 | \$59

3 sessions

Mt. Airy Axis, 520 Carpenter Lane

\$15 materials fee payable to the instructor.



Dawn Malone teaching Knitting for Beginners

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.

T'ai Chi - Yang Style: Beginning, pg. 58

Classic R&B Line Dancing!, pg. 40

Introduction to Spanish, pg. 11

New Songwriting, pg. 7

New A Gentle, Fun Guide to Doing Stand Up Comedy, pg. 5

Change Your Posture, Relieve Your Pain, pg. 46

Glassblowing: Ornaments and Candy Dish Workshop, pg. 22

Fall Equinox Twilight Hike, pg. 14

Ping Pong, pg. 68

Make Water Kefir - Kombucha's Cousin, pg. 35

Rowing at RowZone®, pg. 68

New Learn to Weave on a Rigid Heddle Loom. pg. 27

Row the Schuylkill - technically ON the river but we are including it here anyway :) pg. 71

NEW KNITTING THE MOONWAKE COWL

Th from 7:00 PM to 8:30 PM

AC19. Get really for the cooler months by learning to knit this beautiful Moonwake Cowl by popular designer Andrea Mowry. This is an intermediate knitting class where you will learn the provisional cast on, stranded colorwork and kitchener stitch. Students must know how to knit, purl and knit in the round. Students will be expected to make independent progress between classes.

Students should bring to class: a worsted weight yarn in 4 colors, at least 125 yds of each color, and two 16" circular needles, size US 7. A crochet hook for provisional cast on, size E, F, or G is recommended.

Nancy Sullivan has been knitting for 10 years and worked at a knitting shop where she frequently helped customers with their projects. She teaches knitting classes privately and is always eager to share her love of knitting with others.

October 6 - 27 | \$74

4 sessions

Grace Epiphany Church, 224 E. Gowen St.

DESIGN YOUR OWN JEWELRY WORKSHOP

Sa from 1:30 PM to 4:00 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. You will also learn how to choose the proper beading wire for your necklace, while attaching a clasp. Gain an introduction to basic wire wrapping techniques that can be applied to a variety of jewelry making. Learn jewelry terminology and all you need to know to navigate your way around a bead shop. 'Numi' teas and delicious vanilla boutique cupcakes will be served! And you'll be dressed for the occasion.

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.

October 1 | \$31

Wesley Enhanced Living, 6300 Greene St.

\$30 material fee payable to instructor

30-MINUTE JEWELRY CRAFTS

Sa from 10:00 AM to 1:00 PM

AC15. While roaming a big craft store you see a string of beads that just calls to you, and you don't have a clue how to turn them into jewelry. This class can take care of that! Learn to put together earrings, pendants, bracelets, key chains, and wine glass charms using beads, stones, charms, and wires available at most craft stores. We'll even make a wrapped wire ring!

Bea Quindlen loves to share what she's discovered and pass on the joy of crafting. We are lucky to have her teaching six of our crafts classes this term.

November 19 | \$45

Wesley Enhanced Living, 6300 Greene St.

\$10 materials fee payable to the instructor, plus optional purchase of jewelry pliers for \$5.



Y'vonne Page-Magnus teaching Design Your Own Jewelry
photo by Laurie Beck Peterson

ONLINE CREATE PROJECTS WITH A CRICUT MACHINE

Th from 1:00 PM to 3:00 PM

AC34. The class will cover how to use the Cricut Design Space program, access fonts and templates, upload images, work with different materials, etc. Class projects will work with card stock, everyday and permanent vinyl, and iron-on heat transfer vinyl (HTV). Students will attend their first session based on whether they will work on a computer or tablet/phone.

Bea Quindlen has been teaching for MALT since 2017. She loves crafting and sharing her experiences whether in a class setting or the aisle of a craft store.

A. Introduction to Design Space on a computer
October 6, 11:00 AM - 1:00 PM

B Introduction to Design Space on a tablet, iPad, or phone
October 6, 2:00 PM - 4:00 PM

October 6-27 | \$99

First session is either at 11:00 AM or 2:00 PM; the remaining 3 sessions are on Thursdays from 1:00 to 3:00 PM

The Comfort of Your Own Home

Material Fee of \$25 covers all project materials which will be mailed to the students in advance of the class.

DUST OFF YOUR SEWING MACHINE

ACo8. 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 making an easy pillow cover.

Bea Quindlen has been teaching for MALT since 2017. She loves crafting and sharing her experiences whether in a class setting or the aisle of a craft store.

A. December 3 | \$49

Sa 10:00 AM to 1:00 PM

B. December 3 | \$49

Sa 2:00 PM to 5:00 PM

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

M from 2:00 PM to 6:00 PM

ACo9. This class is a follow-up to "Dust Off Your Sewing Machine" and will build on basic sewing skills. Students 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 machines (how to thread, fill their bobbin, stitch a line).

Bea Quindlen

December 12 | \$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.



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NEW INTRODUCTION TO QUILT-AS-YOU-GO CRAFTING

W from 1:00 PM to 5:00 PM

ACo4. Quilt-As-You-Go is a method of sewing fabric, batting, and backing in one step. Of course, this method can be used to make full quilts but is ideal for pillows and placemats. Join us to learn this technique in time to craft some holiday accessories and gifts!

Bea Quindlen

December 14 | \$49

Wesley Enhanced Living, 6300 Greene St.

Material fee of \$20 payable to the instructor

Students need to bring a working sewing machine, scissors, and thread.

COLD PROCESS SOAP MAKING

Sa from 12:30 PM to 4:00 PM

AC16. Leave with 2 lbs. of your own customized soap incorporating oils such as coconut, olive, palm and cocoa butter with lye and water. The lye goes through a chemical reaction of saponification and is not present in the end product. This hands-on class will give you an overview of the process along with handouts to help you succeed making more in the future. After the soap has "cured," you will have hard, cleansing, lathering, moisturizing bars of soap. This handmade soap makes a lovely gift. No experience required.

Dora Johns has been a registered nurse for more than 30 years and uses her science and math skills in her cold process soap making classes. Dora has been teaching soap making to Mt. Airy Learning Tree students since 2014.

October 22 | \$49

Wesley Enhanced Living, 6300 Greene St.

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

Due to the use of lye, you must wear a long-sleeved shirt (cotton or natural fiber preferred); instructor will provide all supplies including safety equipment.

NEW 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. Find the sleeping child within yourselves!

We will be working in a safe, air filtering room, and masks will be strongly recommended to protect our health.

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.

October 6 - November 3 | \$110

5 sessions

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

A supply list will be attached to your receipt email after you register.

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 and apply good composition. 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

October 4 - November 1 | \$110

5 sessions

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

A supply list will be attached to your receipt email after you register.



Marcia Jones

MAKE YOUR OWN BODY BUTTER AND SUGAR SCRUB

Th from 7:00 PM to 9:00 PM

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

Cheri Skipworth

December 1 | \$31

Chestnut Hill friends Meeting House, 20 E. Mermaid Lane

\$25 material fee payable to instructor.

FUN WITH WATERCOLOR TECHNIQUES

F from 10:00 AM to 12 N

AC11. If you have always wanted to paint with watercolors, but have been afraid to try, this is the perfect place. geared for beginners, to start. 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

October 14 - November 4 | \$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.

EXPLORING OUTDOOR PAINTING

Sa from 9:00 AM to 12 N

AC14. Painting outdoors is enjoyable and a great way to learn about color and light. It's also a new way to appreciate and see the outdoors, and a great skill to take traveling. This class is for painters with some basic painting experience in any medium, who are interested in moving outside to paint from life instead of photos. Locations will be chosen to give a wide range of subjects, celebrating the wonderful possibilities of landscape painting outdoors in the Northwest corner of Philadelphia.

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

October 8 - 29 | \$125

4 sessions

Pastorius Park, Chestnut Hill.

Raindates - Sundays at the same time.

A list of material suggestions and location details will be emailed to painters.

CALLIGRAPHY

Sa from 10:00 AM to 1:00 PM

AC01. 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

October 29 | \$49

Presbyterian Church of Chestnut Hill,
8855 Germantown Ave.

\$10 materials fee payable to the instructor.



NEW LEARN TO WEAVE ON A RIGID HEDDLE LOOM

Sa from 1:00 PM to 4:00 PM

AC29. Did you ever wonder how cloth is made? Experience the joy of weaving on a rigid heddle loom. Learn basic weaving taught by members of the Philadelphia Guild of Handweavers (PGHW): how 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. No weaving experience necessary! Ages 15 and up. Course fee includes the Guild's \$25 equipment rental fee.

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

December 3 - 10 | \$89

2 sessions

Philadelphia Guild of Hand Weavers
3705 Main St., Manayunk

\$15 materials fee payable to the instructors.
Bring lunch. Class starts promptly at 10 AM.

See Page 16-17

ART APPRECIATION CLASSES WITH LYNN BERKOWITZ



REVIVING THE DRAWING DRAGON!

Th from 7:00 PM to 8:30 PM

AC17. 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. You might even take a possible 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 20 years ago to adults and children.

October 20 - November 10 | \$79

4 sessions

Wesley Enhanced Living, 6300 Greene St., Parlor

BEGINNING MOSAICS

W from 7:00 PM to 9:00 PM

AC23. Learn the art of mosaic! Make a beautiful wall hanging or mirror for your home. Explore the tools and techniques used in this ancient art form. Students will leave with a working knowledge of the art form and be able to do variations of the project at home.

Jessica Liddell, BA Arts Education, has been teaching ceramics to adults and children since 1995. She has exhibited her work nationally and has directed collaborative public arts projects in community centers, camps and schools, including the MALT Mosaic at Lovett Library.

September 21 - 28 | \$55

2 sessions

Bella Mosaic, 6780 Germantown Ave.

\$25 materials fee payable to the instructor.

NEW FUSED GLASS PICTURE FRAME

M from 7:00 PM to 9:00 PM

AC24. Learn about fused glass and make a special gift for the holidays in this introductory class. We will learn about different types of fusible glass and how to cut and shape it. Layer pieces together for a unique and functional gift. Projects will be fired in the instructor's studio kiln and will be ready for pick up approximately one week after the workshop.

Jessica Liddell, BA Arts Education, has been teaching ceramics to adults and children since 1995. She has exhibited her work nationally and has directed collaborative public arts projects in community centers, camps and schools, including the MALT Mosaic at Lovett Library.

November 14 | \$55

Bella Mosaic, 6780 Germantown Ave.

\$25 materials fee payable to the instructor.

NEW ETCHED: EVERYTHING BUT THE CHAMPAGNE!

Su from 7:00 PM to 9:00 PM

AC12. Kick your New Year's Eve celebrations up a notch with personalized champagne flutes and a timeless cheese plate you'll want to bring out for every occasion! Learn an easy technique for etching glass - using your initials, the year, and some fun trendy shapes, create a one-of-a-kind set for your New Year's Celebration. Each participant will etch 2 champagne flutes and a cheese plate with their own personal touch. Keep it for yourself or create easy and inexpensive gifts for family and friends!

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.

December 11 | \$31

Mt. Airy Axis, 520 Carpenter Lane

\$15 materials fee payable to the instructor.

DEVELOPING YOUR PHOTOGRAPHER'S EYE

Th from 7:00 PM to 9:00 PM

AC21. Would you like to improve your digital photography? Practice different compositional techniques each week. We'll review at least one image that worked and one that didn't for each student every week. Familiarity with your camera and how to change settings is required, although we will do some review in class. All camera types welcome—please bring them to class each week. For the first class, bring in a flash drive or media card with: 1) One of your favorite photos; 2) One or two images that didn't work out quite so well, all taken with the camera you plan to use in class.

Nicki Toizer was the Technical Director at MALT for 10 years. She has loved photography for more than 20 years and enjoys teaching others how to use their cameras.

November 3 - 17 | \$64

3 sessions

MALT Office, 6601 Greene St.

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

A. September 26 - October 10 | \$64

Monday, from 7:00 PM to 9:00 PM

B. October 13 - 27 | \$64

Thursday, 7:00 PM to 9:00 PM

3 sessions

MALT Office, 6601 Greene St.

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



Kaniesha Thomas

CANDLE MAKING

Sa from 2:00 PM to 4:30 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.

Decembr 17 | \$44

Grace Epiphany Church, 224 E. Gowen Ave.

\$10 materials fee payable to the instructor.

Want to teach a class at Mt. Airy Learning Tree?



Anyone with passion and knowledge for an interesting subject coupled with a desire to share has the necessary qualifications to teach. You can get information on teaching call our office or visit our web site www.mtairylearningtree.org,

**Winter Term proposal
deadline is October 1**

NEW ZOOM FOR COMPLETE BEGINNERS

M from 6:30 PM to 8:00 PM

CCo5. Has your favorite in-person meetup gone virtual? Interested in signing up for some of MALT's online course offerings but feeling hesitant? This course is for anyone who is starting from scratch with Zoom. Join MALT's Board President John Autin as he guides you through the steps to get Zoom up and running on your laptop, tablet, or smartphone. Learn how to join a meeting and all of the features you will encounter as you venture into the world of virtual meetups, classes, and events!

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. He is also the President of MALT's Board of Governors.

October 3 | \$32

United Lutheran Seminary,
7301 Germantown Ave.

BECOME A ZOOM HOST EXPERT

M from 6:30 PM to 8:00 PM

CCo6. Have you attended Zoom meetings but never had to be the host? Learn everything you need to have confidence running a meeting or online event. From setting up the event and sending out invitations to managing the chat box, waiting rooms and break out rooms. How to share your screen, record sessions and set-up audio will be covered. You will also get tips and strategies on how to keep your online event engaging for your guests

John Autin

October 24 | \$32

United Lutheran Seminary,
7301 Germantown Ave.

Students should bring their own laptop if able. Limited laptops will be available to borrow.

BECOME A ZOOM MASTER: THE NEXT LEVEL

Th from 6:30 PM to 8:00 PM

CCo7. You've taken the class CCo6 (or you already knew everything in its description). You've got the account. You know how to set up and run a meeting. Now how do you keep your audience engaged on Zoom? From learning how to conduct polls, setup breakout rooms, draw on the screen and using other tools in conjunction with Zoom, you can ensure that not only are your participants present, but they are engaged and can engage with your material without always having to speak up or show their face on screen.

John Autin

November 10 | \$32

United Lutheran Seminary,
7301 Germantown Ave.

Students should bring their own laptop if able. Limited laptops will be available to borrow.

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. There will also be laptops available to use at the class.

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 a Human Resources Administration, he trained supervisors and staff, worked the Help Desk, and performed network troubleshooting.

September 20 - October 11 | \$89

3 sessions

No class 9/27

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

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

NEW QUICKBOOKS FOR BEGINNERS

Tu from 7:00 PM to 9:00 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 20 years experience at the high school and college levels. In her role as property manager & bookkeeper for JTS Real Estate, she currently uses Microsoft Office and Quickbooks on a regular basis.

October 27 - November 10 | \$89
3 session

Presbyterian Church of Chestnut Hill,
8855 Germantown Ave.

\$40 materials fee payable to the instructor includes online access for an additional 4 months

INTRODUCTION 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.

November 21 - December 5 | \$66
3 sessions

United Lutheran Seminary,
7301 Germantown Ave.



David Grauel - photo by Laurie Beck Peterson

ONLINE GETTING TO KNOW YOUR IPHONE

Tu from 10:00 AM to 12 N

CC22. Have you just purchased a new iPhone, which was recommended by your daughter or son who told you that you can't live without it? Or are you seriously considering buying one and want to learn more beforehand? Or as a professional, were you advised that it would help you organize your life? Discover some of the wonders of the iPhone and learn how to become more productive in this hands-on two-part course. Students with an iPhone should bring it to class and are encouraged to discuss their favorite apps. Designed for iPhone 5 or newer.

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

October 25 - November 1 | \$49
2 sessions

The Comfort of Your Own Home

NEW ONLINE GETTING TO KNOW YOUR IPHONE APPS

Tu from 10:00 AM to 12:00 PM

CCo4. Did you know that more than 60 percent of adults ages 65 and older own a smartphone? If you're an iPhone owner of any age, you probably use mobile apps every single day. iPhone applications can educate, entertain and even make life easier. They enable you to get the most out of the computer in your pocket: your iPhone. Come join us to learn about and use some apps in this fun-filled hands-on class.

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

November 22 | \$31

The Comfort of Your Own Home

INTRODUCTION TO MICROSOFT EXCEL

Tu from 10:00 AM to 12:00 PM

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

David Grauel

October 18 - November 1 | \$89

3 sessions

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

Students will use laptops with Windows 11, Office 2010. Please bring your own laptop to class if you have one available. Let us know in advance if you would like to borrow a laptop for use in 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

November 29 - December 13 | \$89

3 sessions

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

Please bring your own laptop to use in class. Please let us know in advance if you would like to borrow a laptop to use during class.

MICROSOFT WORD AND POWERPOINT

Tu from 6:30 PM to 8:30 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, M.Ed. is an Accounting instructor with over 20 years experience at the high school and college levels. In her role as property manager & bookkeeper for JTS Real Estate, she currently uses Microsoft Office and Quickbooks on a regular basis.

November 15 - 22 | \$66

2 sessions

Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

\$25 materials fee payable to the instructor

NEW THE ART OF CLASSIC MIXOLOGY

M 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. Stay for the optional after class socializing til 9:30 pm.

Liz Schlatter 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.

October 10 | \$32

The Commodore John Barry Arts and Cultural Center, 6815 Emlen St.

\$15 materials fee payable to the instructor

NEW THE SCIENCE OF NOUVEAU MIXOLOGY

M 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! Stay for the optional after class socializing til 9:30 pm.

Liz Schlatter

November 7 | \$32

The Commodore John Barry Arts and Cultural Center, 6815 Emlen St.

\$15 materials fee payable to the instructor



Liz Schlatter

NEW COOKING YOUR WAY TO HEALTH WITH HERBS

Su from 1:00 PM to 3:00 PM

CK11. You can't walk down a street in Northwest Philadelphia without encountering the heavenly scent of lavender bushes wafting through the air as you pass by beautiful gardens tended by our neighbors. But did you know that herbs offer us so many benefits beyond their aromatic taste and smell? Join Dr. Kristina Schieferecke to learn how to cook with herbs such as basil, lavender, and mint as you uncover their health benefits. You will learn one simple recipe per herb that will soon be your newest favorite addition to your repertoire.

Kristina Schieferecke is a licensed Naturopathic Doctor. She graduated from the Southwest College of Naturopathic Medicine in July 2021 where she studied botanical medicine and its uses to support health and overall well-being. She is also an avid gardener who maintains a home garden and herb garden. She uses herbs all year long and cooks with them daily.

October 16 | \$34

Wesley Enhanced Living, 6300 Greene St.

NEW WINE TASTING: FOCUS ON ZINFANDEL

W from 7:00 PM to 9:00 PM

CKo3. In the wine world, Zinfandel is almost synonymous with California. Yet in the seemingly unending wine-growing regions of the Golden State, this dark-skinned grape has a myriad of expressions depending on the particular vintner and terroir. Whereas the wine first came to national prominence as a sweet pink blush in the 1970s, catering to the less than discriminating palates of the American consumer, over time, as tastes became more sophisticated, dry red Zinfandels of higher quality began to emerge such that today they can fetch premium prices among the cognoscenti. Confirmed by DNA analysis in the late 1990s to be identical to Italy's Primitivo, the grape first migrated from Europe in 19th century, finding great success in California's Napa and Sonoma counties. Join us for a deep dive into some of California's quality Zins, plus a comparison with a few Primitivos from the varietal's geographical origin.

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

A. November 9 | \$32

B. November 16 | \$32

Cliveden Carriage House, 6401 Germantown Ave., rear

\$13 Materials fee paid to the instructor

NEW VEGAN SAUSAGE MAKING

M from 7:00 PM to 9:00 PM

CKo6. Learn how to make vegan Italian sausage (yes, vegan sausage!), an oil free, soy free, cholesterol free alternative to beef, chicken or pork. Transform simple ingredients into healthy, nutritionally dense guilt-free sausage. We'll hand mix, roll, cook, and then eat what we create. Be prepared for great vegan/plant-based conversation, good food and take home a recipe packet plus a few other cool vegan goodies.

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

November 14 | \$32

Grace Epiphany Church, 224 E. Gowen Ave.

\$10 materials fee payable to the instructor.



Jacqueline Jonas

NEW ONLINE SWEET POTATO PIE, A SOUTHERN CLASSIC

Sa from 11:00 AM to 1:00 PM

CKo1. It's never too soon to start planning your holiday meals! This year, step up your dessert game with the Kitchen Doula. Learn how to make a delicious pie from scratch, starting with your crust and ending with a delicious home-made sweet potato pie! Carry this recipe with you through every holiday season.

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.

November 12 | \$34

The Comfort of Your Own Home

NEW ONLINE COCONUT CAKE, A HOLIDAY SHOWSTOPPER DESSERT

Sa from 11:00 AM to 1:00 PM

CKo2. Gear up for the holidays with the Kitchen Doula! Every cook should have one show stopping dessert to bring out for the holidays. Once you've perfected your pie making skills, take your baking to the next level! Learn to make my mama's famous coconut cake and wow your guests!

Jacqueline Jonas

December 3 | \$34

The Comfort of Your Own Home

NEW DEHYDRATING 101: DELICIOUS, NUTRITIOUS TREATS

Tu from 7:00 PM to 9:00 PM

CKo7. Learn how to preserve the nutrients and take advantage of whatever fresh local produce is available. We will make "Don't Make Me Nuts," a grain and nut-free granola or trail mix, delicious snacking bars - sweet and/or savory, gourmet crackers - with the option of using leftover juicing pulp or veggie and fruit scraps, and more! All recipes are gluten and dairy free, low glycemic index and will satisfy and soothe! Great options for even the pickiest of eaters. Expect a buffet of sampling and a packet of recipes for all the demonstrated snacks, plus extras! Bring a container 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.

October 11 | \$32

Mt. Airy Axis, 520 Carpenter Lane

\$10 materials fee payable to the instructor. Bring containers for leftovers.

NEW ONLINE VEGETARIAN NEO SOUL FOOD

Sa from 11:00 AM to 1:00 PM

CKo9. Soul food gets a bad rap for being unhealthy—that's about to change. Let's put together a down-home meal with an international twist. We'll make collard greens, cornbread, and a Ghanaian stew called red-red. Work on your knife skills, get kitchen organizing tips, and leave with samples and recipes.

Jacqueline Jonas

October 22 | \$34

The Comfort of Your Own Home

NEW DAIRY & GLUTEN FREE APPS AND SIDES

Th from 7:00 PM to 9:00 PM

CKo8. Learn to make quick, easy, delicious AND nutritious veggie dishes that will satisfy even the pickiest eaters! Learn how to use the spiralizer and mandolin to make noodles out of a variety of readily available vegetables. Students will make mac and cheese, miso/ginger noodle salad, pates and dressings that will become staples for no fuss meals and snacks. With a strong emphasis on presentation, food should look as good as it tastes! Feel free to contact the instructor with any food allergies or intolerances.

Dorothy Bauer

November 1 | \$32

Mt. Airy Axis, 520 Carpenter Lane

\$15 materials fee payable to instructor. Bring containers for leftovers.

MAKE WATER KEFIR, KOMBUCHA'S COUSIN

Sa from 12:30 PM to 2:30 PM

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

Dorothy Bauer

September 24 | \$34

Henry Got Crops, 7095 Henry Ave.

\$15 materials fee payable to the instructor

Below, Dorothy Bauer with her students





NEW ONLINE HOLIDAY COOKIE WORKSHOP

Su from 12:00 PM to 2:00 PM

CKo4. Join Lisa in a fun-filled baking extravaganza! Sprinkles, and icing, and cookies galore! Whether you're a seasoned cookie-making pro looking for new inspiration or a novice looking to bring some sweets to your next family gathering, this class is for you.

Lisa Norris's grandmother was the best Southern cook! Lisa's curiosity to learn more led her to study Food Science in College, and her eagerness to discover new cultures and cuisines ignited her wanderlust to travel and take cooking classes abroad. On her travels she saw the power of food and how it could turn strangers into friends within kitchens and across tables. Over the years she's shared her passion with others as a culinary instructor, foodpreneur and blogger.

December 11 | \$34

The Comfort of Your Own Home

NEW DECORATING TRICKS & HALLOWEEN TREATS

Sa from 12:00 PM to 2:00 PM

CKo5. Join Lisa for a fun-filled afternoon of baking and celebrating! Halloween isn't just for kids, so come dressed in your best costume and learn how to decorate delicious treats perfect for your All Hallows' Eve party. Wow your guests with spooky cupcakes and haunted cookies!

Lisa Norris

October 29 | \$34

Grace Epiphany Church, 224 E. Gowen Ave.

LEARN TO MAKE APPLE BUTTER

Th from 6:00 PM to 8:00 PM

CK12. Learn how to make apple butter at the Tree House after visiting the newly planted Philadelphia Orchard Project Phood Phorest. Bring a dozen of your favorite apples and a jelly-sized jar, and slice, cider, simmer, and season your way to delicious apple butter. Originating in the monastery orchards of Germany, apple butter was brought to Pennsylvania, and conceivably here to German Township, by early colonists as a way of preserving their apple harvest. Fun fact: There is no butter in apple butter! Its name comes from its smooth texture.

Christina Moresi, M.Ed. Christina is the Environmental Education Planner at the Tree House, and the proprietor and propagator of Gowen Gardens. The Philadelphia Orchard Project Phood Phorest, was born from an autumn dream after over 15 years of cinderling with groups, families, and adults, and volunteering in other food forests. Today, her love of education, native plants and snacks have merged, and she is excited to introduce how to bring a food forest home.

September 22 | \$20

Wissahickon Environmental Center, 300 Northwestern Ave.

Bring a dozen of your favorite apples and a jelly-sized jar.

NEW ONLINE MEALTIME MADE EASY WITH CROCKPOT COOKING!

W from 6:00 PM to 7:00 PM

CK13. Did you know you can use your crock pot for more than just soups? The crock pot is an easy way to make a meal without having to turn on the oven and heat up the kitchen! In this 1-hour zoom class you can follow along and make a crockpot meal for your home, plus learn many recipes you can use in the crockpot. From satisfyingly sweet Peanut Butter Baked Oatmeal to a classic savory Chicken Cacciatore there's a recipe for everyone! Be inspired to use this device often (if not weekly) for your meal prep, family cooking and enjoyment of winter comfort foods.

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

December 7 | \$32

The Comfort of Your Own Home

MAKING DELICIOUS SOURDOUGH BREAD

Sa from 2:00 PM to 4:00 PM

CK19. In this two-week class you will learn all you need to know to get you started on your road to sourdough success. In week one, you'll learn the basics of making sourdough bread, and how to make a starter. In week two, you'll learn (and experience) mixing all ingredients and kneading your bread, tips and tricks for shaping and baking your loaves. Soon you'll be making your own fresh bread weekly!

Antun Losonc moved to Philly 23 years ago from Europe only to discover that there were no corner bakeries so he began making his own fresh homemade bread. Over the last five years he started making sourdough bread and never looked back.

December 3 - 10 | \$42
2 sessions

Private home near Germantown Ave. and Gorgas Lane

NEW THE INS & OUTS OF COFFEE ROASTING

Su from 10:00 AM to 12 PM

CK14. Many of us start our day with a freshly brewed cup of coffee, but have you ever wondered how your treasured morning ritual came to be? Join us at Many Hands Coffee Co., an artisan roaster located right here in Northwest Philly dedicated to the idea of positive change through community connectedness and profit sharing. We'll answer all of your burning coffee questions! Speak directly to a roaster and learn how they ethically source beans, roast, bag and brew! Delight your senses in this enriching course all about this blessed bean.

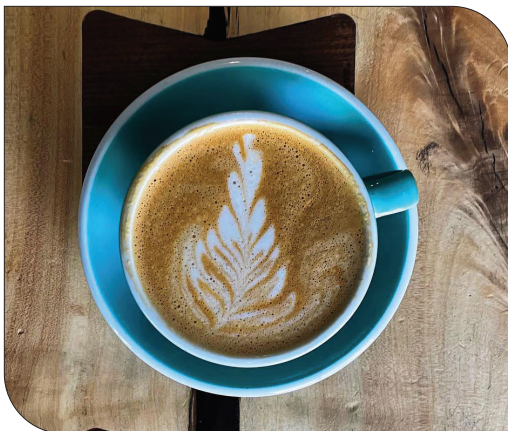
We began roasting and brewing our fair trade and organic coffees in early 2021 in Northwest Philadelphia and now run a coffee oasis in Love Park. We bring our coffee truck across the region to festivals, private events, and beyond. By creating unique partnerships with wholesale customers and vending opportunities, we share our profits with folks doing incredible things in their local communities.

Miles Butler, owner of Germantown Espresso Bar and Many Hands Coffee Company.

November 20 | \$31

Many Hands Coffee Co., 6326 Germantown Ave.

\$10 Materials fee payable to the instructor



NEW HOW TO BREW THE PERFECT CUP OF COFFEE

Su from 10:00 AM to 12 PM

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, owner of Germantown Espresso Bar. Germantown Espresso Bar is a community-centric coffee shop located on beautiful Maplewood Mall in the heart of the Germantown Business corridor. Since 2017 they have been offering fair trade and organic coffees, tea, pastries, sandwiches, and locally made products to their friends and neighbors.

December 4 | \$31

Germantown Espresso Bar, 26 Maplewood Mall
\$10 Materials fee payable to the instructor

INTRODUCTION TO TEA

Th from 6:30 PM to 8:30 PM

CK18. Students will be introduced to the world of tea. A brief history and the different types of teas will be discussed. We'll also 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 from around the world, guidelines for brewing different types of teas, and the health benefits of tea. We will brew 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.

October 20 | \$31

Holistic Health Suite Cafe, 6802 Old York Road
\$5 materials fee payable to the instructor.

BALLROOM DANCING: THE BASICS

Th from 7:45 PM to 8:40 PM

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

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

September 29 - November 17 | \$140 for couple

7 sessions

No class 11/3

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

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

Debra Klingler

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

September 29 - November 17 | \$140 for couple

7 sessions

No class 11/3

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

Presbyterian Church of Chestnut Hill
8855 Germantown Ave

INTERMEDIATE BALLROOM DANCING

Th from 6:45 PM to 7:40 PM

DA03. This course is a continuation class in ballroom dancing, geared toward those who are already comfortable with the core steps of the most common ballroom dances. This season's focus will be on rumba. As you add 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 basic ballroom dancing class taught by Debbie; this requirement can only be waived with permission of the instructor prior to the beginning of the course.

September 29 - November 17 | \$140 for couple

7 sessions

No class 11/3

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

Presbyterian Church of Chestnut Hill
8855 Germantown Ave



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www.mtairylearningtree.org.

NEW BALLET FOR ADULTS AND TEENS

Tu from 7:15 PM to 8:30 PM

DA18. Have you always wanted to try ballet, or did you take it as a child? This beginning to intermediate ballet class is an opportunity to begin, resume, or continue ballet, stay in shape, and have fun! You will learn ballet vocabulary and through the traditional sequence of exercises at the barre and in the center, you will improve balance, coordination, and flexibility. Enjoy exploring this beautiful art form with a creative and inspiring instructor experienced in teaching adults and meeting them at their level. This class is for ages 14 and older. Please wear comfortable dance/athleticwear and ballet shoes.

Cara King specializes in teaching ballet and creative movement for both youth and adults. She completed the Royal Academy of Dance syllabus in the United States and England, participated in summer intensives at the Pennsylvania Central Youth Ballet, and earned a degree in dance from Hope College. After teaching ballet for the Settlement Music School (Germantown) school partnership program, she began teaching ballet residency programs for International Ballet Exchange. Cara enjoys sharing her love of dance with others and creates a joyful class experience.

A. September 20 - October 25 | \$108

6 sessions

B. November 1 - December 6 | \$108

6 sessions

Wissahickon Dance Academy, 38 E. School House Lane.

NEW BARRE

F from 6:00 PM to 7:00 PM

DA04 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 and extremities. High energy music and an awesome instructor make getting perfect glutes and legs a snap! Learn something 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. Trust us, you will love this class!

Taught by an instructor at Flaco's Dance Factory under the direction of **Marck "Flaco" Best**

September 23 - November 11 | \$104

8 sessions

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



Marck "flaco" Best

BEGINNING SALSA

DA07. Mt. Airy's Salsa literacy has gone through the roof since 2002, and here's a night dedicated to you! Come learn the basics from Maestro Flaco, known for his patient, novice-friendly style of teaching. 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. September 27 - November 22

Tu from 6:00 PM to 7:00 PM

Skip 10/4

B. September 24 - November 12

Sa from 7:00 PM to 8:00 PM

Individual Registration | \$104

Register with a partner | \$180

8 sessions

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

INTERMEDIATE SALSA

Sa from 6:00 PM to 7:00 PM

DA08. Have you taken Flaco's Beginning Salsa and want to continue? If you're comfortable with the basic moves, add some new steps, turns, and other tricks to your repertoire. Keep up with the hot trends that makes salsa so much fun! After you learn to move, an optional outing to a real Latin night club is also a part of this experience!!

Marck "Flaco" Best

September 24 - November 12

Individual registration | \$104

Register with a partner | \$180

8 sessions

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



Line Dancing is social, fun and great exercise for your mind, body and spirit! Here's June and Audrey showing CBS reporter Tammie Souza the step in Love Park when MALT was featured during it's Mental Reset series. View the video on our website, www.mtairylearningtree.org!

EVERYONE CAN LINE DANCE

Tu from 6:30 PM to 7:30 PM

DA12. Learn a variety of line dances. Enjoy a fun-filled experience learning the classics as well as the new, EASY, popular, line dances. Enjoy step-by-step instruction for dances commonly enjoyed at parties, on cruises, at weddings, and other festive events. Come join June and Audrey for a fun dance journey 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

October 11 - November 22 | \$89

6 sessions

No class 11/8

Summit Presbyterian Church
6757 Greene St. at Westview

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

September 27 - November 8 | \$78

Skip 10/4

6 sessions

Northlight Community Center, 175 Green Lane,
Manayunk

BACHATA FOR SINGLES!

Weds from 7:00 PM to 8:00 PM

DA09. For those of you who have avoided dance classes because you didn't have a partner, here's your chance! There's no excuse now that you know that.!

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

September 28 - November 16 | \$104

8 sessions

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

LET'S BOP

Th from 6:30 PM to 7:30 PM

DAo6. Philly Bop is hot right now. Begin with the basic steps of jitterbug at a slightly slower tempo and with more graceful and fluid movements. Then learn the more challenging part of improvisation. Bringing a partner is optional but always encouraged. This is the real deal, ladies and gents. The success rate of students in this class is astounding! Try it for yourself. You won't believe your feet. After you learn to move, an optional outing to a real Latin night club is also a part of this experience!!

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

September 29 - November 17
Individual registration | \$104
Register with a partner | \$180
8 sessions

Jacob's Northwest, 7165 Germantown Avenue

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 are joyful and healing using a blend of dance, martial-arts, yoga and other mind-body energy-aligning practices. It is highly adaptable for people of all fitness levels, ages, genders and body types. Everybody has a place to discover their joy on this dance floor! We use both guided movements and free dance to notice our patterns and become aware of how we move. Nia is playful and sweaty, done to soulful world music which will take you on a beautiful journey within your home for life: your body.

Lisa Zahren is a Nia Black Belt Instructor who didn't discover her passion for dance until her adult life and has danced daily in the decades since! She is committed to working with people at all wellness levels, based on the Nia principle that "Through Movement We Find Health." Lisa has been teaching Nia through MALT since 2012.

November 7-28 | \$56
4 sessions

Chestnut Hill United, 8812 Germantown Ave.

LEARN 2 DANCES: CHA-CHA & DETROIT SMOOTH-STYLE BALLROOMING

Tu from 7:30 PM to 8:30 PM

DA13. Learn two great dances with legends June and Audrey! Cha-Cha is a dance style that is enjoyed globally. Learn these easy, versatile dance steps that are also the foundation of many line dances. Ballrooming (not to be confused with formal ballroom styles) is an urban dance style which originated in Detroit. This easy smooth dance style is gaining popularity across the country as it is performed to a wide variety of music, including Motown, Jazz, R&B.

June and Audrey Donaldson

October 11 - November 22 | \$89
6 sessions

No class 11/8

Summit Presbyterian Church
6757 Greene St. at Westview

TRADITIONAL WEST AFRICAN DANCE

Th from 7:00 PM to 8:00 PM

DA11. An engaging multi-level class, with live drumming! Learn authentic dances with experts and explore the history and meaning of these dances, too. This class is perfect for all levels of experience and ranges of motion.

Taught by professional dance instructor at
Flaco's Dance Factory.

September 29 - November 17 | \$104
8 sessions

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

“June & Audrey teach in progressions and simplify the movements until we start to get them. Then they connect them and teach variations.”



Shaily Dadiala

NEW BOLLYWOOD, INDIAN FOLK AND CLASSICAL DANCE

Su from 1:00 PM to 3:00 PM

DA14. Bollywood dancing is a dynamic and highly theatrical dance style seen in Indian films. Bollywood dance culls movement phrases from Indian folk and classical dance. In this class you will learn the foundational techniques of the Indian classical dance Bharatanatyam, and Indian pop/Cinematic dance, or "Bollywood" dance. The class culminates with learning a joyful, short dance routine. The instruction will be accompanied by demonstrations and a brief historical background of Bharatanatyam. Participants will be dancing barefoot.

Shaily Dadiala completed her Bachelor of Arts in Dance specializing in Bharatanatyam from the Bruhad Gujarat Sangeet Samiti, India. She choreographed and performed at dance festivals in India between 1990 and 1996, and founded Usiloquy Dance Designs in 2008. Shaily is artistic director, choreographer, and its principal dancer. Special commissions have included the Philadelphia Geographical Society Festival of India and the Philadelphia International Festival of the Arts. Her work has been performed at The Kimmel Center for the Performing Arts and the Painted Bride Arts Center in Philadelphia.

November 20 | \$42

Presbyterian Church of Chestnut Hill, Chapel,
8855 Germantown Ave

TAHITIAN & HULA DANCE

M from 7:00 PM to 8:00 PM

DA05. Aloha! Tired of the same old ways to stay in shape? Join us on the islands of Tahiti, Bora Bora and Hawaii without boarding a plane. We use exciting Tahitian/Hula dance moves to burn calories, reduce stress, and increase energy. No dance experience required in this encouraging environment. You'll laugh and smile your way into great fitness with this total body workout. Strengthen and define your abs, hips, legs and arms as you groove to traditional Polynesian drum beats, rhythmic island sounds, and today's funky contemporary, hip-hop and retro music. Mahalo!

Gayle Herbert Robinson is an ACE Certified Group Fitness Instructor. She received a Zumba license and also teaches rebounding (a mini trampoline workout). Gayle has also performed the hula at Marriott's Ko Olina Beach Resort.

September 19 - November 7 | \$782

6 sessions

No Class 10/10 and 10/31

St. Martin-in-the-Field, 8000 St. Martin's Lane
Bring water, sarong or shawl for your hips. We dance barefoot.

BEGINNING BELLY DANCE WITH ANEETA

Th from 7:15 PM to 8:15 PM

DA15. This ancient dance is performed in countries bordering the Mediterranean from North-eastern 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 is a certified bellydance instructor who started in 2001 with Najia and went onto study with June Seane, Tessa Myers, Habiba, Kaeshi Chai (BellyQueen), Oreet and Zoe Akili. She specializes in body positivity, teaching veil, cymbals and floor routine and assisting beginners in mastering the basics of the dance.

This class is presented in collaboration with Mt. Airy Performing Arts.

September 22 - October 27 | \$95

6 sessions

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

NEW XTREME HIP HOP STEP WITH ROBYN

Th from 6:30 PM to 7:15 PM

EXo1. Xtreme Hip Hop Step combines Xtreme cardio, the step board, hip hop music and lots of swag to provide participants with a fresh spin on an old concept. We are making “step” great again. The ultimate goal of Xtreme Hip Hop is to breathe life back into fitness and make it fun for all ages, cultures, genders, and fitness levels. The mission is to help save lives by encouraging fitness and making it fun and not a chore!

Robyn Frank has always had a passion for health, fitness and maintaining an active lifestyle. She is an avid runner of over 15 years and continues to participate in events ranging 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.

September 22 - November 17 | \$85
8 sessions

Skip 9/29

Grace Epiphany Church, 224 E. Gowen Ave.

Bring an individual step



Robyn Frank

STRETCH 4 LIFE FOR SENIORS

M from 10:00 AM to 10:45 AM

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

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

A. In person
October 17 - December 5 | \$99
8 sessions

B. Online
October 17 - December 5 | \$99
8 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

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

NEW STRAP UP AND ROLL OUT WITH FERGIE

M from 9:00 AM to 9:45 AM

EXo3. Do you own a stretching strap or a foam roller that you have no idea how to use? This class is designed to provide an enjoyable stretch, massage, and core toning experience using the ‘stretching strap’ and ‘foam roller.’ You will learn how to improve your flexibility, massage, 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, and how to use the roller to get a self massage that feels unbelievable.

Yvonne Ferguson-Hardin

A. September 19 - October 17 | \$69
5 sessions

B. October 24 - November 21 | \$69
5 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 mats.

FERGIE'S BOOTCAMP

Sa from 7:00 AM to 8:00 AM

EX05. 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

September 24 - November 12 | \$88

8 sessions

Northwestern Stables

120 West Northwestern Avenue

Bring water and a small towel.

WOMEN'S KICKBOXING CARDIO

EX07. Join us for a fun, boot camp style cardio fitness class! Hit the heavy bag and go through a circuit of strength training, boxing style.

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

A. October 6 - November 3 | \$99

Th from 10:45 AM to 11:35 AM

B. November 7 - 28 | \$99

M from 6:00 PM to 6:50 PM

5 sessions

Action Karate, 11 W Mt Airy Ave.

Materials fee of \$49 for boxing gloves and shirt payable to Action Karate.

ONLINE ZUMBA GOLD® TONING AND CIRCUIT

Th 11:00 AM to 11:55 AM

Ex18. The Zumba Gold program combines the enticing world rhythms of Zumba with the strength-training techniques of the Zumba Toning Program, creating an easy-to-follow, health boosting dance-fitness program for the active older adult as well as beginners. You are welcome to bring your own 1-2 lbs weights to build strength and tone all the target zones. Class includes a great chair workout for those who want it. * No dance experience required.

Karen Taylor Young is a retired professional dancer with over 35 years of experience who currently teaches and choreographs. She is a founding member of Philadanco, and has performed with Opera Company of Philadelphia, and a former musical theater choreographer at Germantown Friends School. She has been teaching Zumba for 10 years and holds 8 Zumba® licenses, a certified Silver Sneaker Boom Mind Instructor, and is Ballet Barre certified.

October 6 to December 1 | \$79

8 sessions

No class 11/24

The Comfort of Your Own Home

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

Sa from 10:30 AM to 12 N

MB15. 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 with in the body as a result of menopause, why naturopathic medicine gives you additional treatment option and tools outside of hormone replacement therapy, and safe/effective Holistic approaches to alleviate symptoms associated with menopausal.

Dr. Kristina Schieferecke is a licensed naturopathic doctor practicing in Pennsylvania. She went to school in AZ at the Southwest College of Naturopathic Medicine. In her practice today she works with women through all stages of life and have grown a great appreciation of working with women going through menopause. Through this process she has treated and alleviated many menopause symptoms as well as worked with her clients to prevent complications from menopause (cardiovascular disease and bone health).

October 15 | \$34

MALT Office, 6601 Greene Street



Dr. Kristina Schieferecke

HULA HOOP DANCE CARDIO

Tu from 7:00 PM to 8:00 PM

EXo4. Who says fitness can't be fun? Hula hooping can burn up to 600 calories per hour. It tones while creating lots of smiles and laughter. We'll hula-hoop to hot contemporary and retro music with the hoop on and off our bodies. Get a great workout, whether you're a newbie or experienced. De-stress and spend a fun hour off-the-grid. You deserve it.

Gayle Herbert Robinson is an ACE Certified Group Fitness Instructor. She received a Zumba license and also teaches rebounding (a mini trampoline workout). Gayle has also performed the hula at Marriott's Ko Olina Beach Resort.

September 27 - November 1 | \$74

6 sessions

Chestnut Hill United Church, 8812 Germantown Ave.

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.

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

Th from 7:00 PM to 8:00 PM

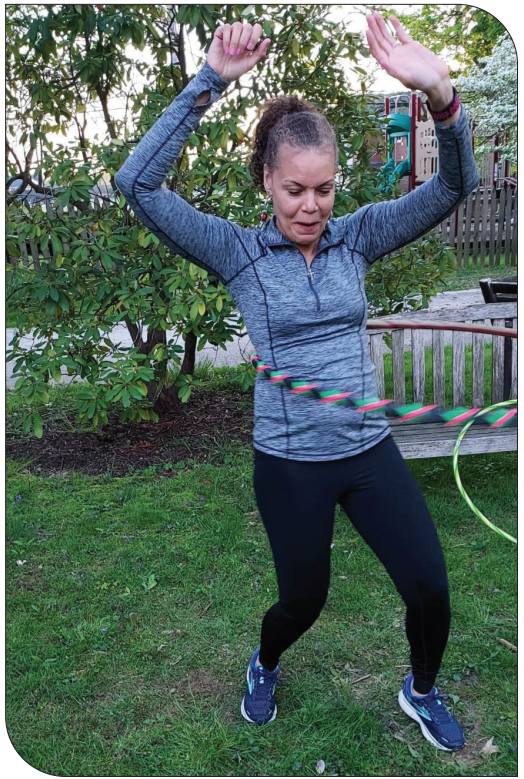
EXo9. Ready for a fun, safe workout that lets you bounce away stress, while boosting your lymphatic and immune systems--a big bonus? Bouncing on the mini-trampoline aka rebounder promotes drainage through motions and muscle contractions that you usually wouldn't get from other types of exercise! Rebounding 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. Important in today's COVID world. Great on joints—often used in rehab centers. Students will need to have their own trampoline. Suggested trampolines: 38-inch rebounder (springs) available at Dick's or a 40-inch Darchen (bungee) available at Amazon.

Gayle Herbert Robinson

September 22 - October 27 | \$74

6 sessions

The Comfort of Your Own Home



Having fun with Hula Hoops!

DANCE-IT-OUT! FUN FITNESS

W from 7:00 PM to 8:00 PM

EXo2. Stressed? Dance-it-Out! Overwhelmed? Dance-it-Out! Need a fun workout? Dance-It-Out! We'll do Zumba, Retro, a little Hip-Hop and Line -- four dance styles in one fun-filled hour. Burn calories, tone, reduce stress and feel energized. You'll have a blast while blasting away those stubborn pounds and stress. No dance experience necessary in this encouraging environment. Wear sneakers and comfortable clothing, so you can "Get Down Tonight." WARNING: This class will create lots of smiles and laughter.

Gayle Herbert Robinson

September 21 - November 2 | \$74

6 sessions

No Class 10/5

Chestnut Hill United, 8812 Germantown Ave.

Bring a bottle of water and towel.

CHANGE YOUR POSTURE, RELIEVE YOUR PAIN

Th from 7:00 PM to 8:30 PM

MB33. Pain is a symptom of a larger problem, and that problem is often our posture. When we experience pain, that is the body's way of telling us that we are off balance and misaligned. Learn about posture therapy, a proven method that gets to the root of your chronic pain by returning your body to proper alignment. This class is a lecture format with a few simple, optional stretches. Pain-free living begins when you stop treating the symptom and start treating the cause.

Nicole Rodriguez is a certified Postural Alignment Specialist. She worked as 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 this type of posture therapy. Nicole works with clients at MovementRx Studio in Wynnewood, where she teaches balance/strengthening classes and dance fusion classes.

A. October 13 | \$32

United Lutheran Seminary,
7301 Germantown Ave.

B. December 8 | \$32

North Light Community Center, 175 Green Ln

NEW ONLINE RESTORE YOUR HEALTH IN THE KITCHEN WITH FOOD AS MEDICINE

Tu from 7:30 PM to 9:00 PM

MB45. Want to lower your blood pressure and cholesterol and increase your resilience against Covid? Did you know that pre-diabetes can be reversed (not just managed) by plant-based food, and sometimes type-2 diabetes can be as well? Learn how to prevent and reverse these health concerns, making it fun and simple to become a more plant-based eater, and reclaim your health! Elimination or reduction of medications is a common side effect of powerful food-as-medicine. Want more reasons? Plant-based eaters also contribute greatly to planetary health and reduce animal cruelty. Make 2022 the year you learn to restore your health in the kitchen!

Elise Rivers, Esq., MAc. has practiced holistic medicine for more than 20 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.

November 1 | \$32

The Comfort of Your Own Home

46 | MT. AIRY LEARNING TREE/FALL 2022

HOLISTIC FACELIFT

Tu from 7:00 PM to 8:00 PM

MB52. Are you starting to experience folds in your skin, the thickness of your skin is changing, your face drooping or sagging, and you feel like you don't quite recognize yourself? I've found that where beauty is concerned it's the integrity of the facial muscles and internal organs that give us beauty inside, and outside. Improve the vibrancy and firmness of your skin, reduce toxins causing external damage to your skin with diy lymphatic drainage, and learn an easy and fun routine that will last you a lifetime!

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

October 4 - 25 | \$64

4 sessions

Cliveden Carriage House, 6401 Germantown Ave., rear

\$10 materials fee for written instructions for home practice payable to instructor

ZUMBA®

W from 7:10 PM to 8:10 PM

EX17. This is an energetic blend of Middle Eastern and Latin movements that burn and tone while having fun. Come get your workout on and feel empowered with these energetic movements! Please dress comfortably and bring non-marking, indoor sneakers.

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 a certified in Zumba®. This class is presented in collaboration with Mt. Airy Performing Arts.

September 21 - October 26 | \$95

6 session

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

NEW HOLISTIC APPROACHES TO MANAGING STRESS AND ANXIETY

Sa from 10:30 AM to 12:00 PM

MB40. Do you want to get a better grip on anxiety and stress? Do you wish it did not occur in the first place? Allow three integrative health practitioners to guide you with their best practices for identifying negative stimulation and triggers, and share proven holistic ways to help process your anxiety and stress responses. Discussion will include the use of supplements and homeopathics, ergonomic techniques for better function and improved sleep, and a guided meditation so that you can ultimately prevent stress and tension in the first place and live with better balance and enjoyment throughout your day.

Paul Gannon is a naturopathic doctor; **Jennifer Merritt** is a yoga and meditation therapist; and **Jeff Sklar** a chiropractor. Together they are the Integrative Health Collaborative, which serves as a resource for holistic health alternatives. Their complete bios can be seen on the MALT website.

November 19 | \$35

United Lutheran Seminary,
7301 Germantown Ave.

PRESERVING BONE DENSITY THE HEALTHY WAY

Sa from 10:30 AM to 12:00 PM

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

Paul Gannon, ND is a naturopathic physician in practice for over 20 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, and allergies and rheumatism.

November 12 | \$29

United Lutheran Seminary,
7301 Germantown Ave.



Dr. Paul Gannon

NEW 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.

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 and got certified in Ericksonian hypnosis to deepen her students' experiences while following her guided meditations. She is also a Reiki Master. Wear comfortable clothes, have a small towel, your own yoga mat and hand weights (2 or 3 lb is usually sufficient).

September 29 - November 3 | \$74
6 sessions

The Comfort of Your Own Home

ONLINE YOGA/PILATES MIX

M from 7:00 PM to 8:00 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. You will need to have a mat.

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

October 17 - December 12 | \$82
No class 10/31
8 sessions

The Comfort of Your Own Home

NON-PROFIT START-UP MADE EASY

Th 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 the 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.

November 10 | \$32

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

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

Tu from 6:30 PM to 9:00 PM

FC01. Learn how Gina has taught her way around the world and paid for vacations and travel to over 98 countries. Teaching English is a high-paying career or simply a great way to go on vacation for free. If you speak English, you can teach conversational English! You don't have to be certified or speak the local language. Make money from home by teaching English online. Earn a free vacation, 2-month paid summer job, or full-time work. Learn the best paying jobs, qualifications, certification programs and specific hiring organizations.

Gina Henry created Go Global, Inc. to empower people to travel as much as they want. She has been taking FREE vacations for over 25 years, about 10 FREE vacations each year, six months a year.

November 1 | \$39

The Comfort of Your Own Home

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

NEW ONLINE BIZ PLAN ESSENTIALS

F from 5:30 PM to 8:00 PM

Sa from 10:00 AM to 3:00 PM

FC22 . Learn the basics of what is needed to start a business and write a feasible business plan. In this class, students will learn how to determine the feasibility of their business ideas, learn the components of a business plan, understand the importance of an advisory board, participate in speed networking, and gauge expectations of the lending and investment community.

This virtual course will be presented by a panel of experts in the areas of business development, accounting, legal, human resources, marketing, and lending/investment.

MALT is presenting this course in collaboration with **The Business Center.**

October 21 - 22 | \$120

The Comfort of Your Own Home

ABCS OF ESTATE PLANNING

Tu from 6:45 PM to 9:00 PM

FC03. Learn how you can protect your family and assets when you die or become disabled by using wills, trusts, powers of attorney and living wills. Examine how federal estate and Pennsylvania inheritance taxes affect your estate, and review how recent tax changes may impact your estate plan. Explore estate planning techniques to reduce your tax liability and minimize probate costs. Understand the basics of Medicaid planning (how to protect your assets for your heirs in the event you need expensive nursing home care). Find out how to title real estate and other assets. Bring your estate planning questions.

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

December 6 | \$44

United Lutheran Seminary,
7301 Germantown Ave.

Consider taking a class
with a friend who lives
out of town. We are
offering 56 online
classes this term!



Online

CRYPTO, BLOCKCHAIN AND WEB 3.0 FOR BEGINNERS

W from 7:00 PM to 8:30 PM

FCo4. What is Crypto and Bitcoin? What are blockchains? What is an NFT? If you are curious or mystified by these new technologies, then this course is for you. Here, an explanation of these technologies will be provided that is easy for anyone with little or no technical background to understand. Learn the risks involved in buying or trading crypto. Explore the environmental, financial and cultural issues that these technologies pose. And understand how these technologies are already being used to change our world and better people's lives.

Percy Rosales is President of Rosales Communications, a multicultural communications company based in Mt. Airy. With over 20 years of experience, he can take adapt complex information so audiences can easily understand it and be inspired to take action. He is involved in teaching about crypto and blockchain for small businesses, Latinos and general audiences.

October 12 | \$34

Mt. Airy Axis, 520 Carpenter Lane,
Oceania Room

ONLINE INVESTING WITH YOUR VALUES

M from 6:30 PM to 8:30 PM

FCo9. Impact investing, socially responsible investing and ESG (Environmental, Social and Governance) investing are all about aligning your money with your values. Join us to discuss resources like ImpactPHL's Philly project list, networks for learning together in study groups, and what a few religious denominations are doing to take the lead in racial justice investing and reparations. We'll also look at some of the newest tools for checking your investments for 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 the world we want to see!

Vanessa Lowe. You can hear Vanessa on G-Town Radio and the Spotify podcast, "Vanessa's Money Hour". She recently retired at age 56 after using the personal finance strategies she's taught for more than 25 years. She's loving retirement and pursuing passion projects like impact investing, conference hopping, and moving personal and institutional money toward justice. She's offered MALT classes for more than 20 years including "Debt Free Living" and "Top 10 Tools for Financial Success."

November 14 | \$32

The Comfort of Your Own Home



Percy Rosales

ONLINE BUDGETING BASICS

Th from 6:00 PM to 7:30 PM

FCo6. We use money on a daily basis, but most of us are not taught how to manage a basic budget in school. 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 20 years. Ericka is co-creator of the Millionaire Mind Set Dream Big Summit that was held in Chestnut Hill in 2019.

September 29

A. Individual | \$29

B. Parent & Child | \$35

The Comfort of Your Own Home

\$12 materials fee payable to the instructor

ONLINE A GUIDE TO INVESTING IN RENTAL PROPERTIES

W from 7:00 PM to 9:00 PM

FCo5. Learn different tactics and strategies for purchasing a rental property or a long-term buy-and-hold investment property. We'll focus on deal finding, financing and management with special emphasis on adding value through the BRRR method (Buy Rehab Rent Refinance Repeat).

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

November 2 - 9 | \$59
2 sessions

The Comfort of Your Own Home

NEW 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 facilitate a meeting, this class is for you. We will talk about the components of effective public speaking, the do's and don'ts, and how not only to create your message or your presentation but also to communicate it to get the outcome you want. You will create a presentation and get practice before a small class. If you already have a presentation created but need help in fine-tuning it and practice communicating your message, feel free to bring it to class. Materials will be provided.

Marci Goldshlack has been a corporate trainer and educational consultant for over 30 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.

September 20 - October 18 | \$129
5 sessions

United Lutheran Seminary,
7301 Germantown Ave.



Gina Henry

ONLINE HOW TO TRAVEL FREE & SAFELY

Th 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 now to motivate you to book 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 to prepare 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 & more in the USA & worldwide! Volunteering, fun work-vacations, paid travel, teaching English, mystery shopping, importing/drop shipping, and remote employment opportunities.

Gina Henry

October 27 | \$39

The Comfort of Your Own Home

\$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 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

October 2-9 | \$64
2 sessions

United Lutheran Seminary,
7301 Germantown Ave.

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 covered in the media? Media coverage isn't just a matter of luck, and it isn't mysterious either. Our PR professional knows what to do and will show you how to get coverage from community weeklies, daily newspapers, television, radio and/or blogs for your business or organization. Learn about media releases, tip sheets, alerts, how to contact reporters and bloggers, and follow-up etiquette. Please bring a brochure or other information about your organization/business to class. It will be used for an in class exercise.

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. She has secured coverage in the Philadelphia Inquirer, the Philadelphia Business Journal, 6ABC, KYW1060 and numerous others.

October 6 | \$49

Mt. Airy Axis, 520 Carpenter Lane

\$4 materials fee payable to the instructor.

ONLINE ULTRA-INVESTING USING OPTIONS

Sa from 2:00 PM to 4:30 PM

FC10. Aggressive investing might make you a fortune! This class is not for the financially risk-averse. Learn strategies that experienced investors are using to make tremendous profits in the world of options. The instructor has students and clients who have turned \$2,000 into \$100,000 in under 6 months! Using options on stocks, indexes, gold, oil, currencies or other commodities, you can make a small fortune overnight or (if you're not careful) lose one. Learn safe strategies, how to speculate with as little as \$200, how to use options for quick gains or steady income. Learn all about commodities, how to make money no matter which way the markets go, and resources and websites that can help you.

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

October 8 | \$49

The Comfort of Your Own Home

\$10 materials fee for software payable to instructor.

ONLINE \$50 WEALTH BUILDER

Sa from 10:00 AM to 12:30 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

October 8 | \$49

The Comfort of Your Own Home

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

NEW ONLINE THE ZOOM MANIFESTATION HOUR

Th from 7:00 PM to 8:00 pm

FC13. Begin manifesting your dreams with ease and POWER using Feng shui, visualization and the spoken word. Ask yourself: What inner conversations do I have when I am spending money? Is it from a "can't afford it" lack vibe? Or from a "I'd like this and I know making this purchase is contributing to my personal growth and expansion"? Your mind & your emotions are running the show and creating your life in every single moment. In this workshop you will learn the everyday secrets to living Abundantly including the five steps it takes to grow yourself and your business. Discover why self love is one of the key ingredients for your success. We will also show you how to create your own Prosperity altar which is fun and easy to do,

From the creators of the Glitz and Glam vision board Parties: **Jojo Gass** "the girl with the Big Dreams" and **Christina Sharay**, a certified law of attraction coach and owner of the Goddess reset. Special guest host and speaker, **Erica Neville** - an award winning Financial advisor who has successfully helped her clients save over 1 million dollars in assets.

Jojo Gass is a motivational speaker, dream and business coach and one of the co-creators of the Millionaire's MindSet Dream Big summit that was offered last year in Chestnut Hill.

Christina Sharay is a vibrational stylist and certified law of attraction coach, who uses sound mediation, crystals and aromatherapy in her practice.

December 8 | \$24

The Comfort of Your Own Home

NEW ONLINE GETTING READY FOR RETIREMENT: MEDICARE

W from 7:00 PM to 8:30 PM

FC12. If you are working and over 65, you are probably covered by your employer's Group Health Plan. This means that you do not have to be enrolled in Medicare until you are ready to retire and your Health Plan ends. This class will help you get ready for retirement Medicare coverage and help make a smooth transition. We will discuss how to sign up for Medicare, Part A & B, costs, plans, low-income programs, high income adjustments, and more. If you have some sort of retirement coverage, we will explain how that works with Medicare.

Joan Adler is the former Director of APPRISE 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.

October 12 | \$31

The Comfort of Your Own Home

ONLINE UNDERSTANDING MEDICARE CHOICES

M from 7:00 PM to 9:00 PM

MB31. Medicare has gone from a single choice - turn 65 and enroll in Medicare - to a multiple choice challenge. Medicare eligibles face choices of a traditional plan, supplemental plans, Medicare managed care, and Medicare fee-for-service. Unscrupulous marketing techniques can prey on the unwary. This course will provide a basic introduction to the choices available to Medicare eligible persons and will provide resources for further information. It will be very interactive and tailored to the needs of students in the class.

Joan Adler

October 17 | \$31

The Comfort of Your Own Home

NEW USING HUMOR AS A BUSINESS TOOL

M from 9:00 AM to 10:30 AM

FC14. Humor is a very strong tool to use in business. Humor puts everyone on an equal footing and laughing together is what I call a "human connection." When you can laugh with someone, you connect, and life is about connecting with others. In this workshop we will discuss "humorous situations" and how to turn a trying event into one that can make you laugh. Laughter is good medicine. Use it to help you overcome your own limitations. Laughter relaxes you and makes others comfortable - a great combination in business and in personal life.

Debra Malinics

September 19 | \$44

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

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. October 11 - 18 | \$34

Tu 6:30 PM to 9:00 PM

LaSalle University, 1900 West Olney Ave., Holroyd Hall, room 190

B. October 12 - 19 | \$34

W 6:30 PM to 9:00 PM

Community College of Philadelphia, 1700 Spring Garden Street, Winnet Building, room s2-o3

C. October 20 -27 | \$34

Thu 6:30 PM to 9:00 PM

LaSalle University, 1900 West Olney Ave., Holroyd Hall, room 190

2 sessions

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

ONLINE HOW TO CREATE AN ETSY SHOP

W from 6:30 PM to 9:00 PM

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

Cheri Skipworth is the owner of the 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.

October 12 | \$34

The Comfort of Your Own Home

NEW EMPOWERING WOMEN AS ENTREPRENEURS

M from 12:30 PM to 2:00 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. Empowering female entrepreneurs to succeed by building knowledge and skill to increase success. Discussion of problems and how to overcome them to create opportunities. How to change our perceptions and reinforce positive thinking. Statistically, you are more likely to succeed if you've failed than if you've never tried, yet people fear failing and often don't try new approaches. 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 and thinking positively with consistency.

Debra Malinics is the founder and owner of Debra Malinics Advertising. Ms. Malinics has more than 40 years of experience as 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.

September 19 | \$44

Work Mt. Airy, 6700 Germantown Avenue,
Lower Level



Cheri Skipworth is teaching: How to Create an Etsy Shop, Make Your Own Body Butter and Sugar Scrub, and Etched: Everything but the Champagne!

ONLINE WORK FROM HOME AS A MEDICAL TRANSCRIPTIONIST

Tu from 6:00 PM to 9:00 PM

FC20. Medical transcription is a \$12 billion industry annually in the US! Choose your own hours, have a business at home, find clients easily and make great money. Discover a step-by-step guide to what medical transcription is, including the many options open such as working as a medical scribe; medical transcription versus medical billing & coding; learning medical transcription simply and cost-effectively; and avoiding expensive and common mistakes. Learn about marketing your business easily, operating capital and grants, pricing, collections, computers and software, transcription equipment, business taxes, professional organizations, networking, employees vs. subcontractors, how to get hands-on work experience, work for services and much more.

Deborah Burns has been a medical transcriptionist for more than 30 years, operates a large medical transcription biz and has taught for many other programs. You'll enjoy her warmth, humor and practical advice.

October 11 | \$39

The Comfort of Your Own Home

\$20 materials fee payable to the instructor via PayPal or their online form.

NEW PLANT A MINI FOOD FOREST AT HOME

F from 6:00 PM to 8:00 PM

FH03. Visit the Wissahickon Environmental Center's Phood Phorest to explore its diverse edible and usable plants, then learn how to replicate it to fit your home of any size. Students will receive a plant to start their food forest fun.

Christina Moresi, M.Ed. Christina is the Environmental Education Planner at the Tree House, and the proprietor and propagator of Gowen Gardens. The Philadelphia Orchard Project Phood Phorest, was born from an autumn dream after over 15 years of cindering with groups, families, and adults, and volunteering in other food forests. Today, her love of education, native plants and snacks have merged, and she is excited to introduce how to bring a food forest home.

September 30 | \$31

Wissahickon Environmental Center,
300 Northwestern Ave.

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

Tu from 2:30 PM to 4:30 PM

FH04. Feel overwhelmed by your belongings? Have unpacked boxes from your last move? Drowning 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. Send almost nothing to the landfill. Find out why you need to buy no containers. Learn where to recycle torn clothes, stained purses, cosmetics and much more.

Let go of 30 things in 1 week? A set of wine glasses is 1 thing, and you can do it. Achieve the 33 item wardrobe? Doable! Including accessories! See results and have fun. As one client said, "Who knew some clutter tonic could feel so good?" Join us!

Rachel Martin is the founder of Clutter Tonic: The Easy, Refreshing Way to Organize Your Home and Office. She finds tremendous pleasure in teaching people to organize and maintain filing systems, create craft areas, and have the clean-lined kitchens they've always craved and more.

October 11 - 25 | \$64

3 sessions

Chestnut Hill Friends Meetinghouse,
20 E Mermaid Ln.

LISTING YOUR HOME FOR SALE

Sa from 10:00 AM to 12 N

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

Dora Johns is a realtor with Keller Williams Realty and enjoys everything real estate. Her classes help the consumer make informed decisions about their real estate needs.

September 24 | \$35

MALT Office, 6601 Greene St.

SIT, STAY, AND PLAY: BASIC MANNERS FOR DOGS

W from 7:00 PM to 8:00 PM

FH02. Discover how dogs learn and communicate both with us and with each other. Using positive reinforcement training techniques, establish a foundation for teaching basic manners and obedience behaviors (responding to hearing their name, cues such as Sit, Down, Stay, Leave It, Drop It, Come). We'll also talk about how to be effective leaders in the human-dog relationship. Non-aggressive dogs only. Dogs should be 22 weeks or older at the beginning of the course. Additional family members (with no additional dogs) can register with the primary registrant using the "couples fee" registration option.

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

September 28 - November 2

Individual | \$175

Partners | \$199

6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

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



A class for parents of babies one to six months
- A sweet baby photo from the MALT family :)

NEW ONLINE MEET YOUR BABY!

Tu from 10:00 AM to 11:30 AM

FH01. Are you a first time parent, or just interested in knowing more about the newest addition to your family? If so, join us to connect with other parents and talk about what makes each baby unique and special. Babies one to six months welcome!

Kathleen Pullan Watkins is a child development specialist and early childhood educator with 50 years experience as a parent and teacher educator. She is the mother of two and grandmother of two, and the author of eight books on child development/child care topics.

November 1 - December 6 | \$69
6 sessions

The Comfort of Your Own Home

UNDERSTANDING LONG TERM CARE

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

Joy Gadson has over 14 years' experience as a licensed insurance agent with Colonial Penn and Bankers Life in PA, NJ, DE, and MD. She has a Certification for Long Term Care (CLTC) and has helped hundreds of families understand how long term care works, specifically as it relates to Medicare, health insurance, and retirement.

A. October 20 | \$32
Th from 7:00 PM to 9:00 PM

The Comfort of Your Own Home

B. November 1 | \$32
Tu from 1:00 PM to 3:00 PM

Wesley Enhanced Living, 6300 Greene St.

ONLINE GREEN BURIAL

Tu from 7:00 PM to 9:00 PM

FH05. Are you interested in being "green." even in death? Have you ever seen all-natural burial grounds where you can be buried in a wicker basket, shroud or mushroom suit? Would you like your family to be involved in the burial process, either digging or back filling your grave? Learn more if you are curious about exploring all natural funeral and burial, rather than more traditional options.

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

December 6 | \$32

The Comfort of Your Own Home

Will you help us Strengthen Our Roots for 40 more years?

Contributions from community members like you will allow us to continue to provide affordable educational experiences that connect neighbors, promote personal exploration and growth, and enhance the quality of our community. Thanks to you, MALT will survive and thrive! Donate online or use the registration form. All donations are tax-deductible.

NEW SELF DEFENSE FOR KIDS

KDo1A. Kids will build strength, confidence and endurance while they learn how to escape from combative holds and situations. Your child will learn self defense techniques, which will be presented as playful games. The classes are designed to be fun, challenging and practical. Come and try out Clayton's unique and effective approach to martial arts and self defense.

Clayton Prince studied directly under the UFC champion, Royce Gracie. Clayton's now teaching Jiu Jitsu in the Mt. Airy area on Sprague street. He is also the owner and operator of The Philadelphia Musical History Tours.

A. Ages 6 to 8

Sa from 2:00 PM to 3:00 PM

October 8 - 22 | \$48

3 sessions

B. Ages 9 to 12

Sa from 3:30 PM to 4:30 PM

October 8 - 22 | \$48

3 sessions

El Idrissi Strength Dojo, 7153 Sprague Street

INTRODUCTION TO PIANO FOR 5 TO 7 YEAR OLDS

W 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 to 7 years old.

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

October 18 - November 8 | \$44

4 sessions

Chestnut Hill Music Academy
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.

Chestnut Hill Music Academy

October 20 - November 10 | \$44

4 sessions

Chestnut Hill Music Academy
22 E. Chestnut Hill Ave.

BEGINNING VOICE CLASS FOR KIDS

W from 7:00 PM to 7:30 PM

KDo6. Does your child love to sing? It's never too early to encourage them with a few pointers on how to make beautiful music with their voice. In this easy and fun class, kids will learn about breathing, enunciation, range and the importance of posture. Voice lessons are great since you don't need an instrument or even to read music. The group will sing together and even try a little harmony. Students will go home with exercises and songs to practice. Ages 7-11 years old.

Chestnut Hill Music Academy

October 19 - November 9 | \$44

4 sessions

Chestnut Hill Music Academy
22 E. Chestnut Hill Ave.

\$5 materials fee payable to the instructor.



NEW MY BIG BACKYARD: NATURE JOURNALING FOR KIDS, AGES 6-11

Sa from 10:00 AM to 12 N

KD12. Nature journals help us develop our inner scientist and artist. They give us a better sense of ourselves, help us be more mindful, and facilitate a meaningful, individual connection with nature. What, in nature, are you curious about? Maybe it's a big old tree or a bug inside a flower.

Maybe it's the sound of the wind or the birds in the trees. Whatever it is, this is your chance to follow your curiosity with a very special tool in hand: a nature journal. Together, we will construct our nature journals and then go out into the great outdoors and use them! Don't forget to bring your wild imagination! **This class is open to 12 kids ages 6 to 11, accompanied by an adult.**

If you have a Morris Arboretum Membership, please call the MALT office to register and you will receive the \$5 discount.

Melissa Lisboa-Underwood is a writer, violinist, editor of the Morris Arboretum Volunteer Newsletter, and the current McLean Contribution Youth and Visitor Education Intern at the Morris Arboretum

September 24 | \$32 for child and adult-
Morris Arboretum, 100 E. Northwestern Ave.,
Visitor Center.
Includes admission to the Arboretum.

TODDLER BALLET/TAP FOR 3 TO 5 YEAR OLDS

KD08. 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 and Managing Director of Mt. Airy Performing Arts and is a Theatre Director/Choreographer in many area schools.

A. September 15 - November 3 | \$120

Th from 4:00 PM to 4:55 PM

B. September 17 - November 5 | \$120

Sa from 9:00 AM to 9:55 AM

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.

BEGINNER BALLET FOR 6 TO 8 YEAR OLDS

KD07. Students will learn the positions of the feet as well as arms with proper terminology at both the barre and center floor. They will also learn turning, jumping, leaping and how to do a proper curtsy. This class is both entertaining and fun! Proper attire is required: pink tights, pink or black leotard and pink ballet shoes (canvas or leather), all of which are available to borrow.

Kim Williams

A. September 17 - November 5 | \$120

Sa from 10:00 AM to 11:00 AM

B. September 15 - November 3 | \$120

Th from 5:00 PM to 6:00 PM

8 sessions

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

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 is 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.

September 22 - December 1 | \$129

No class 11/24

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 the students.

Kurt Findeisen

September 22 - December 1 | \$129

No class 11/24

10 sessions

Chestnut Hill United, 8812 Germantown Ave.



Vicki Mehl, photo by Rivkah Walton

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

September 20 - November 22 | \$129

No class 11/8

10 sessions

North Light Community Center, 175 Green Lane



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Get the most up-to-date news from MALT.
Subscribe to our weekly enews by visiting
www.mtairylearningtree.org,

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

September 21 - November 30 | \$129

No class 11/23

10 sessions

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

NEW 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

September 21 - November 30 | \$129

No class 11/23

10 sessions

No class 10/5 or 11/23

Center on the Hill, Presbyterian Church of
Chestnut Hill This class will take place in
Widener Hall.

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

September 21 - November 30 | \$129

No class 11/23

10 sessions

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

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.

October 11 - November 22 | \$79

6 sessions

No class 11/8

Grace Epiphany Church, 224 E. Gowen Ave

NEW HAPPINESS

F from 5:30 PM to 7:00 PM;

Sa and Su from 11:00 AM to 1:00 PM

MB21. In this three-part workshop we will learn about and practice meditations that bring us happiness in everyday life. In the first part we will do practices that give us calm grounding. In the second and third parts we will build on this: We will do practices that help us see and share in the happiness around us and then find that well-spring within.

Dr. Beth Adelson, Harvard Centennial Medalist, teaches meditation because it was created to make people happy and effective in everyday life. Early on, Beth was a dancer in NYC where she began practicing yoga and Zen. She was then trained as a cognitive scientist at Harvard. Her research on the happy aspects of meditation is endorsed by the Dalai Lama. She is the founding teacher at the 24th St. Sangha. Her daily meditation and movement practice focuses on equanimity and contentment.

A. December 9-11 | \$79 In Person

B. December 9-11 | \$79 Online

3 sessions

2401 Pennsylvania Ave., Philadelphia

NEW BODY, MIND & SPIRIT WELLNESS WITH AYURVEDA

Th from 6:00 PM to 7:00 PM

MB03. Ayurveda is one of the world's oldest holistic systems of medicine. This course introduces you to the science and some of the techniques involved in the Knowledge of Ayurveda Wellness program. These techniques include ways to maintain a good diet, routine, and states of relaxation. It will also introduce the concepts and terminology of Ayurveda Integrated Medicine and ways to determine your individual dosha.

Ethel Paris has been a yoga instructor for 40 years and a massage therapist for 21. She holds a bachelors degree in Ayurveda Integrated Medicine. A vegetarian for 43 years, she is very knowledgeable about diet and health and has taught Vegetarian Cooking Classes at the Learning Tree since 1995. She is available for Ayurveda Consultations.

September 29 - November 3 | \$79

6 sessions

Work Mt. Airy, 6700 Germantown Avenue,
Lower Level



- photo by Laurie Beck Peterson

YOGA BASICS - MINI RETREAT

Su from 2:00 PM to 4:00 PM

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

Please bring a yoga mat & feel free to reachout to the instructor for questions.

Bobbi Tighe has been studying and teaching yoga for over 20 years, both in the Philadelphia area and nationally. Bobbi co-founded the Yoga on Main and Main Line Yoga studios, two of the first in Philadelphia. Her Yoga training is in the Viniyoga tradition of TKV Desikachar, emphasizing creative adaptations of yoga poses to meet individuals' needs.

A. September 25 | \$39

B. October 16 | \$39

C. November 20 | \$39

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

YOGA FOR STRENGTH AND STRESS RELIEF

MB12. This class includes yoga poses and breathing techniques to build strength progressively, increase range of motion around your joints, and release muscle tension. You'll "move with breath" in the Vinyasa tradition, slow things down to feel out your alignment, and hold some passive stretches too. You'll have the option of using a variety of props to make the practice your own.

Jennifer May has been practicing yoga for almost 20 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. After having children, yoga became her profession as well as her 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. September 21 - November 9 | \$99

W from 10:00 AM to 11:15 AM

Chestnut Hill United, 8812 Germantown Ave.

B. October 17 to December 12 | \$99

M from 7:00 PM to 8:15 PM

No class 10/31

Cliveden, Carriage House
6401 Germantown Ave.

8 sessions

Please bring your own yoga mat.

GENTLE AWAKENING YOGA FOR ALL LEVELS

Su from 10:00 AM to 11:15 AM

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

Linda Kish, MS from Temple School of Pharmacy, E-RYT 200 hours + and Reiki Level II Practitioner. Linda has over 15 years of leading and teaching various yoga classes including vinyasa, Hatha, restorative and chair yoga. She is a registered Yoga Alliance Yoga Instructor (200 plus hours). Linda has also been a helpline volunteer for Living Beyond Breast Cancer for over 12 years

September 18 - October 23 | \$95

A. In Person

B. Online

6 sessions

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

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

Tu from 7:00 PM to 8:00 PM

MBo6. 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.

October 4-25 | \$59

4 sessions

The Comfort of Your Own Home

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.

September 30 - October 28 | \$74

5 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill

SELF-DEFENSE AND BOUNDARY SETTING

Sa from 10:00 AM to 11:30 AM

MB19. WAVE is a practical and empowering self-defense program that teaches safety strategies that participants can use in situations ranging from verbal harassment to physical assault. This 2-part introductory class will feature discussion and activities around the five components of self-defense (Think, Yell, Run, Fight, and Tell) with a specific focus on verbal boundary-setting skills. Participants will also be taught some easy-to-learn physical techniques.

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

Maggie Szeder is passionate about ending sexual violence and believes strongly in the importance of empowering individuals so often targeted by that violence. She has been working in violence prevention since 2012 and currently teaches a variety of prevention and empowerment self-defense workshops. She is a certified level 2 self-defense instructor through Empowerment Self-Defense Global. She earned her original level 1 teaching certificate in August 2018. She currently works as a Prevention Coordinator at Women In Transition.

October 8 | \$39

Chestnut Hill Friends Meeting,
20 E. Mermaid Lane

NEW SELF-DEFENSE FOR MEN

Su from 7:00 PM to 9:00 PM

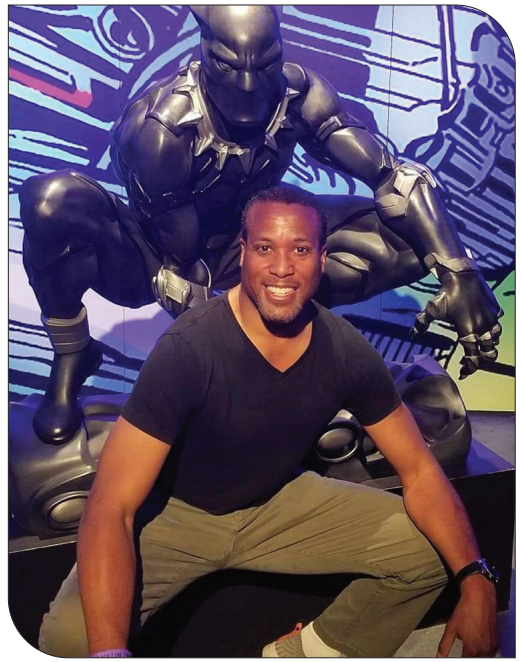
MB16. There are many self defense classes in the Philadelphia area, but very few are taught by black belts, who studied directly under the UFC champion Royce Gracie! Well now, you're in luck! Clayton Prince is now teaching Jiu Jitsu in the Mt. Airy area on Sprague street. Come and try out his unique, practical and fun approach to martial arts and self defense. This class is for ages 13 and up.

Clayton Prince studied directly under the UFC champion, Royce Gracie. Clayton's now teaching Jiu Jitsu in the Mt. Airy area on Sprague street. He also is the owner and operator of The Philadelphia Musical History Tours.

October 9 - 23 | \$69

3 sessions

El Idrissi Strength Dojo, 7153 Sprague Street



Clayton Prince

NEW SELF-DEFENSE FOR WOMEN

F from 7:00 PM to 9:00 PM

MB18. This class focuses on learning essential skills to feel strong and confident when reacting to a physical confrontation. You will be amazed at how simple it can be to become and feel safe. Time will be given to practice these skills so they become second nature.

Clayton Prince

October 7-21 | \$69

3 sessions

El Idrissi Strength Dojo, 7153 Sprague Street

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 30 years.

October 12 - November 2 | \$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.

ONLINE RELAXING QIGONG

W from 10:00 AM to 11:00 AM

MB24. Focus on relaxation and well being with the calming, nourishing practice of qigong. With gentle movements, deep breathing, and self-massage, find yourself feeling less stressed and more energized. This meditative practice improves flexibility and balance, and is beneficial to your body, breath, and spirit. No special equipment required—just dress comfortably. Qigong can be done standing or seated, your choice. Simply come prepared to dedicate this time to YOU!

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

October 12 - November 2 | \$54

4 sessions

The Comfort of Your Own Home

NEW 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.

October 24 - November 28 | \$79

6 sessions

Summit Presbyterian Church, 6757 Greene St. at Westview

NEW FOREST BATHING

Tu from 10:30 AM to 11:30 AM

MB09. An ancient Japanese practice that allows you to “take in the forest’s benefits through all our senses.” An hour of forest bathing will help you to unplug from technology and reconnect with your essence. It will bring you into the present moment to de-stress. Let nature enter through your ears, eyes, nose, mouth, hands and feet. Listen to the birds singing and the breeze rustling in the leaves of the trees. Look at the different greens of the trees and the sunlight filtering through the branches. Smell the fragrance of the forest. Taste the freshness of the air as you take deep breaths. Drink in the flavor of the forest and release your sense of joy and calm. This is your sixth sense, a state of mind: you have connected with nature. You have crossed the bridge to presence and wellbeing.

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 and got certified in Ericksonian hypnosis to deepen her students’ experiences while following her guided meditations. She is also a Reiki Master.

October 18 - November 22 | \$79

6 sessions

The Cedars House, 200 W Northwestern Ave.

WHAT IS REIKI?

W from 7:00 PM to 8:30 PM

MB48. Learn what Reiki is, what it isn't, and how it can be used everyday for everything from first aid to childbirth, from cancer care to recovery from surgery. Students will learn how Reiki is being used in hospitals and privately to support health and healing by reducing stress, relieving pain, reducing nausea and strengthening the immune system. This class will give you a better understanding of how it can be used in everyday situations. This will help you decide if it's something you want to learn and incorporate into your wellness plan.

Rae Whatley is a Jikiden Reiki therapist and wellness coach with a practice in Chestnut Hill. She has been a Reiki practitioner for 25 years and believes it is something that anyone can do.

September 21 | \$32

Hilltop Books, 84 Bethlehem Pike

NEW REIKI FOR HEALING

Tu from 7:00 PM to 8:00 PM

MB43. Reiki is a practice to align your energies for maximum physical and emotional benefit. This class will teach you about the healing benefits of Reiki and techniques that you can use to direct Reiki's healing benefits towards both yourself and others. Each student will receive a crystal, and all materials are included in the course fee. Come experience transformation for your mind, body and soul. The techniques to self-heal are astounding!

Beth Tuchay Wrobel is a Reiki teacher and healer and had found relief from health problems through her work in this practice.

September 27 - November 22 | \$95

8 sessions

No Class 11/8 for Election Day

Chestnut Hill Friends Meeting, 20 East Mermaid Lane

FOOT REFLEXOLOGY

Sa from 12:00 PM to 2:00 PM

MB11. Practitioners of this 4,000 year old Egyptian art of healing believe that there is a map of the body on the hands and feet. By pressing the points on this map, improved circulation and relaxation allow the body to heal itself. Find out how this intriguing practice was rediscovered in the early 1900s. Learn easy relaxation techniques and points on the hands and feet that have helped others relieve stressful symptoms in their daily lives.

Judy Dobbs has been teaching healing arts since 1975. She has been doing eye exercises for more than 20 years when she permanently got rid of her own glasses. Judy also teaches Aromatherapy and Reflexology.

October 15-22 | \$39

2 sessions

Summit Presbyterian Church, 6757 Greene St. at Westview

NEW ONLINE CRYSTAL ALCHEMY BOWL MEDITATION

Sa from 10:00 AM to 11:30 AM

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.

September 24 | \$31

The Comfort of Your Own Home

BEFRIENDING YOURSELF

Sa from 2:00 PM to 4:30 PM

MB23. Remember that still, quiet voice within you? It is still there, waiting to be listened to. In this workshop, we will look at the kind of messages we have received that discourage us from listening to ourselves, we will talk about our strengths, and we will write a plan for actualizing our dreams.

Now is the time to live the life you have always wanted to live. Come to this workshop to begin the process.

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

October 15 | \$39

Private home near Wissahickon Ave. and Stafford St.



Anne Johnson

INTRODUCTION TO ESSENTIAL OILS

Tu from 6:00 PM to 8:00 PM

MB53. In this course you will learn how to choose good quality essential oils and which ones can help with certain conditions. We will discuss how to use them and how to make your own lotions, roll-ons and blends!

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

October 25 | \$32

Work Mt. Airy, 6700 Germantown Avenue, Lower Level

NEW MAKE AN IMMUNITY BLEND ESSENTIAL OIL FOR THIS WINTER

Th from 6:00 PM to 7:30 PM

MB27. In this class you will learn what essential oils are good for immunity and, depending on the symptoms, which oils should be used. You will smell the oils and choose those you would like combined with a carrier oil for personal use.

Nicole Schillinger

November 17 | \$32

Work Mt. Airy, 6700 Germantown Avenue, Lower Level

\$25 Materials Fee payable to the instructor

EXPLORE CRYSTAL MINERALS AND THEIR ENERGY

Su from 1:00 PM to 3:00 PM

MB22. Crystals are powerful conduits of energy and light that can enhance us physically and mentally while nurturing our spirits. Beautiful and mysterious, crystal minerals have been used for thousands of years for adornment, protection and healing. Learn about the history and formation of crystal mineral structures and then dive into how they can be utilized for energy enhancing and balance. We will also discuss color theory and how the colors of the rainbow can electrify our inner beings and stimulate the world around us. All students will take home a bag containing several crystals.

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

November 20 | \$32

Violets in Bloom, 7906 High School Rd, Elkins Park

Please bring a materials fee of \$10 to the first class for a trio pouch of stones.

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

November 6 | \$32

Violets in Bloom, 7906 High School Rd, Elkins Park

ADVANCED DIRECTIVES AND LIVING WILLS

MB32. What if you can no longer speak for yourself? How do you want to spend the last weeks, days, or hours of your life? We will review a standard Living Will/Advanced Directive form, terminology, and explanations. By the end of class you should be able to have a conversation with your loved ones about end of life and quality of life concerns, and complete your own living will.

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

A. November 16 | \$32

W from 2:00 PM to 4:00 PM

B. November 30 | \$32

W from 6:00 PM to 8:00 PM

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

\$5 materials fee payable to the instructor.

ONLINE ALEXANDER TECHNIQUE: RETURNING TO YOUR EXPANSIVE NATURE

Tu from 5:00 PM to 6:15 PM

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

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

October 11-25 | \$54

3 sessions

The Comfort of Your Own Home

ONLINE EXPLORE YOUR PAST LIVES

Tu from 6:00 PM to 8:00 PM

MB36. The first part of the workshop will prepare you for the regression experience. Learn about the regression process and how others have benefited. During the second half of the workshop, experience deep relaxation, which will allow you to gain insights on your purpose, experience profound inner peace, and uncover and abandon limiting beliefs. You'll then have an opportunity to share your experience with the group.

Djuna Wojton has over two decades of experience as a past-life regressionist, spiritual healer and counselor. Djuna helps you see the bigger picture and step into your power. She is the author of Karmic Healing: Clearing Past-Life Blocks to Present-Day Love, Health and Happiness.

November 22 - December 13 | \$69

4 sessions

The Comfort of Your Own Home

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

ONLINE AVOIDING AND RESOLVING CONFLICT: FIVE SKILLS ALL COUPLES SHOULD KNOW

Tu from 7:00 PM to 9:00 PM

MB42. All couples have disagreements, but why? Research now shows the single best indicator of divorce is the way a couple speaks to each other. We'll explain what causes conflict and teach you a few easy-to-learn techniques that will turn 80% of those potential arguments into opportunities for greater intimacy instead of frustration and anger. This class will also be helpful for people between relationships seeking to improve their partnership skills.

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

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

October 4

Individual | \$32

Couples Fee | \$42

The Comfort of Your Own Home

ALL ABOUT CBD AND MEDICAL CANNABIS

Th from 7:00 PM to 9:00 PM

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

Barbara Ochester, EdD candidate, 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.

September 29 | \$35

Mt. Airy Axis, 520 Carpenter Lane

ONLINE MINDFULNESS MEDITATION

W from 1:30 PM to 3:00 PM

MB37. Mindfulness is a state of active, open attention to the present without judgment. It has been shown to be a powerful tool for enhancing wellbeing. This course provides instruction in the foundations of mindfulness and guidance through a progression of meditations, including: body scan, mindfulness of breathing, mindful movement, loving-kindness and expanding awareness. This course is designed for people with little or no meditation experience, and all are welcome. This 6-week session includes classwork coupled with home practice. The instructor will provide audios for home use. Each student will leave the class with a grounding in the basic skills needed for a mindfulness meditation practice.

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

November 9 - December 14 | \$99

6 sessions

The Comfort of Your Own Home



ONLINE MORNING MEDITATION

Tu 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.

September 27 - October 18 | \$54

4 sessions

The Comfort of Your Own Home

ONLINE DEEP STRETCHING FOR SLEEP AND MOBILITY

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

November 7 - December 5 | \$59

5 sessions

The Comfort of Your Own Home

All you need is a mat, a yoga block (or some books), a few pillows, a strap (or leash, or long scarf), and a notebook.

PLAYING BRIDGE

M from 1:00 PM to 3:00 PM

SRO6. Learn to play bridge, which is more interesting and more fun than any other card game. An enjoyable way to keep your brain active, which reduces the risk of Alzheimer's disease. This hobby will last a lifetime, even into your 80's and beyond. No prior knowledge of the game is assumed. Beginning Bridge consists of bidding and playing the hand. Students will be able to play by the fourth lesson and will understand the basics of contract bridge at the completion of the course. Students should bring pencil and paper for taking notes.

Howard Wachtel is a retired college professor, a bronze life master at bridge, and an accredited bridge teacher.

September 19 - November 14 | \$114
8 sessions

No class 10/10

Wesley Enhanced Living, 6300 Greene St.

BRIDGE REFRESHER

W from 1:00 PM to 3:00 PM

SRO8. If you have taken a Beginning Bridge class and want to learn more, or if you want to improve your skill, or if you played bridge back in the day and want to learn more modern improvements in bridge, then Bridge Refresher is for you. Have fun while you learn. Bring pencil and paper.

Howard Wachtel

September 21 - November 9 | \$114
8 sessions

Wesley Enhanced Living, 6300 Greene St.

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.

September 19 - October 24 | \$120
6 sessions

RowZone, 4401 Main St, Manayunk

You are encouraged to arrive 15 minutes early.

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.

October 23 - November 13 | \$64
4 sessions

Trolley Car Table Tennis Club, 3300 Henry Ave.

Exact location given after registration.



Rae Whatley, in red, instructing her students how to set up a campsite.

INTRODUCTION TO CAMPING FOR WOMEN

Sa from 1:00 PM to 4:00 PM

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

Rae Whatley is a Jikiden Reiki therapist and wellness coach with a practice in Chestnut Hill. She loves sleeping outside and has been a hammock camper for 8 years. Before that she was a ground-dweller, sleeping in tents on family and Scout camping trips and even in her own backyard.

September 24 | \$44

Meeting in Pastorius Park, Chestnut Hill

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 also, in general, a “word nerd.”

November 9 | \$34

Wesley Enhanced Living, 6300 Greene St.

NEW ONLINE INTRODUCTION TO DUNGEONS & DRAGONS

M and W from 8:00 PM to 10:00 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 1-shot adventure class. This 4-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, a HUGE gamer. Passionate about education, he views gaming and play in general as wonderful vehicles of experiential learning. In 2020, he founded Adventuring Portal as a reaction to the closing of his 13-year-old's summer camp during the pandemic. Together they had just finished a 2-3 month online D&D campaign, playing with kids in three different states. He started the D&D online summer camp as a way to help bring new people into D&D, or let more experienced players have an adventure.

November 7 - 9 | \$54

2 sessions

The Comfort of Your Own Home

NEW ONLINE CLASSIC DUNGEONS & DRAGONS

T and Th from 7:00 PM to 9:00 PM

SR03. 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 2 hours long. We will have 5 sessions for a total of 10 hours of gaming. All sessions will be online using Zoom for communication and Roll20 (free to register an account) to play.

Paul Lazrow

November 8 - 22 | \$114

5 sessions

The Comfort of Your Own Home



Paul Lazrow

SWORDFIGHTING FOR STAGE & SCREEN

F from 6:00 PM to 9:00 PM

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

Kenneth Nicholas is a teacher and choreographer with over 15 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.

October 7 | \$49

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

\$10 materials fee payable to the instructor.

MAH JONGG 101

W from 10:00 AM to 12:00 pm

SR12. 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 & Estate Attorney, has been teaching American Mah Jongg for over 10 years. 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.

September 19 - November 14 | \$109

8 sessions

(No Class 10/10)

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

1st class requires attendance and that all students should purchase in advance the 2022 National Mah Jongg League card, preferably large print for \$10, available at nationalmah-jonggleague.org.

ROW THE SCHUYLKILL: ALL LEVELS

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

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

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

A. September 6 - 27 | \$159

Tu from 10:00 AM to 11:30 AM

B. September 6 - 27 | \$159

Tu from 5:30 PM to 7:00 PM

4 sessions

Public Dock on Kelly Drive near Strawberry Mansion Bridge and St. Joseph's Boathouse

NEW MAH JONGG 201

W from 1:00 PM to 3:00 PM

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

Barbara (Penny) Delp

September 21 - November 9 | \$109

8 sessions

Center on the Hill, Presbyterian Church of Chestnut Hill

Students must purchase of the current year NMJL playing card in advance of class.

Staff Picks!

★ ALEXA'S PICKS

• **How to Brew the Perfect Cup of Coffee** and **The Ins & Outs of Coffee Roasting** (p. 37)

"There's nothing better than the smell of freshly ground coffee in the morning! I love stopping by at my local café – G'Town Espresso Bar!"

★ JOHN'S PICKS

• **Color From Nature: Botanical Ink Workshop** (p. 21)

"A beautiful first step to abandoning the keyboard"

• **Writing Beyond Boundaries** (p. 5)
"Her latest book is fascinating!"

★ JANET'S PICKS

• **The Art of Art of Classic Mixology** (p. 5)

"My goal this fall is to do some more entertaining and I want to be ready to impress my guests!"

• **Nature Journaling for Kids, Ages 6-11** (p. 57)

"I'm just so excited to be collaborating with the Morris Arboretum, and offering a new class for our kiddos!"

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while the kids
are in school



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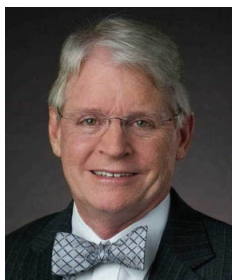
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Tower Health Medical Group
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Steven Standiford, MD, FACS

Tower Health Medical Group
Breast Health - Chestnut Hill

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TowerHealth.org/THMG

ONLINE CLASSES

WORDS + MUSIC + THEATER + FILM PG. 4

Beginner's Harmonica for Adults
French for Beginners
Play the Ukulele: Getting Started
Conversational French
Writing Past Boundaries
Poetic Approaches to Jumpstart Your Writing
Spiritual Autobiography
Submitting Your Work for Publication

TALKS + WALKS PG. 13

Painted Reflections
All About Online Dating
Artist Circle

ARTS + CRAFTS PG. 19

Learn to Create Projects with a Cricut Machine

COMPUTERS + TECHNOLOGY PG. 30

Getting to Know Your iPhone
Getting to Know Your iPhone Apps

COOKING PG. 33

Vegetarian Neo Soul Food
Holiday Cookie Workshop
Learn How to Make a Southern Classic
Holiday Showstopper Dessert
Mealtime Made Easy with Crockpot Cooking!

FITNESS + HEALTH PG. 43

Bounce-It-Out on the Mini-Trampoline
Fierce and Fit At Every Age
Yoga/Pilates Mix
Stretch 4 Life for Seniors
Restore Your Health -Food As Medicine
Deep Stretching for Sleep and Mobility
Zumba Gold(R) Toning and Circuit

FINANCE + CAREERS PG. 48

Budgeting Basics
Ultra-Investing Using Options
\$50 Wealth Builder
Work from Home:Medical Transcriptionist
Getting Ready for Retirement: Medicare
How to Create an Etsy Shop
Understanding Medicare Choices
The Zoom Manifestation Hour
How to Travel Free & Safely
Get Paid to Teach English in the USA,
Overseas & Online
Understanding Long Term Care
A Guide to Investing in Rental Properties
Investing with Your Values
Biz Plan Essentials

FAMILY + HOME PG. 54

Avoiding and Resolving Conflict
Meet Your Baby!
Green Burial

MIND + BODY PG. 58

Gentle Awakening Yoga
Morning Meditation
Crystal Alchemy Bowl Meditation
Relaxing Qigong
Alexander Technique
Explore Your Past Lives
Mindfulness Meditation
Happiness
Yoga Breathing

SPORTS + RECREATION PG. 68

Introduction to Dungeons & Dragons
Classic Dungeons & Dragons

LOCATIONS

Bella Mosaic Art Studio

6780 Germantown Ave.
Philadelphia, PA 19119

Chanticleer

786 Church Rd
Wayne, PA 19087

Chestnut Hill Friends Meeting House

20 E Mermaid Ln
Philadelphia, PA 19118

Chestnut Hill Music Academy

22 East
Chestnut Hill Ave.

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

East Falls Glassworks

3510 Scotts Ln.
Philadelphia, PA 19129

El Idrissi Strength Dojo

7153 Sprague Street

Flaco's Dance Factory

411 Old York Rd.
Jenkintown, PA 19046

Grace Epiphany Church

224 East Gowen Ave.
Philadelphia, PA 19119

Henry's Got Crops

7095 Henry Ave
Philadelphia, PA 19128

Lest We Forget Slavery Museum

5501 Germantown Ave
Philadelphia, PA 19144

MALT Office

661 Greene Street
Philadelphia, PA 19119

Morris Arboretum

100 East Northwestern Ave.

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

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

Woodmere Art Museum

9201 Germantown Ave
Philadelphia, PA 19118

DAYTIME WEEKDAY CLASSES

MONDAY

Nia Holistic Dance	Pg. 41
Strap Up and Roll Out with Fergie	Pg. 43
Stretch 4 Life for Seniors	Pg. 43
Stretch 4 Life for Seniors	Pg. 43
Using Humor As a Business Tool	Pg. 52
Empowering Women As Entrepreneurs	Pg. 53
Playing Bridge	Pg. 68
Yoga for Strength and Stress Relief	Pg. 61
Mah Jongg 101	Pg. 71

TUESDAY

Classic R&B Line Dancing!	Pg. 40
Glassblowing: Ornaments/Candy Dish	Pg. 22
Perspectives: Battle of Germantown	Pg. 20
Windows 11 Made Simple	Pg. 30
Introduction to Microsoft Excel	Pg. 32
Create Your Website with Wordpress	Pg. 32
Getting to Know Your iPhone and Apps	Pg. 31, 32
Watercolor and Drawing Foundations	Pg. 26
Painted Reflections	Pg. 17
Artist Circle: Matisse to Warhol	Pg. 17
Forest Bathing	Pg. 63
Understanding Long Term Care	Pg. 55
Meet Your Baby!	Pg. 55
Clutter Tonic: Organize Your Home/Office	Pg. 54
T'ai Chi - Yang Style: Beginning	Pg. 58
Morning Meditation	Pg. 67
Row the Schuylkill	Pg. 71

WEDNESDAY

Introduction to Quilt-As-You-Go Crafting	Pg. 25
Mah Jongg 201	Pg. 71
Yoga for Strength and Stress Relief	Pg. 61
T'ai Chi - Yang Style	Pg. 59
Relaxing Qigong	Pg. 63
Advanced Directives and Living Wills	Pg. 66
Mindfulness Meditation	Pg. 67
Bridge Refresher	Pg. 68
Buddhist Philosophy and Ethics	Pg. 18

THURSDAY

Making Art Makes Us Smarter: Pastels	Pg. 26
Create Projects -Cricut Machine	Pg. 24
Women's Kickboxing Cardio	Pg. 44
Zumba Gold® Toning and Circuit	Pg. 44
Preserving and Adapting their World: The Women of Cliveden	Pg. 19
A Guided Tour of The Lest We Forget Museum of Slavery	Pg. 18
Intro to Improv Comedy	Pg. 4

FRIDAY

Fun with Watercolor Techniques	Pg. 26
Creative Collage	Pg. 22
Journey to Chanticleer Garden	Pg. 13
Yoga, a Chair and You	Pg. 61
Tour of the Aces Veterans Museum	Pg. 18
Tree Identification, Morris Arboretum	Pg. 13



6700 Germantown Ave
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WorkMtAiry.com

Mt. Airy's original coworking space:
recently renovated; right on the Ave.

Flex Desks • Dedicated Desks
Conference Room • Lounge

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

COVID-19 POLICY

We believe we can be together again as a community, and have joyful, engaging and social experiences together.

We are committed to the health and safety of our teachers, students and community, and are carefully monitoring COVID-19. We have considered the advice from the CDC, as well as the Philadelphia Health Department, and we have developed the following safety measures.

These measures will be updated and posted on our website as needed to reflect changing guidelines at www.mtairylearningtree.org.

On April 22, 2022, the City of Philadelphia dropped its Mask Mandate and is now strongly encouraging the use of masks for indoor settings. Since we hold classes in over 20 locations each term we are also staying up-to-date on location requirements and some classes may have stricter guidelines. [The most recent information for each class will be in the class's online description.](#)

Effective August 15, 2022

Indoor classes. For our Fall term fully vaccinated and unvaccinated teachers and students will be able to participate in our indoor classes and activities.

Wearing a mask is strongly encouraged regardless of vaccination status.

For our indoor kids classes, (ages 18 and younger). Students and teachers will be strongly encouraged to wear masks regardless of vaccination status.

For our outdoor classes, students are encouraged to keep a social distance of six feet or more, when possible.

In addition, MALT will:

- Provide hand sanitizer for each class
- 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.

- **Teachers and students will be informed of the class location's COVID-19 policy prior to class if it differs from MALT policy.**

** Fully vaccinated is considered two weeks after a second dose of the Pfizer or Moderna vaccine, and two weeks after a single dose of Johnson & Johnson vaccine.*

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 9/1/22: 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 9/1/22 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:

name on card

card #

exp. date

CCV

billing zip code

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

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

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

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

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Philadelphia, PA 19119
www.mtairylearningtree.org

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Our bodies change as we age, and so do our minds. Seniors face an increased risk of mental challenges, including clinical depression and memory impairment. But there's good news – in most cases, these conditions can be successfully treated and managed with specialized care. The skilled staff at Chestnut Hill Hospital provides hope and healing.

The Senior Behavioral Health Program offers:

- Individual and Family Therapy
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- Family Education
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- Medication Education

**FOR MORE INFORMATION
ON INPATIENT CARE**

CALL: 215-248-8117

VISIT: CHBehavioralHealth.com



Chestnut Hill Hospital

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