

FALL 2021

# MALT

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



**WELCOME BACK**  
CELEBRATION  
SEPTEMBER 19



MT. AIRY  
LEARNING TREE

275+ COURSES  
**SEP.OCT.NOV.DEC.**  
IN PERSON • ONLINE

# DIRECTOR'S NOTE

MALT is back! We have planned an incredibly strong Fall term—offering 277 classes, both in-person and online. Once again our neighborhood will be filled with dance, music, art, movement, and insightful conversations—all inspired by our dedicated, talented teachers.

We welcome you back and hope you will join us on September 19th for our celebration. We promise it will be all that you imagine when you think of MALT.

In my journey, it is great to be back. From 1992 to 1997 I was MALT's Assistant Director, and I've spent the last two months working with a great team, talking to new teachers and to those I first met almost 30 years ago!

Recently, I read a *New York Times* essay by Adam Grant where he writes that during the past year we have been missing “collective effervescence,” a sense of energy and harmony people feel when they come together in a group around a shared purpose —“That we find our greatest bliss in these moments.”

At MALT, that's what we are all about. And now we are back to doing what we all love, fulfilling our mission—to bring our community together. Sign up, have fun, find and follow your bliss, and enjoy the collective effervescence.

Janet Greenwood Gala  
**Executive Director**

*Our Fall Term is dedicated to MALT's Founder Barbara Bloom. Visit pg. 36*

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**Thank you to our Fall Catalog Sponsor, Chestnut Hill Hospital**

We strongly believe we can have a healthy and safe term. As of 8/16, teachers and students are required to wear masks. Please read our COVID-19 policy on pg. 77

### MALT Mission Statement

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

### STAFF

<b>Executive Director</b> Janet Greenwood Gala	<b>Marketing Director</b> Sarah Claxton
<b>Program Director</b> Caehlin Bell	<b>Graphic Designer</b> Annette Aloe
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## WELCOME BACK CELEBRATION!

Join us as we celebrate the reopening of the Mt. Airy Learning Tree! Enjoy music, dancing, teacher demos, delicious treats including cupcakes from the Frosted Fox Cake Shop and a **RIBBON-CUTTING at 4:30 PM** to mark this joyful occasion! Meet our teachers, learn about all of our fabulous Fall term classes and sign up. Special guests will include State Representative Chris Rabb. Plus, hula hoops and Caribbean dance, AND pony rides with MALT horseback riding instructor Misty Godfrey. Be sure to bring your ukulele, too!

**MALT IS BACK -- Let's Celebrate! We hope to see you there!**

Sunday, September 19 from 4:00 to 6:00 pm. Outside on the Lawn.

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

### MEET & GREET @ MALT

Our Office will be open on Thursday evenings in September! Drop by and visit, we would love to see you! Ask us questions about our classes and register.

**Thursday, September 2, 9, 16, 23, 30**  
**5:30 to 7:30 pm**

Want to teach a class at MALT? We want to hear about it! Proposals are due Oct. 1.

### 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.

**Sunday, September 12**  
**2:00 to 6:00 pm**

Germantown Outdoor Market with Live Music

An afternoon of live music, vendors and food trucks plus wonderful neighborhood vibes.

Attic Brewing Co.  
37 Berkley Street, Germantown

Attic is offering a Behind the Scenes Beer Class this term. See page 19.

**Sunday, September 19**  
**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

**On the cover** Clockwise from the top:

Dancing with Soul (pg. 23), Ukulele (pg. 71),  
Behind the Scenes at Attic Brewing Co. (pg. 19);  
Social Media Crash Course (pg. 18)

**Sunday, September 26**  
**11:00 am to 5:00 pm**  
(rain date Sunday, October 3)

Chestnut Hill Fall for the Arts Festival

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

**Thursday, September 30**  
**9:00 am to 12:00 pm**

Good Neighbor Day and Senior Expo

At State Representative Pamela A. DeLissio's  
Senior Expo, there will be giveaways, health  
screenings and more. Stop by our table!

Roxborough Memorial Hospital  
5800 Ridge Avenue, Roxborough

**Saturday, October 23**  
**12:00 to 6:00 pm**

Allens Lane Art Center Open House  
with POST (Philadelphia Open Studio Tours)

Free art making activities for families, theater  
performances, dance activities, art making  
demos and an art exhibition.

Allens Lane Art Center  
601 West Allens Lane, Mt. Airy



Philadelphia Muses, Artist Meg Saligman

## PHILADELPHIA: THE MURAL CAPITAL OF THE WORLD!

M from 10:00 AM to 11:30 AM

**TW09.** For over 35 years, Mural Arts has united artists and communities through a collaborative process, rooted in the traditions of mural-making, to create art that transforms public spaces and individual lives. This course will offer an opportunity to learn about this process, the history of Mural Arts Philadelphia, core program areas, and hear the stories behind some of the murals that encompass this largest outdoor art gallery which has proudly earned Philadelphia international recognition as the "mural capital of the world".

Offered by **Mural Arts Philadelphia.**

**Ellen Soloff** is the Director of Tours and Merchandise at Mural Arts Philadelphia, the largest public art program of its kind in the country, and has held this position since 2014. In this role, she oversees a department that runs annually 800+ mural tours and experiences for residents and tourists, as well as manages a team of 25 tour guides.

**September 20-27 | \$34.00**  
2 sessions

\*\*This is a hybrid course: the Sept. 20 class will be conducted on Zoom; the Sept. 27 class is a walking tour. The tour will start at Lenfest Plaza, PAFA, 128 N. Broad Street.

## BADASS WOMEN OF PHILADELPHIA

Sa from 11:00 AM to 1:00 PM

**TW01.** Time to hear about cool colonial women, change makers, women in medicine, and more pioneers who have made their mark on this city of brother love and sisterly affection. Learn about our forgotten founder, Hannah Callowhill Penn; Ona Judge and her great escape from George Washington; Philadelphia's first female doctors and more! Tour is approximately 1.5 miles and ends at 13th and Locust.

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

**September 25 | \$39.00**

\*Meet at the Wawa on 6th and Chestnut Sts.

"Thank you for being a fantastic, community-oriented, learning organization!"

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

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

**Gwen Ragsdale** is the Executive Director of the Lest We Forget Museum of Slavery. She is an 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 9 | \$20.00**  
Sa from 10:00 AM to 11:30 AM

**B. November 4 | \$20.00**  
Th from 12 PM to 1:30 PM

The Lest We Forget Museum of Slavery  
5501 Germantown Ave.



Gary Reed

## AFRICAN AMERICAN PHOTOGRAPHERS

Tu from 7:00 PM to 8:30 PM

**TW19.** This series will explore the history of African American photographers. These photographers have covered thousands of untold stories of individuals as well as historical events. Some of the notable people we will discuss include Jules Lion, thought to be the first African American photographer; James Van Der Zee, credited with taking portraits to a new level; Gordon Parks, the first African American to be hired by a major national magazine; and local Philly photographer and Pulitzer Prize winner Ron Tarver, to name just a few. There will be a questions and answer session after each lecture. This is an opportunity to explore the rich and diverse history of African American photography.

**Gary Reed** is an experienced, local photographer who is always learning new technology to hone his craft. He has created several photography books such as Jan 1st, *The Lost Centennial*, and recently *Imperfect Rumba*.

**November 2-23 | \$64.00**  
4 sessions

Imperfect Gallery  
5539 Germantown Ave.



©Ron Tarver

## THE FRENCH INFLUENCE IN PHILADELPHIA: A TALK, A WALK, A TASTE

W from 12 PM to 1:30 PM

**TW10.** Settlers from France to Philadelphia date from the time of William Penn in 1662. The French influence in Philadelphia has continued through the years and will be revealed in this tour of the city's historic, cultural and culinary development. Join us for a walk around Logan Circle with stops at French Influence points, starting at Sister Cities Café and ending at Café Cret for an informal café et croissant.

**Elise Bromberg** is a retired social worker turned docent/tour guide at the Penn Museum, Mural Arts Program and Philly Touch Tours. She is also an independent Philadelphia tour guide.

September 22 | \$24.00

Meet at Sister Cities Cafe, Logan Square

## SEE PAGE 42: WILD FOODIE WALK AT THE WOODMERE ART MUSEUM

## ONLINE: PAINTED RHYTHM, MUSIC, AND DANCE

W from 10:00 AM to 11:30 AM

**TW07.** Let the rhythm take you into and through a painting with a toe-tapping tempo! During the class's fast-paced, fun, and artful conversations, we will look at how different artists use rhythm to activate a painting with accented elements just like musicians and dancers use beats, pattern, and cadence. Through the lens of different 'isms, we will take a focused look at paintings that feature dance, acquaint ourselves with music of their time and place, and see the element of rhythm in dynamic compositions.

**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.

September 22 - October 6 | \$54.00

3 sessions

The Comfort of Your Own Home



Logan Circle

## MT. AIRY HISTORY AND ARCHITECTURE TOUR

Su from 1:00 PM to 3:30 PM

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

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

October 17 | \$29.00

Meet at United Lutheran Seminary  
7301 Germantown Ave.

NO WALK-INS. Meet directly in front of the United Lutheran Seminary, on Germantown Ave., across from Wawa.



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## ONLINE: PAINTERS AND THEIR MEDIA

W from 10:00 AM to 11:30 AM

**TW08.** We will take a deep look at art from different times and places to see the impact of the media that painters use. The materials painters apply effect not only the surface of the painting but also speaks to style, history and time, locale, and 'isms. Weekly themes introduce egg tempera and oil paints, watercolor and gouache, and synthetic materials like acrylic paints, resins, glitter, and much more. Through the lens of exciting prompts, we will explore paintings by Van Eyck, Degas, Bearden, Frankenthaler, Wyeth, among others.

Lynn Berkowitz

November 3-17 | \$54.00

3 sessions

The Comfort of Your Own Home

## PHILADELPHIA NOSTALGIA

Sa from 1:00 PM to 4:00 PM

**TW14.** Explore two different looks at the popular history of Philadelphia. Part One: Philly A-Z, a fascinating story for every letter of the alphabet. Part Two: Philly Broadcasting History, from the 1920s' downtown department store radio stations through 1950s' American Bandstand.

**Rick Spector** founded Moviehouse Productions in 1983, educating and delighting community groups throughout the Delaware Valley with his multi-media nostalgia programs. His core works includes a multi-part series on the popular history of Philadelphia.

October 16 | \$39.00

United Lutheran Seminary  
7301 Germantown Ave.

## ONLINE: GREEN BURIAL

Tu from 7:00 PM to 9:00 PM

**TW05.** 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 options, rather than more traditional funeral and burial 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.

November 9 | \$29.00

The Comfort of Your Own Home

## PRESERVING AND ADAPTING THEIR WORLD: THE WOMEN OF CLIVEDEN

M from 10:00 AM to 12 PM

**TW20.** Built in 1767 as a summer home to the Chew family, Cliveden was the site of the Revolutionary War Battle of Germantown in 1777 and explores the lives of the Chew family and their workers, both the enslaved and servants, from the 1760s until the 1970s. The tour will explore 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. She is focused on education, interpretation and collections.

September 20 | \$25.00

Cliveden Carriage House  
6401 Germantown Ave., rear

## EMBRACING PUBLIC SPEAKING NERVES

Tu from 7:00 PM to 8:30 PM

**TW03.** Learn the tools to not only manage nervousness, but to actually welcome it! Nervous anxiety before and during any high pressure social event is normal. It is an evolutionary reaction to what our bodies perceive as a threat, and it often helps us perform. In this course we will embrace the good parts, and learn ways to mitigate/manage the harmful parts.

**Matthew Cooley** received a Master of Arts in Professional Communication from La Salle University. Matt has taught various communication courses in both professional and academic settings. He is a full-time trainer for the Defense Logistics Agency, Training Division and has also taught at area colleges, including La Salle University, Gwynedd Mercy College and Montgomery County Community College. Matt brings a high degree of communication knowledge along with flexibility, energy and enthusiasm to his training classes.

November 30 | \$34.00

MALT Office, 6601 Greene St.

## SOCIAL MOVEMENTS, THEN AND NOW

M from 7:00 PM to 8:00 PM

**TW12.** Explore how social movements have evolved over times, from the 1960s to today. Students will study the art of various movements, such as Civil Rights, Anti-War, Black Power, Feminism, Gay Pride, Environmentalism, Occupy, and Black Lives Matters. Students will investigate these movements through works of different styles and genres, including plays, poetry, songs, autobiography, and documentary films. This class will provide some much needed context on the history of social movements and perspective on current events.

**Sean Lovitt** is an adjunct professor who has been teaching at the college level for close to a decade. He has been involved in popular education for many years, most recently by conducting workshops at the A-space in West Philadelphia. Sean has done extensive archival research on social movements in the United States and witnessed first hand political organizing in several countries.

**September 27 - October 18 | \$64.00**  
4 sessions

United Lutheran Seminary  
7301 Germantown Ave.

## SOCIAL MOVEMENTS WORKSHOP

M from 7:00 PM to 9:00 PM

**TW13.** 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.

**November 8-15 | \$54.00**  
2 sessions

United Lutheran Seminary  
7301 Germantown Ave.

Materials Fee: \$10 payable to instructor for book

## BUDDHIST PHILOSOPHY AND ETHICS

Tu from 6:30 PM to 8:30 PM

**TW02.** Buddhism has gained visibility as an outstandingly peaceful and insightful religion. Learn about the history, doctrines of this faith, and see why its ethical practices are admired by psychologists. Similarities and contrasts with Judeo-Christian heritage will be noted. We'll do a bit of Buddhist self-inquiry and meditation practice as well.

**David Low**, MS, PhD has a doctorate in religious studies, and is an adjunct professor at Rutgers, Rowan and other colleges for ten years. He spent three years attending Zen retreats, and has a private counseling practice in Mt. Airy.

**October 19 - November 2 | \$59.00**  
3 sessions

United Lutheran Seminary  
7301 Germantown Ave.

## ISLAM IN THE 21<sup>ST</sup> CENTURY

Tu from 6:30 PM to 8:30 PM

**TW04.** Come appreciate the teachings of the Muslim religion. We will learn basic history and doctrines, and understand how modern trends and issues have impacted Islamic communities worldwide. Part of this will be understanding pervasive historical and philosophical factors which have predisposed some Muslim groups to develop interpretations which some may find controversial.

**David Low**

**September 21 - October 5 | \$59.00**  
3 sessions

United Lutheran Seminary  
7301 Germantown Ave.

## MODERN MIDDLE EAST

W from 6:00 PM to 8:00 PM

**TW11.** The Middle East is always in the news, but why is a small area of land several thousand miles away so important to the US and the world? We will explore the historical, religious, economic, and political reasons this region is valuable, potentially dangerous to the world, and discuss if there is a peaceful way out of the cycle of violence that has plagued the region for the last 70 years.

**Munir Kreidie** is a Middle East scholar and traveler. He is the son of a UN diplomat from Lebanon. Munir has a BA and MA in Political Science and International Relations from Villanova University.

**December 1-15 | \$59.00**  
3 sessions

United Lutheran Seminary  
7301 Germantown Ave.

## FUN WITH WATERCOLOR TECHNIQUES

F from 10:00 AM to 12 PM

**AC15.** If you have always wanted to paint with watercolors, but have been afraid to try, this is the perfect place to start. Geared towards beginners, learn several tricks to creating beautiful watercolors. Each session will begin with a short demonstration of a different watercolor technique. Students will then have plenty of time to experiment.

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

**September 24 - October 15 | \$89.00**  
4 sessions

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

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



## DRAWING AND OBSERVING ANIMALS IN ART

Tu from 7:00 PM to 8:30 PM

**AC10.** This course will look at how artists have depicted animals in art from cave drawings to modern times. With these images as inspiration, we will draw animals of our choice using various media and techniques. Beginners to advanced artists are welcome to join this insightful course. This course is very appropriate to anyone who wants a new ways of "seeing" and "drawing." It will be fun! Please bring any kind of pad—not too small—and pencil and charcoal and kneaded eraser to the first class.

**Zipora Schulz** is a New York transplant who left the world of advertising as a sketch artist and began teaching art almost 20 years ago to adults and children.

**October 5-26 | \$74.00**  
4 sessions

Wesley Enhanced Living, 6300 Greene St.

## CREATIVE COLLAGE

Th from 7:00 PM to 9:00 PM

**AC04.** 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. Please bring a pair of scissors, some paper (old magazines, wrapping paper, newspaper, calendars etc.), and some form of adhesive such as glue or a gluestick.

**Rebecca Hoenig**

**December 7-14 | \$64.00**  
2 sessions

Location TBA

"It's wonderful that people are willing to **SHARE** their knowledge with others."



## PLANT BASKETRY

Sa from 1:00 PM to 4:00 PM

**ACo1.** Learn how to weave from materials harvested directly from nature! Our main material will be paper mulberry bark, harvested from various vacant lots around South Philadelphia. The paper mulberry tree is invasive, but incredibly cool! We may also use grape vines, cloth, and other supplemental materials. Participants will learn basic techniques such as plaiting, twining, and finishing. Within the time-frame, and depending on which materials you choose to incorporate, you will be able to finish your very own basket ranging in size from a large cup to a large bowl. No experience necessary.

**Emily Hirshorn** is an educator, dog lover, traveler, and all-around crafty gal. She loves trying out new techniques and has dabbled in a variety of art forms, including mosaic tile, fiber arts, paper-making, pottery, and printmaking. She enjoys learning traditional and ancient techniques and understanding how people's environments influenced their craft.

**October 9 | \$64.00**

Private home, East Mt. Airy

\$20 materials fee payable directly to the instructor.

## ONLINE: THE SPA TREATMENT: MAKE YOUR OWN BODY BUTTER AND SUGAR SCRUB

Sa from 9:30 AM to 12:30 PM

**ACo3.** Looking for products to exfoliate and moisturize your skin? We will spend our time together learning how to mix butters, oils and waxes to create a spa quality emulsified sugar scrub and a silky smooth body butter. You will need a hand or stand mixer and a glass/metal bowl, and will learn how to formulate and customize recipes. Ingredients will be included in the supply fee.

**Cheri Skipworth** is the owner of the HandmadeU Studio. The goal of HandmadeU is to inspire the creativity in others, this is accomplished through our monthly craft subscription box and our 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 23 | \$24.00**

The Comfort of Your Own Home

\$25 material fee payable to instructor.

## LEARN TO CREATE PROJECTS WITH A CRICUT MACHINE

Sa from 10:00 AM to 12 PM

**ACo5.** Students will learn the basic functions of using your Cricut Smart Cutting Machine. The class will also cover how to access fonts and templates, as well as where to buy materials. All students will make and design a personalized glass or mug to take home with them. Students are encouraged to bring their own Cricut Machines. Materials fee includes vinyl, a cup and a tee shirt.

**Kim Woodbury** has been doing arts and crafts for over 35 years! She has been using Cricut for over 6 years. She currently owns her own business with a Cricut, vinyl and a heat press.

**September 18-25 | \$49.00**

2 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

\$20 material fee payable to instructor

## DESIGN YOUR OWN PENDANT NECKLACE

Sa from 10:00 AM to 12 PM

**ACo6.** Design a beautiful necklace and pendant out of a selection of semi-precious stones, crystals, freshwater pearls and accent beads. Learn how to use three essential tools for jewelry making. Flat nose, round nose and cutters. Gain knowledge of jewelry terminology and properties of semi-precious stones. Students will learn a lifelong skill which will be applied to jewelry making, and gain knowledge of semi-precious stones. This is a great course to take if you want to make gifts for loved ones, and express your style creatively.

**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 2 | \$44.00**

Wesley Enhanced Living, 6300 Greene St.

\$29 material fee payable to instructor



"Y'vonne was GREAT and I look forward to taking more classes with her."



Follow MALT on Social Media.  
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## MT. AIRY LEARNING TREE STRENGTHEN OUR ROOTS



For 40 years, Mt. Airy Learning Tree (MALT) has been a source of social connection, community joy, and educational enrichment to residents throughout Northwest Philadelphia. We have deep roots in our community. As we work to get back up and running after our hiatus, we need your support.

### 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.



## FLOWER POT DECORATING WORKSHOP

**AC14.** Create and design decorative clay flower pots that will surely enhance and beautify your home, garden and patio! Learn simple drawing techniques to create faces, abstract and/or floral designs on your flower pot. Using acrylic paint will give your flower pot a bright, bold and exciting look that can withstand any weather. No need to worry about color running or fading. Accessorize your flower pots with buttons, earrings, stones, fabric, etc.

**Danielle Wilson** has degrees in fashion design, fashion merchandising, and business. She loves showing others how to create new and exciting things from clothes to household decor.

**A. September 25 | \$24.00**  
Sa from 10:00 AM to 12 PM

**B. October 16 | \$24.00**  
Sa from 10:00 AM to 12 PM

Wesley Enhanced Living, 6300 Greene St.

\$12 materials fee payable to the instructor.

## ETCHED!

Th from 7:00 PM to 9:00 PM

**AC12.** Etching glass is a cool and easy technique to personalize your glasses or create unique gifts for all your friends. Add your initials or other trendy shapes to your glass. We will also play with color and learn how to elevate our etched designs. Participants can etch up to 3 pieces, and will get to choose from an assortment of glass.

**Cheri Skipworth** is the owner of the HandmadeU Studio. The goal of HandmadeU is to inspire the creativity in others, this is accomplished through monthly craft subscription box and 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 2 | \$24.00**

Mt. Airy Axis, 520 Carpenter Lane

\$15 material fee payable to instructor

## DIGITAL CAMERAS: SLRS

**AC09.** 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, and S or P, M, Av, and Tv.

**Nicki Toizer** was 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.

**A. October 11-25 | \$64.00**  
M from 7:00 PM to 9:00 PM  
3 sessions

**B. November 4-18 | \$64.00**  
Th from 7:00 PM to 9:00 PM  
3 sessions

MALT Office, 6601 Greene St.

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

## INTRO TO CANDLE MAKING

Sa from 2:00 PM to 5:00 PM

**AC17.** 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.

**Mar Na Carter** has been making candles for more than 15 years and has learned how to market, sell and profit from the business.

**November 13 | \$44.00**

Wesley Enhanced Living, 6300 Greene St.

\$10 materials fee payable to the instructor

We strongly believe we can have a healthy and safe term. Read our COVID-19 policy on pg. 77. Check our website for updates.

## LET'S MAKE A QUILT

W from 7:00 PM to 9:00 PM

**AC18.** Learn to make a patchwork quilt for the first time, or use this course as a refresher to get back into quilting. Students choose between several easy patterns to create a beautiful small quilt (baby quilt size or wall quilt). No experience necessary, but a sewing machine in good working order is needed. Students will have a chance to play with color, master sewing machine skills and create a work of art!

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

**September 29 - October 27 | \$94.00**  
5 sessions

Mt. Airy Axis, 520 Carpenter Lane

## MIGHTY MASH UP COLLAGE

Th from 7:00 PM to 8:30 PM

**AC19.** 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.

**September 30 - October 7 | \$44.00**  
2 sessions

Mt. Airy Axis, 520 Carpenter Lane

\$20 material fee payable to instructor



## QUICK JEWELRY CRAFTS

W from 12 PM to 3:00 PM

**AC21.** 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** teaches occasional mini-craft classes at lunch, break, or after work just because people ask "can you show me.." She loves to share what she's "discovered" and pass on the joy of crafting.

**October 20 | \$44.00**

MALT Office, 6601 Greene St.

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

## ONLINE: RESIN CASTING - GEODE COASTERS

Sa from 11:00 AM to 12:30 PM

**AC22.** Learn all the basics of using resin to cast beautiful geode coasters. We will discuss safety, mixing, colorants, inclusions, minimizing bubbles and curing. Students will learn how to properly mix resin and use it with molds to create beautiful works of art. This class will introduce students to playing with resin. Students will need to work in a well ventilated space.

**Cheri Skipworth**

**September 25 | \$29.00**

The Comfort of Your Own Home

A supply list provided or \$14 materials fee payable to instructor

## RUG HOOKING SMALL PROJECTS

W from 7:00 PM to 9:00 PM

**AC23.** Learn the rug hooking technique to use scraps of fabric to create pictures, rugs, hot pads, and more. Enjoy the creativity and community of rug hooking

**Betsy Warner** has 20 years of experience with rug hooking. She has taken classes with teachers from US and Canada, and has taught the craft for the past five years here in Philadelphia at Osher Lifelong Learning Institute (OLLI).

**October 6-27 | \$74.00**

4 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$30 materials fee payable to instructor

## SEEING SERENITY IN STILL-LIFE

F from 10:00 AM to 12 PM

**AC24.** For everyone who would like to experience the serenity that comes from looking closely. Geared towards beginners, students will learn the step by step secrets to drawing from life. Students may use any medium that they want from a simple pencil and eraser to color pencils, oil pastels, or watercolors for their still-lives. If you have ever admired a vase of flowers, bowl of fruit, or other every day objects, this is an opportunity to learn how to capture the beauty around you in an original still-life drawing or painting.

**Rebecca Hoenig**

**October 22 - November 5 | \$79.00**  
3 sessions

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

## ONLINE: CREATING AN INTENTION CANDLE

**AC25.** This course will guide students step by step as they create their own soy wax intention candle to use as part of intention practice. During this course we will set positive intentions, learn about soy wax, and create a candle to light your path to new possibilities.

**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.

**A. October 6 | \$29.00**  
W from 7:00 PM to 8:30 PM

**B. December 3 | \$29.00**  
F from 7:00 PM to 8:30 PM

The Comfort of Your Own Home

\$15 materials fee payable to the instructor.

## CREATE A "YOU ARE ENOUGH" MIRROR

Th from 6:30 PM to 8:30 PM

**AC27.** This class will be all about self love! It is so important to put yourself first — mind, body, and soul! This must be taught and practiced on a daily basis. You will create your very own "You Are Enough" mirror and learn four steps to take care of yourself and elevate self-awareness.

**Ashanta Smith** has been studying the law of attraction for over 15 years now and has taken over 30 classes. Three years ago she started her business, Espejo mirror and started speaking about self love.

**December 9 | \$34.00**

Mt. Airy Axis, 520 Carpenter Lane

\$10 material fee payable to instructor



## WATERCOLOR AND DRAWING FOUNDATIONS

Tu from 1:30 PM to 3:30 PM

**AC26.** Join in the fun of learning how to handle materials and process 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 understand 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.

**Marcia Jones** is a teaching artist who works from her home studio in Mt. Airy. She paints in watercolor, acrylic and oils, and passionately believes in sharing the regenerative power of art to anyone who is interested!

**October 5 - November 2 | \$104.00**  
5 sessions

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

## WREATH MAKING AT DIXON MEADOW HOUSE

M from 6:00 PM to 7:30 PM

**AC28.** Join Lauren Kope, Head Gardener at Wyck House and Garden, in creating a beautiful holiday wreath for your home. In this workshop, attendees will make a fresh wreath from evergreen branches, adding with foraged accents such as berries, grasses, seed pods, and vines.

**Lauren Kope** is a recent graduate of the Longwood Gardens Professional Gardener Program. During her time at Longwood, she completed an assignment with the French Heritage Society, working at the Potager du Roi (Versailles) and the Parc de Bagatelle in Paris. Lauren is currently the Head Gardener at the Wyck House in Germantown.

**The Whitemarsh Foundation** is dedicated to the conservation and stewardship of open space in the Whitemarsh Valley and surrounding areas. The Foundation's major initiatives have included the preservation of over 180 acres of the iconic Erdenheim Farm, the restoration of the Dixon Meadow House into an environmental learning center, and the creation and stewardship of the Dixon Meadow Preserve. We are grateful to co-present this course with the Foundation.

**December 6 | \$20.00**

Dixon Meadow at Whitemarsh Foundation  
548 Flourtown Rd, Lafayette Hill

\$20 materials fee payable to the Whitemarsh Foundation



## BASIC CALLIGRAPHY

Sa from 10:00 AM to 1:00 PM

**AC30.** 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. Each student will take home a pen set, instruction book, and exercise sheets.

**Bea Quindlen**

**November 13 | \$44.00**

MALT Office, 6601 Greene Street

\$10 materials fee payable to the instructor.

## CREATIVE DRAWING AND JOURNALING

Tu from 7:00 PM to 8:30 PM

**AC32.** Explore techniques that include imaginative drawing, collage, existing poetry, and our own writing. We will draw inspiration from nature, dream imagery and known artist's works. This pictorial/literary union enhances the imagination and allows the mind to make mysterious connections. We'll practice drawing techniques along with using other media (collage, paint, fabric, sewing, some simple book-making art, bamboo and sumie ink brush, etc). We will also look at "altered books." At the end, each student will have created a personal art journal. This class is for all levels; adults and teens welcome.

**Zipora Schulz**

**November 2-23 | \$74.00**

4 sessions

Wesley Enhanced Living, 6300 Greene St.

Bring a blank journal (any size) and a copy of your favorite poem to the first class.



### The Perfect Holiday Gift for Everyone on Your List!

MALT has over 275 classes. Online and In Person!

MALT classes in Cooking, Yoga, Pilates and Dancing will give you and yours healthier bodies all year long. Our classes in Financial Planning and Working for a Living can give your family peace of mind for years to come. Our Music and Art classes make the world a better place in which to live. With such a variety of offerings the possibilities are endless!

Call **215.843.6333** for a **MALT gift certificate**

**FUSED GLASS DISH**

W from 7:00 PM to 9:00 PM

**AC33.** Design and create a fused glass piece using colored sheet glass and embellishments. Learn how to cut and layer the glass to achieve beautiful results. The glass will be fused in our kiln and then slumped into a form turning it into a functional shallow dish. Pieces will be ready to pick up one week after our class meets. Beginners welcome.

**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.

**October 6 | \$20.00**

Bella Mosaic, 6780 Germantown Ave.

\$25 materials fee payable to the instructor.

**FUSED GLASS JEWELRY MAKING**

W from 7:00 PM to 9:00 PM

**AC34.** Make a colorful and unique piece of jewelry with the fused glass process which layers and melts cut glass together for luminous results. You will leave the class with pendants, pins, earrings and/or rings. This is a fun way to build up your jewelry collection or make gifts for friends.

**Jessica Liddell****December 8 | \$45.00**

Bella Mosaic, 6780 Germantown Ave.

\$30 materials fee payable to the instructor.

**BEGINNING MOSAICS**

W from 6:30 PM to 9:00 PM

**AC35.** 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****September 22-29 | \$55.00**

2 sessions

Bella Mosaic, 6780 Germantown Ave.

\$25 materials fee payable to the instructor.

**SEE PAGE 42:  
LANDSCAPE AND  
BEYOND: OBSERVATION  
AND INVENTION AT  
WOODMERE ART MUSEUM**

## MALT & GivingTuesday November 30, 2021



**GivingTuesday, held the Tuesday after Thanksgiving, is a global movement that celebrates generosity.**

This year, GivingTuesday falls on November 30, and we are using this opportunity to raise money for our scholarship fund. Mark your calendar and make a donation to help us ensure that all of our neighbors have an equal opportunity to enrich their lives with a Mt. Airy Learning Tree course. Help us build a world in which the power of generosity is at the heart of the society we create together, unlocking dignity, opportunity and equity here in Mt. Airy and around the globe!

**GIVING  
TUESDAY**

**ONLINE: GETTING TO KNOW YOUR IPHONE**

Tu from 10:00 AM to 12 PM

**CC01.** 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 and small business owners use technology and solve their computing problems.

**November 2-9 | \$49.00**

2 sessions

The Comfort of Your Own Home

**ONLINE: GETTING TO KNOW YOUR IPHONE.. BETTER**

Tu from 10:00 AM to 12 PM

**CC02.** This course is designed for anyone who has a basic understanding of the iPhone and wants to learn more. This interactive, fun class will cover tips, tricks, music, photography, apps and more! Designed for iPhone 5 or newer.

**Nina Epstein****November 16-23 | \$49.00**

2 sessions

The Comfort of Your Own Home

**INTRO TO MICROSOFT EXCEL**

Tu from 10:00 AM to 11:30 AM

**CC03.** 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.

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

**October 12-26 | \$54.00**

3 sessions

Center on the Hill  
Presbyterian Church of Chestnut Hill  
8855 Germantown Ave.Students will use laptops  
with Windows 10, Office 2010.**INTRO TO WORDPRESS**

Tu from 10:00 AM to 11:30 AM

**CC04.** WordPress makes it possible to have your website up and running in 24 hours. The reason it is the 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 9-23 | \$54.00**

3 sessions

Center on the Hill  
Presbyterian Church of Chestnut Hill  
8855 Germantown Ave.**WINDOWS 10 MADE SIMPLE**

Tu from 10:00 AM to 11:30 AM

**CC05.** Learn what's new in Windows 10, including how to access multiple programs, organize files, change computer settings, arrange your desktop, save and print documents. For any device using the Windows 10 operating system.

**David Grauel****November 30 - December 14 | \$54.00**

3 sessions

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



## THANK YOU!

We are grateful to Pfizer for selecting MALT to be the recipient of its 2021 Community Grants Program. Pfizer's generous gift of \$3,500 helps us transition to hybrid learning and restart our community program.

## ONLINE: GRAPHIC DESIGN USING CANVA

Tu from 6:00 PM to 7:00 PM

**CC06.** Learn how to create professional and creative designs for your business, events, or social media content using Canva! This is a project based learning course that will cover the basic principles of graphic design and how you can level up with professional-level digital and print graphics. Students of all ages welcome.

**Namarah McCall** is a teaching artist based in Philadelphia who has taught graphic design, music, songwriting, and movement courses with Rock to the Future as well as maintaining private vocal coach clientele for three years.

**November 9-30 | \$54.00**

4 sessions

The Comfort of Your Own Home

## ONLINE: INTRO TO THE GOOGLE PLATFORM

Th from 6:00 PM to 8:00 PM

**CC07.** This course will teach how easily the Google suite of free products can help you organize your life and business. Learn the tips and tricks to using Google Drive, Google Docs, Google Sheets and Google Forms. If you are trying to get a business started or simply want a better understanding of the products available to you, then this class is for you!

**Tasha Nicole** has worked in customer service, retail, the healing arts and information technology for the past 15 years, utilizing her passion and talent for working with people. She has a unique talent to "talk" with technology and solve even the most troublesome tech program issues, which led her to learn web design, and the tools used in the world of tech support.

**September 23-30 | \$49.00**

2 sessions

The Comfort of Your Own Home

## ONLINE: BLOGGING WITH WORDPRESS

W from 6:00 PM to 8:00 PM

**CC08.** WordPress is the simplest, most popular way to create your own website or blog. We'll walk you through the hardest part of a WordPress blog, getting started! You will know how easy and user-friendly WordPress really is and why it's the perfect site for blogging. If you have something to say and are ready to learn the ends and outs of blogging then get ready for this fun and fast paced course!

**Tasha Nicole**

**December 1-8 | \$49.00**

2 sessions

The Comfort of Your Own Home

## ONLINE: SOCIAL MEDIA CRASH-COURSE FOR BUSINESSES

Sa from 1:00 PM to 2:30 PM

**CC09.** If you're running a start-up or mid-sized company, discover how to take advantage of this social media and digital connectivity to your customers. Learn basic social media terminology and the steps for establishing a business account in Facebook, Instagram and Twitter. You'll also learn how to create quality content and decode analytics.

**DeAnn Cox** is the owner of Cox Management and Consulting Firm, Inc. She has successfully directed the company's strategic planning, social media management, business development, resources, quality assurance and customer satisfaction.

**October 16-23 | \$44.00**

2 sessions

The Comfort of Your Own Home

## ONLINE: GET PAID BY GOOGLE

Sa from 1:00 PM to 2:30 PM

**CC10.** This workshop focuses on how to earn income by becoming a Google AdSense partner. Earn passive income by tapping into the largest network of online advertisers who bid for ad space on your domain or website. Learn how to apply for the program and maintain the partnership.

**DeAnn Cox**

**November 20 | \$34.00**

The Comfort of Your Own Home

## GO BEHIND THE SCENES AT ATTIC BREWING CO.

**CK01.** Come visit Germantown's Attic Brewing Co. and learn about how they brew their award winning beer and what makes this neighborhood-focused brewery so cool.

You'll get to sample beers with the owners as they share their knowledge of beer styles, ingredients, and brewing processes. Plus you'll learn all about the history of beer.

Participants will also receive a logo pint glass and 20% coupon for to-go beers to take home after the class. **Participants must be 21+.**

**Laura Lacy** is the Co-Owner of Attic Brewing Co. in Germantown. After working 13 years for a major fashion retailer, she decided she wanted to be her own boss and together with her husband Todd opened Attic Brewing Co. in January 2020. She's the business mind behind the brewery and prioritizes the company's community involvement and inclusive company culture. Attic Brewing's Silver Medal Bloodhound Brown Ale was also a recipe Laura created as a homebrewer. When she's not at work, she loves spending time with their dog Nina and being outside.

**A. October 19 | \$24.00**

Tu from 6:00 PM to 8:00 PM

**B. November 16 | \$24.00**

Tu from 6:00 PM to 8:00 PM

Attic Brewing Co., 137 Berkley Street

Please bring a \$20 materials fee to the class, payable to the instructors.

"Great opportunity to taste beers from a **NEW BREWERY** in Germantown and learn a little about beer-making."



## WINE TASTING: QUALITY WINES FOR \$12 OR LESS

Tu from 7:00 PM to 9:00 PM

**CK13.** Anyone can spend \$100 on a bottle of wine and expect it to be of high quality, but for the discriminating buyer on a budget, how do you choose among the thousands of labels to find good quality wines at bargain prices? Join us as we sample some favorites that are easy on the wallet but do not disappoint. Learn how to separate the plonk (cheap, mass-produced wine) from choice wines at very reasonable prices! **Participants must be 21+.**

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

**November 9-16 | \$29.00**

2 sessions

Cliveden Carriage House

6401 Germantown Ave., rear

\$12 materials fee payable to the instructor.

## FLAVORFUL VEGETARIAN DISHES

Sa from 1:00 PM to 2:30 PM

**CK08.** Just Vegetables! Just because there's no meat doesn't mean there's no flavor! Learn new recipes and ask a chef questions about food techniques. We will have an enjoyable cooking experience, engaging to all the five senses. We will have time to sip, chat and chew!

**Shayla Felton-Dorsey** is a culinary instructor with The Philadelphia Free Library's Culinary Literacy Center. She has her own personal chef/catering business, Shayla's Savour.

**October 2 | \$39.00**

Wesley Enhanced Living, 6300 Greene St.

## FERMENTING FOR FUN AND YOUR HEALTH

Tu from 7:00 PM to 9:00 PM

**CKo2.** Come learn the basics of turning veggies into delicious art that works wonders on your intestinal tract! "Probiotic" isn't just a buzz word— probiotics are a key to lasting health and immunity. Students will be amazed at how fun and easy it is to transform the contents of their refrigerator into nutritious condiments and sides. This class will cover sauerkraut, kimchi, pickles, rejuvelac and non-dairy cheeses.

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

**September 28 | \$29.00**

Mt. Airy Axis, 520 Carpenter Lane

\$20 materials fee payable to the instructor.

## MAKE WATER KEFIR (KOMBUCHA'S COUSIN)

Tu from 7:00 PM to 9:00 PM

**CKo3.** Learn how to make your own home brew of this tasty probiotic beverage for a fraction of the cost from the store. 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).

**Dorothy Bauer**

**October 5 | \$29.00**

Mt. Airy Axis, 520 Carpenter Lane

\$15 materials fee payable to the instructor.

## HOLIDAY FARE THAT WILL DO YOUR BODY GOOD!

Tu from 7:00 PM to 9:00 PM

**CKo4.** Live your best life this holiday season with a sumptuous gluten and dairy free stuffing, un-turkey loaf, desserts to live for (low glycemic index of course!) and a variety of healthy remakes of the traditionals (mashed no-tatoes, nog and more). There will be a selection of holiday cookies and a cake or pie so those pecans will have somewhere to go!

**Dorothy Bauer**

**November 16 | \$29.00**

Mt. Airy Axis, 520 Carpenter Lane

\$20 materials fee payable to the instructor.



Cheri Skipworth with her students.

## CAKE FROSTING TECHNIQUES

M from 7:00 PM to 9:00 PM

**CKo5.** Cake decorating can be easier than you might think. With a few simple tips and holding a pastry bag properly, you can add some pizzazz to your cakes. We will explore buttercream icing consistency, borders, stars, writing, coloring icing and more. We will also play with Royal Icing and Fondant. This is an introductory, basic class for those with little to no cake decorating experience.

**Cheri Skipworth** is the owner of the HandmadeU Studio. The goal of HandmadeU is to inspire the creativity in others, this is accomplished through monthly craft subscription box and 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.

**November 8-22 | \$44.00**

3 sessions

Mt. Airy Axis, 520 Carpenter Lane

\$35 materials fee payable to the instructor will cover cookies, cupcakes or mini cakes in each class, as well as a supply tool kit for each person that includes cake decorating tips, a decorating Spatula, cake decorating practice boards, couplers, cake decorating bags, icing colors, toothpicks and an apron!

## ONLINE: BUTTERMILK BISCUITS AND SCONES

Su from 9:30 AM to 11:00 AM

**CKo7.** Join Jackie to make fluffy Southern buttermilk biscuits and then pivot to make tasty scones. Learn the difference between the two, and pick a favorite! Cook along or take notes for later. You will receive an ingredient list and recipes prior to class.

**Jackie Jonas**

**September 26 | \$34.00**

The Comfort of Your Own Home

## ONLINE: CLASSIC VICTORIA SPONGE CAKE

Sa from 2:00 PM to 3:30 PM

**CKo6.** Join Jackie Jonas from the comfort of your own kitchen to create this quintessential English tea time treat. Work along with her as you create the British classic from a traditional recipe with a few tweaks for the American palate. Students will receive an ingredient list and prep instructions prior to class, so that they can bake along. You will get tips and tricks for baking up delicious treats, and finish with a lovely cake to enjoy. Tea recommendations included.

**Jackie Jonas** is an experienced teacher and cooking coach. The daughter and granddaughter of professional cooks, she learned to cook for crowds at an early age. She has taught cooking classes in person and virtually. As "The Kitchen Doula" she works to turn hesitant cooks into confident ones.

**October 16 | \$34.00**

The Comfort of Your Own Home



## APPLE BUTTER MAKE AND TAKE

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. Rooted 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. is the Environmental Education Planner at the Tree House. Her newest endeavor, the Philadelphia Orchard Project Phood Phorest, was born from an autumn dream after over a decade of cindering and making apple butter for groups, schools, families, and adults. One day we will harvest fruit from the orchard. Until then, we will practice our cooking and snacking.

**September 20 | \$20.00**

Wissahickon Environmental Center (Tree House)  
300 W. Northwestern Ave

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

## PREVENT WEIGHT GAIN DURING THE HOLIDAY SEASON

Su from 3:00 PM to 4:00 PM

**CK14.** During the months of October-January is where we see a spike in weight gain. This may be due to the holidays, parties, increase in sweets and alcohol and decrease in exercise with the busyness of the holiday season. This talk will include ways to navigate a holiday party and how to make the best choices, what dishes to stay clear from and what dishes to load up on. We will review ways to alter recipes to adjust down calorie, sugar and fat content. Recipes included!

**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.

**November 21 | \$34.00**

Wesley Enhanced Living, 6300 Greene St.



## BACHATA!

**DA01.** Bachata is a very beautiful partners dance and is quite popular on the Latin dance scene right now. Easier than Salsa, and as sexy as Tango. You're going to love this dance.

**Marck "Flaco" Best** (photo above) 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 and 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 25 - November 13**  
**Individual Registration: \$104.00**  
**Register with a partner: \$180.00**  
 Sa from 7:00 PM to 8:00 PM  
 8 sessions

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

## BEGINNING SALSA

**DA03/04.** Mt. Airy's Salsa literacy has gone through the roof since 2002, and here's a night dedicated to you! Come learn the basics from Maestro Flaco, known for his patient, novice-friendly style of teaching.

**Marck "Flaco" Best**

**DA03. September 25 - November 13**  
**Individual Registration: \$104.00**  
**Register with a partner: \$180.00**  
 Sa from 6:00 PM to 7:00 PM  
 8 sessions

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

**DA04. September 21 - November 9**  
**Individual Registration: \$104.00**  
**Register with a partner: \$180.00**  
 Tu from 7:00 PM to 8:00 PM  
 8 sessions

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

## BOP I

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

**DA05.** Philly Bop is hot right now, and MALT has its hottest teacher. Begin with the basic steps of jitterbug at a slightly slower tempo and with more graceful and fluid movements. Then learn the more challenging part of improvisation. Bringing a partner is optional but always encouraged. This is the real deal, ladies and gents. The success rate of students in this class is astounding! Try it for yourself. You won't believe your feet.

**Marck "Flaco" Best**

**September 22 - November 10**  
**Individual Registration: \$104.00**  
**Register with a partner: \$180.00**  
 8 sessions

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

## CHICAGO STEPPING FOR BEGINNERS

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

**DA06.** Chicago Stepping, or Steppin', consists of a basic step pattern with a variety of turns and special step patterns. Steppin' is currently one of the most popular dances across the country. This beginners' class will teach the foundation. The leaders and followers will learn aspects of the dance separately; then they will be partnered to practice the dance to different types of music for this smooth dance style. (No partner necessary.)

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

**September 22 - October 6**  
**Individual Registration: \$59.00**  
**Register with a partner: \$99.00**  
 3 sessions

Summit Presbyterian Church  
 6757 Greene St. at Westview

## PHILLY BOP FOR BEGINNERS

**Sa from 4:00 PM to 5:30 PM**

**DA07.** Come out and learn the basics of the official dance of Philadelphia — the Bop! This regional variation of the six-count Swing dances of the 1920s is fun and easy to learn with "Bopologists" Audrey and June! This beginners class teaches the foundation of this smooth dance style to even the most novice dancers.

**June and Audrey Donaldson**

**October 16-30**  
**Individual Registration: \$59.00**  
**Register with a partner: \$99.00**  
 3 sessions

Summit Presbyterian Church  
 6757 Greene St. at Westview



## LINE DANCING WITH SOUL

**W from 6:30 PM to 7:30 PM**

**DA09.** Soul Line Dancing incorporates the mind for memorization, the body for movement and the spirit for excitement and enthusiasm. This is great exercise, and everyone is welcome: men and women of all ages, new and beginning students, and those with past experience in classes. With all the energy that this instructor brings to the table, you will be joining a class where there is enthusiasm and support. We learn NEW dances every term!

**Lucia Jones** began line dancing in 2001 and teaching in 2007. Lucia won the 2011 Instructor of the Year Award and was designated as a "Master Teacher" by Kenny J. She is considered to be the Philadelphia Region's number one line dance instructor, known for her phenomenal ability to communicate new line dances to her students.

**September 22 - November 10 | \$104.00**  
 8 sessions

Wesley Enhanced Living, 6300 Greene St.  
 \$10 materials fee payable to the instructor.

## DETROIT STYLE BALLROOM DANCING

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

**DA08.** Detroit Style Ballroom dancing is a smooth, elegant, graceful dance, which combines slow dancing, bop/swing, and cha-cha all in one. It is danced on the beat of music, some jazz, R & B, and soul. Partners face and embrace one another. The leader guides in a series of steps or moves consisting of spins, turns, dips and half turns, all the time maintaining the cha-cha-cha beat to the music. It also incorporates other dances, such as salsa, foxtrot, rumba and tango.

**June and Audrey Donaldson**

**November 3-17**  
**Individual Registration: \$59.00**  
**Register with a partner: \$99.00**  
 3 sessions

Summit Presbyterian Church  
 6757 Greene St. at Westview

Sign up as a couple and  
 make it a DATE NIGHT

Need a partner? Sign up  
 with your friend! How  
 about a neighbor? Can  
 your sister or brother  
 dance? No reason to miss  
 out on the fun!



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



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## BHARATANATYAM INDIAN CLASSICAL DANCE

Tu from 7:30 PM to 8:30 PM

**DA10.** Bharatanatyam is a form of dance originating in Southern India about 2,000 years ago. Dancers use a combination of storytelling and pure physical dance to convey both traditional and modern themes. In this class, you will learn the history and context of Bharatanatyam, basics of the physical dance, as well as storytelling and drama techniques. All ages and physical abilities welcome.

**Maddy Kameny** (photo above) has studied Bharatanatyam for over 20 years; she learned through Laasya School of Dance and Music and completed her arangetram (solo dance debut) in 2011. Maddy continued learning in Hyderabad and Bangalore, India, and performed there as well. As a student in Pittsburgh, Maddy was a member of the national award-winning classical dance team, Nriyamala. She continued performing throughout the US after those years and has spent about 7 years teaching online and in-person.

**September 28 - November 2 | \$84.00**  
6 sessions

Venice Island Performing Arts, 7 Lock St.

## PINK AND SILVER SLIPPERS

**DA14.** Find your inner ballerina! If you studied ballet as a child or dreamt of being a ballerina, this class is your dream come true. Basic terminology for ballet barre, center floor, progressions, with choreography set to classical and contemporary music from Swan Lake and the Nutcracker to contemporary ballets. \* No dance experience required.

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

**A. Beginner**  
**October 6 - December 1 | \$104**  
W from 10:30 AM to 11:30 AM,  
skipping November 24

**B. Beginner/Intermediate**  
**October 8 - December 3 | \$104**  
F from 10:30 AM to 11:30 AM  
skipping November 26

Location TBA

Wear comfortable clothing or dance wear, ballet slippers (dance shoe) or soft supple shoes.



## 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 Northern Africa to Turkey. Students will learn basic hip and arm movements, traveling steps and a short choreography. Belly dancing is a great way to have fun while toning the abdominal muscles and arms. Wear comfortable clothes and bring a scarf to tie around your hips.

Offered by the staff of **Mt. Airy Performing Arts** under the Artistic and Managing Director, Kim Williams.

**September 23 - October 28 | \$84.00**  
6 sessions

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

## NIA HOLISTIC DANCE

M from 9:30 AM to 10:30 AM

**DA16.** 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. Every body 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 and also teaches classes for cancer support groups.

**September 20 - October 25 | \$84.00**  
6 sessions

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

Please register  
early.

Fewer than 5,  
the Class  
takes  
a Dive!



**Saturday, October 2, 2021**

Free Admission ★ Fun for All

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

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# DAY TIME CLASSES

## MONDAY THROUGH FRIDAY

### MONDAY

Philadelphia: The Mural Capital of the World! [PG.4](#)  
The Women of Cliveden [PG.7](#)  
Fit Possibilities [PG.28](#)  
Stretch 4 Life for Seniors: Level 1 [PG.29](#)  
Beginning Bridge [PG.61](#)  
Clutter Tonic: Organize Your Home and Office [PG.44](#)  
Rutabaga's Nature Arts Jr. [PG.47](#)  
ONLINE: Breast Cancer & My Biological Machine [PG.55](#)

### TUESDAY

Watercolor and Drawing Foundations [PG.15](#)  
Introduction to Microsoft Excel [PG.17](#)  
ONLINE: Getting to Know Your iPhone [PG.17](#)  
ONLINE: Getting to Know Your iPhone...Better [PG.17](#)  
Introduction to WordPress [PG.17](#)  
Windows 10 Made Simple [PG.17](#)  
Walk to Thrive: Walking Club [PG.32](#)  
Fall Garden Class + Tour [PG.44](#)  
Tot Learn To Ice Skate  
Ages 3 to 5 years old [PG.46](#)  
ONLINE: Understanding Long Term Care [PG.55](#)  
Birding Adventure at the Dixon Meadow [PG.63](#)  
Learn to Ice Skate for Adults  
Ages 16+ (All Levels) [PG.46](#)

### WEDNESDAY

Yoga for Basic Strength and Mobility [PG.5](#)  
ONLINE: Painted Rhythm, Music, and Dance [PG.6](#)  
The French Influence in Philadelphia:  
A Talk, A Walk, A Taste [PG.6](#)  
ONLINE: Painters and Their Media [PG.7](#)  
Pink and Silver Slippers (Beginner) [PG.24](#)  
T'ai Chi - Yang Style: Beginning [PG.48](#)  
T'ai Chi - Yang Style: Continuing [PG.48](#)  
ONLINE: Understanding Medicare: A Guide to the Choices [PG.54](#)  
ONLINE: Values-Based Advanced Care Plans [PG.55](#)  
Advanced Directives and Living Wills [PG.55](#)  
Bridge Refresher [PG.61](#)

### THURSDAY

A Guided Tour of The Lest We Forget Museum of Slavery [PG.5](#)  
Women's Kickboxing Cardio [PG.27](#)  
Zumba Gold® Toning and Circuit  
Online and In-person [PG.31](#)  
Tot Learn To Ice Skate  
Ages 3-5 years old [PG.46](#)  
ONLINE: Mindfulness Meditation Part 1 [PG.54](#)  
ONLINE: Mindfulness Meditation Part 2 [PG.54](#)  
Learn to Ice Skate for Adults - Ages 16+ [PG.64](#)

### FRIDAY

Fun with Watercolor Techniques [PG.9](#)  
Seeing Serenity in Still-Life [PG.14](#)  
Pink and Silver Slippers-Beginner/Intermediate [PG.24](#)  
Nia Holistic Dance [PG.25](#)  
Stretch 4 Life for Seniors: Level 2 [PG.29](#)  
Yoga, a Chair and You [PG.49](#)

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Daytime classes are fun to take with a friend. There is so much learn! Let us know if you have any suggestions for classes you would like us to add to our course catalog this Winter.

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## DANCE-IT-OUT! FUN FITNESS

W from 7:00 PM to 8:00 PM

**EX11.** Stressed? Dance-it-Out! Overwhelmed? Dance-it-Out! Need a fun workout? Dance-It-Out! We'll do Zumba, Retro, a little Hip-Hop and Line — four dance styles in one fun-filled hour. Burn calories, tone, reduce stress and feel energized. You'll have a blast while blasting away those stubborn pounds and stress. No dance experience necessary in this encouraging environment. Wear sneakers and comfortable clothing, so you can "Get Down Tonight." **WARNING:** This class will create lots of smiles and laughter.

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

September 22 - October 27 | \$74.00

6 sessions

Chestnut Hill United, 8812 Germantown Ave.

Bring a bottle of water and towel.

## ACTIVE BALANCE FOR OLDER ADULTS

Sa from 9:00 AM to 9:50 AM

**EX02.** Are you afraid of falling? Active Balance is a class designed specifically for you to build the functional balance skills to feel stronger and gain more control for an active lifestyle.

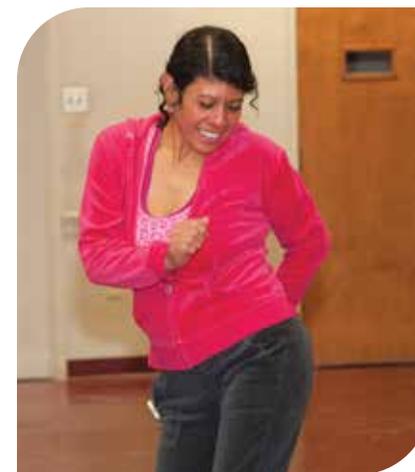
**Rochelle Brenner** is a Black Belt and full-time martial arts instructor for children and adults. She is also a former amateur boxer and includes training that can challenge every level.

September 18 - October 16 | \$99.00

5 sessions

Action Karate, 11 W Mt Airy Ave.

Materials Fee: \$49 for balance stick and shirt. Payable to Action Karate.



## WOMEN'S KICKBOXING CARDIO

Th from 10:45 AM to 11:35 AM

**EX03.** 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**

November 4 - December 2 | \$99.00

5 sessions

Action Karate, 11 W Mt Airy Ave.

Materials fee: \$49 for boxing gloves and shirt. Payable to Action Karate.

## CORE FUSION: BARRE, STRETCH, AND BALANCE

W from 6:30 PM to 7:45 PM

**EX15.** A full body workout from head to toe. Focusing on the core, this class will work on your strength, and flexibility from the barre to the floor, while working every muscle. Some of the other fantastic things this class will offer: toning your legs and arms, your posture, balance and breath.

**Karen Taylor Young**

September 22 - November 10 | \$124.00

8 sessions

Location TBA



## FERGIE'S BOOTCAMP

Sa from 7:00 AM to 8:00 AM

**EXo5.** Come and participate in a fun, extreme workout! This is bootcamp! Burpees, pushups, running, climbing, jumping, lunges and more. Participants will be encouraged to pace themselves but challenge their bodies. This class is for all levels.

**Yvonne Ferguson-Hardin** has been in the fitness industry for over 25 years. She is a 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.

**September 18 - October 16 | \$79.00**  
5 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Bring water and a small towel.

## ONLINE: CHAIR PILATES

W from 9:30 AM to 10:30 AM

**EXo1.** Instead of a traditional beginner Pilates class on the mat, we'll use a chair. Pilates targets the core (abdominals, lower back, and hips) and integrates core support into moving the rest of the body with precision and control. We'll integrate gentle stretching to promote greater flexibility and relaxation of the muscles, as well as faster recovery time.

**Morgan Rakay** holds a BFA in Dance and MA in Dance/Movement Therapy and Counseling, is a certified Pilates instructor, and a Licensed Professional Counselor. Morgan has danced professionally for over 13 years, and currently performs with DanceEthos Performance Company and in monthly improv-based dance performances.

**September 22 - October 27 | \$79.00**  
6 sessions

The Comfort of Your Own Home

## FIT POSSIBILITIES

M from 9:00 AM to 9:45 AM

**EXo4.** This class (for ages 50+) allows you to work at your own level as you learn how to move safely and effectively overall. This program cycles through specific days of balance, strength, cardio, flexibility, agility and body weight sessions. Improve your flexibility, balance, joints, core strength and overall ability to be more efficient in your daily activities!

**Yvonne Ferguson-Hardin**

**A. September 20 - October 25 | \$79.00**  
6 sessions

**B. November 1 - December 6 | \$79.00**  
6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Bring a small towel and a water bottle. Instructor will call all participants before the class.

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

October 1st is the deadline to submit class proposals for the Winter term



## STRETCH 4 LIFE FOR SENIORS: LEVEL 1

**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 conducted mostly in a chair.

**Yvonne Ferguson-Hardin**

**A. September 20 - October 25 | \$79.00**  
M from 10:00 AM to 10:45 AM

6 sessions

**B. November 8 - December 13 | \$79.00**  
M from 10:00 AM to 10:45 AM

6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Wear comfortable clothes and shoes and bring a water bottle. Please bring a mat. If you do not have one you can purchase one from the instructor.

## STRETCH 4 LIFE FOR SENIORS: LEVEL 2

**EXo7.** 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 2 incorporates more standing and floor exercises.

**Yvonne Ferguson-Hardin**

**A. September 24 - October 29 | \$79.00**  
F from 10:00 AM to 10:45 AM

6 sessions

**B. November 12 - December 10 | \$69.00**  
F from 10:00 AM to 10:45 AM

5 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Wear comfortable clothes and shoes and bring a water bottle. Please bring a mat. If you do not have one you can purchase one from the instructor.

## 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. Bring a mat.

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

**September 20 - November 8 | \$79.00**  
8 sessions

The Comfort of Your Own Home

## STRONG NATION™

Th from 6:00 PM to 6:50 PM

**EX10.** STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep. Expect to work hard and have fun!

**Robyn Frank** has always had a passion for health, fitness and maintaining an active lifestyle. She is an avid runner of over 10 years and continues to participate in events ranging from 5Ks and obstacle events to ultramarathons. Robyn is a certified personal trainer, group exercise instructor and licensed Strong by Zumba® instructor.

**September 30 - November 18 | \$99.00**  
6 sessions

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

We strongly believe we can have a healthy and safe term. Read our COVID-19 policy on pg. 77. Check our website for updates.

## TAHITIAN/HULA DANCE CARDIO

Tu from 7:00 PM to 8:00 PM

**EX12.** Wrapped in fun, this core-strengthening, low-impact cardio uses exciting Tahitian/Hula dance moves to burn calories, reduce stress, tone, 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, funky contemporary, and hip retro music.

**Gayle Herbert Robinson**

**September 21 - October 26 | \$74.00**  
6 sessions

Chestnut Hill United, 8812 Germantown Ave.

Bring water, sarong or shawl for your hips. We dance barefoot.

## HULA HOOP DANCE CARDIO

M from 7:00 PM to 8:00 PM

**EX13.** 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**

**September 20 - October 25 | \$74.00**  
6 sessions

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

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 starting at \$18 from Katie Sunshine Hoops or The Spinsterz.)



“**Marcia was energetic and inspiring. I had so much fun, that I forgot I was exercising.**”

## KARIBBEANKRAZE

**EX14.** KaribbeanKraze is a Caribbean dance fitness program teaching you step-by-step Caribbean dance moves to afro beats with total body exercises. This workout is for all fitness levels that will strengthen, tone, build stamina, and shred fat! Be prepared for parties, weddings, and carnivals while learning original Caribbean Style line dances called KrazeLine.

**Marcia Moore** is a certified group fitness instructor for Land and Water. She has taken her journey, love for dancing, and her Jamaican culture and created a fitness program to promote health and wellness for all fitness needs and levels.

**A. September 23 - October 28 | \$79.00**  
**Th from 7:00 PM to 8:00 PM**  
6 sessions

**B. November 4 - December 16 | \$79.00**  
**Th from 7:00 PM to 8:00 PM,**  
**skipping Nov. 25**  
6 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview

## YINLATES

M from 7:00 PM to 8:00 PM

**EX16.** Discover a new way to calm the nervous system and create a deeper mind-body connection! This class is one part mat Pilates, combining breath with stabilizing core abdominal lower back and pelvis movements, and one part Yin Yoga, a slower form of yoga practiced mainly in lying or seated positions. Yinlates can help to improve coordination, balance, and flexibility, and is suitable for all levels and abilities.

**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).

**October 18 - November 8 | \$59.00**  
4 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview



## ZUMBA® WITH ZOE (AKILI) BROWN

W from 7:00 PM to 8:00 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.

Offered by the **staff of Mt. Airy Performing Arts** under the Artistic Managing Director Kim Williams.

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

**A. In Person**  
**B. Online**

**September 22 - October 27 | \$94.00**  
6 sessions

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

## ZUMBA GOLD® TONING AND CIRCUIT

Th from 10:30 AM to 11:20 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**

**September 30 - November 18 | \$79.00**  
8 sessions

**A. In Person**  
**B. Online**

Location TBA

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

## Staff Picks!

### ★ STEPHANIE'S PICKS

- **Plant Basketry** (p. 10)

I can't wait for this course. Emily will guide us through making our own beautiful woven baskets from bark harvested locally from invasive trees. Art from invasives — so cool!

- **Yoga/Pilates Mix (ONLINE)** (p. 29)

Doing yoga at home in my pajamas has been a pandemic revelation for me — I'm never going back. Chris Coan has taught for MALT for over 15 years — his students love him, and so will you!

### ★ SARAH'S PICKS

- **Bharatanatyam (Indian Classical Dance)** (p. 24)

I'm so excited to learn this beautiful dance style. It's such a unique offering we have.

- **Exploring The World of African Music** (p. 71)

Exploring The World of African Music: This sounds so interesting and fun! Learn about African music, the style and history, from someone so knowledgeable and experienced. The instructor hosts The World Beat Dance Party on WXPB!

### ★ CAEHLIN'S PICKS

- **Intro to Irish (ONLINE)** (p. 67)

I started learning Irish via an app last year. I'm excited to have the opportunity to practice my pronunciation and meet others interested in Gaelic.

- **Dance-It-Out! Fun Fitness** (p.27)

We're offering so many exciting dance fitness classes—hula, Caribbean, Zumba and more—it's so hard to choose one! I'm looking forward to moving and having fun!

### ★ JANET'S PICK

- **African American Photographers** (p. 5)

I'm thrilled that Gary Reed, a very talented photographer, has returned to teach at MALT. I want to learn about Gordon Parks (guest speaker at our 15th Anniversary in 1996!) and Pulitzer Prize winner Ron Tarver. Plus his class is at Imperfect Gallery.



## RUNNING FOR BEGINNERS

Sa from 9:00 AM to 11:45 AM

**EX20.** Get your Mojo running! Learn proper form and breathing technique as you gain strength and cardiovascular conditioning. Students who register receive 10% discount at Philadelphia Runner located on Main Street in Manayunk. Please, no cell phones, iPods, or MP3 players. Students should check with a physician before beginning any exercise program.

**Joanne Margolis** has been teaching Running For Beginners since 2011. She is an accomplished long distance runner, completing 16 consecutive Philadelphia full and half marathons. She has also completed a 50-mile ultra marathon.

**September 25 - November 13 | \$89.00**  
8 sessions

Meet at United Artists Main Street Theatre  
3720 Main St.

Please arrive on time!

## ONLINE: FIERCE AND FIT OVER 40

Th from 6:00 PM to 7:15 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. She is also a Reiki Master.

**September 30 - November 4 | \$74.00**  
6 sessions

The Comfort of Your Own Home

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



## WALK TO THRIVE: WALKING CLUB

Tu from 9:00 AM to 10:00 AM

**EX19.** Boost your energy, burn calories, and feel great — among friends! Walk alongside Coach Col and some like-minded pals as we complete a unique walking workout each week. Get your sweat on while we enjoy some "health" chat. We'll discuss out-of-the-box ideas to kick the habit of sitting and power healthy lifestyle habits like moving more.

**Colleen Montgomery** is a Certified Health Coach and Clinical Exercise Physiologist. She has certificates in Plant-Based Nutrition and Stress Management Coaching and has thoroughly enjoyed a decade of working with people with heart disease.

**September 21 - October 26 | \$69.00**  
6 sessions

Cedars House Cafe  
Forbidden Drive at Northwestern Ave

## ONLINE: MILLIONAIRES IN TRAINING

Th from 7:00 PM to 8:00 PM

**FC06.** Learn the tools and principals millionaires use to make something out of nothing and maintain their success when it comes to finances. These include budgeting in categories, shopping around for service prices (insurance, etc.), and putting as much money into retirement savings as possible. Discuss the importance of having multiple streams of income and create individual plans to reach your short term and long term financial goals. You can achieve financial freedom by making wise money decisions!

**Rachael Hanible** grew up in a poor neighborhood, in a single parent household, and was determined to experience financial freedom. She set and achieved her goals to become completely debt free (including student loans), to save a year's worth of income, and to get her credit score above 800.

**September 23 | \$29.00**  
The Comfort of Your Own Home

## NETWORKING FOR SUCCESS

M from 7:00 PM to 8:30 PM

**FC15.** Do you have to attend several social or networking gatherings for your company or to get exposure for your organization? Do you become anxious and uncomfortable having small talk with new people you meet not knowing how to properly share your thoughts and ideas? Gain tips and tools on how to increase your confidence in social gatherings, grow your social capital and network for success.

**Jeffrey Jones** is the Senior Consultant for GDA Consulting. Jeffrey is an award winning dynamic motivational speaker who has taught and spoken at various organizations and companies within the Tri-State area and beyond. Jeffrey is certified by the University of Pennsylvania as Social Impact Strategist and Financial Planner. For his outstanding community work Jeffrey received the National Gold Volunteer Service Award from the White House.

**September 27 - October 4 | \$49.00**  
2 sessions

MALT Office, 6601 Greene St.

## RETIREMENT PLANNING TODAY

Th from 6:30 PM to 9:15 PM

**FC02.** 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 4-11 | \$24.00**  
M from 6:30 PM to 9:00 PM

LaSalle University, 1900 West Olney Ave.

**B. October 13-20 | \$24.00**  
W from 6:30 PM to 9:00 PM

LaSalle University, 1900 West Olney Ave.

**C. October 5-12 | \$24.00**  
Tu from 5:45 PM to 8:00 PM

Community College of Philadelphia  
1700 Spring Garden

**D. October 14-21 | \$24.00**  
Th from 5:45 PM to 8:00 PM

Community College of Philadelphia  
1700 Spring Garden

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



## DEBT-FREE ASAP

Th from 7:00 PM to 8:30 PM

**FCo4.** Are you ready to free yourself from the burden of debt? Receive 2 simple, but critical, tools needed to develop a debt payoff plan: the budget and the net worth statement. With these you'll compile and prioritize your debts, and then create a budget that shows how much you can apply to your debt burden each month. Between classes you'll compile your data and fill in the worksheets. In the second class we'll discuss a variety of paydown strategies, challenges, and hear insights you've had after compiling your financial statements. Walk away with a debt payoff plan and financial tools for life.

**Vanessa Lowe** hosts a live radio talk show, Vanessa's Money Hour, on G-town Radio, 92.9 FM. After using the personal finance strategies she's taught for more than 25 years, she's retiring at age 56 this year. She's completing 21 years of federal service with a focus on community development finance and has an MBA from Wharton School. Check out her "Top 10 Tools for Financial Success" class.

**October 14, 21 | \$49.00**

2 sessions

MALT Office, 6601 Greene St.

\$10 materials fee payable to the instructor.

## ABCs OF ESTATE PLANNING

M from 6:45 PM to 9:00 PM

**FCo1.** 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.

**October 18 | \$34.00**

United Lutheran Seminary  
7301 Germantown Ave.

## WHAT IS YOUR SOCIAL SECURITY STRATEGY?

Th from 7:00 PM to 8:00 PM

**FCo3.** Social Security is fairly simple provided you worked long enough to earn the required number of quarters and were never married. However, when you add two-income couples and/or divorce into the mix, both historically high among baby boomers, the decisions become very complicated. Making the wrong choices can result in less income for the rest of your life. We'll walk you through common, but surprisingly complex situations and provide strategies to maximize your benefits.

**Eric Dean** is a Wealth Advisor with Rislser Financial Management, which is based in Blue Bell. He is a Certified Financial Planner™ Professional and helps clients implement roadmaps to preserve and grow assets, while also creating income strategies for a comfortable retirement.

**September 23 | \$24.00**

MALT Office, 6601 Greene St.

## ONLINE: DECLUTTER YOUR MONEY

W from 7:00 PM to 9:00 PM

**FCo5.** This course will help those of us who face challenges with our money. During the course you will develop an understanding of your money and your spending, develop financial goals, manage your cash flow, debt reduction and build wealth all with a design. This would be a great course for anyone of any age. If you're a current college graduate just starting out or you're looking at retirement or you're caught in the credit card trap, you will develop a simple plan to meet your goals.

**Walter Moyer** has over 30 years' experience in tax accounting, mortgages, and financial consulting for individuals and small businesses. He has owned and operated his own tax accounting firm since 1987.

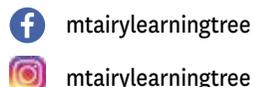
**November 10-17 | \$54.00**

2 sessions

The Comfort of Your Own Home



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



“Thanks for adapting classes to Zoom! This is a great time to be learning new things and linking up with interesting people!”

## ONLINE: LOVE + MONEY

Su from 2:00 PM to 4:00 PM

**FCo7.** Love+Money is about relationships. The relationships with ourself, with others, and with money. Once we have a clear understanding of who we are, what our goals are, and how we can obtain our goals, we can be clear on making room for the love that we want in our lives.

**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.

**October 24 | \$34.00**

The Comfort of Your Own Home

## ONLINE: STOCKS AND BONDS 101

Th from 6:30 PM to 8:30 PM

**FCo8A.** Interested in the stock market but not sure where to start? Both stocks and bonds can play a major role in helping you reach your long-term financial goals. Learn the basics of stocks and bonds and the value they can bring to your long-term financial strategy. Whether this is an introduction or a refresher, leave this class with valuable information on how you can make your money work for you.

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

**A. September 30 | \$34.00**

**B. October 28 | \$34.00**

The Comfort of Your Own Home

## TOP 10 TOOLS FOR FINANCIAL SUCCESS

Tu from 7:00 PM to 8:30 PM

**FCo9.** You'll leave this workshop with tools to develop, track and achieve your financial goals, no matter where you're starting now. During the first half of the session we review the basics: a sound budget and net worth statement. Next we move into the policy tools we should maximize: employer retirement accounts, IRAs, IDAs, flexible spending and health savings accounts. No personal finance session is complete without talking about debt. Yes, you can, and should, save while paying off your debt. Handouts include calculation worksheets and online resources.

**Vanessa Lowe**

**November 9 | \$29.00**

MALT Office, 6601 Greene St.

\$10 materials fee payable to the instructor.

## WEALTH CREATION TODAY

Th from 6:30 PM to 9:00 PM

**FC10.** This class takes a comprehensive, objective approach, giving you indispensable tools to avoid mistakes and recognize smart solutions for your personal financial wellness. Learn how to avoid common investment mistakes, prioritize which debts to pay off first, maximize employer benefit plans, compare types of insurance, and so much more. Ideal for working professionals, age 35-50.

**Leonard Cherry**

**October 19-26 | \$24.00**

2 sessions

Community College of Philadelphia  
1700 Spring Garden Street

\$25 materials fee will be automatically added to your cart.



## HOW TO GET PUBLICITY

Sa from 1:00 PM to 4:00 PM

**FC14.** 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 press releases, tip sheets, media alerts, how to contact reporters and bloggers, and follow-up etiquette.

**Ilena DiToro**, a graduate of Temple University, Manor College and St. Joseph's University, is a PR professional who has amassed over \$250,000 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.

**September 18 | \$54.00**

Mt. Airy Axis, 520 Carpenter Lane

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

## DEVELOPING THE LEADER WITHIN YOU

Su from 3:00 PM to 5:00 PM

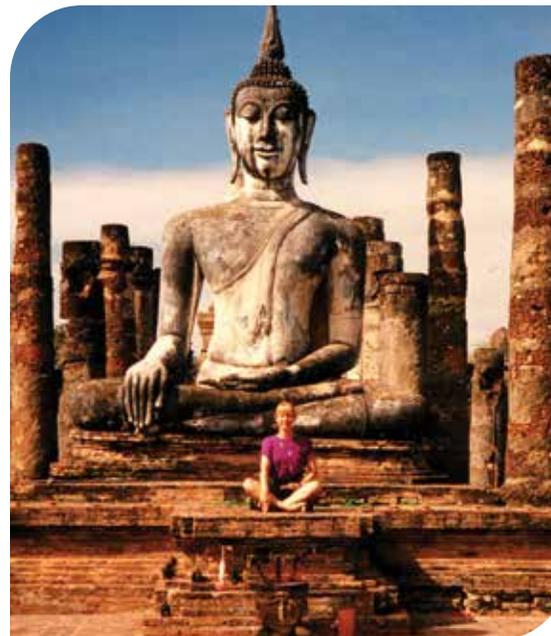
**FC11.** In three weeks, we will discuss your mind-set about growth. What must you change to become a better learner? Where do you need to focus your growth? Whether you are at the stage in your career where you aspire to move into management, a first year manager, or have been in a position for years, it doesn't matter. Learn about the importance of influence. Move from managing to leading.

**LaVerne Price** was born and raised in Philadelphia, where she received her Master of Education followed by a Certification in Administration of Human Services in Leadership Development from Chestnut Hill College. Her passion is to serve people and to meet them where they are at this moment to encourage them to be their best self. As a John Maxwell Certified Coach, Teacher, Trainer and Speaker, LaVerne offers workshops, seminars, keynote speaking, and coaching, aiding your personal and professional growth through study and practical application of Maxwell's proven leadership methods.

**November 7-21 | \$74.00**

3 sessions

United Lutheran Seminary  
7301 Germantown Ave.



## ONLINE: ENTREPRENEURSHIP IN THE NEXT NORMAL

W from 7:00 PM to 9:00 PM

**FC12.** This Entrepreneurship course focuses on career readiness and workforce development. It is the start of individuals becoming their very best, or greater! Move toward owning your own business or pursue other opportunities, allowing the world to experience what you have to offer. This experience helps you learn how to innovate, create, and develop business processes, raise capital, and manage a small business with possible business opportunities at the end. Be prepared for a career where a broad background and general business knowledge are requirements.

**Damian Pitts**, US Marine turned business professional and the founder of The Prometheus Leadership Experience™, Adjunct Professor at Temple University, and author of leadership and team building books such as *Success TRAPS: Awaken Your Realized Potential for Lasting Fulfillment*, *Successfirmations: Think, Reveal, Receive - LeaderShaping the Formula for Success*, and more than 85-academic white papers since 2005.

**September 22 - October 13 | \$69.00**

4 sessions

The Comfort of Your Own Home

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

**FC13.** 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. English is the world's business and travel language. Being able to speak English helps people get better paying jobs. 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 that earns up to \$90K a year. Learn the best paying jobs, qualifications, certification programs and specific hiring organizations. Tuition includes instructors 70-page digital book (a \$39.95 value).

**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.

**A. October 30 | \$39.00**

Sa from 12 PM to 3:00 PM

**B. December 11 | \$39.00**

Sa from 12 PM to 3:00 PM

The Comfort of Your Own Home

## ONLINE: KNOW YOUR RIGHTS AT WORK

M from 7:00 PM to 9:00 PM

**FC16.** Some companies say "we're one big family," but I don't remember my parents ever downsizing my brothers for lower-salaried siblings. The workplace has changed, from a relationship built on loyalty to one that is at arm's length and legalistic. Learn the rules of work, and how to survive and thrive. Protect yourself from discrimination and "workplace bullying," and maximize opportunities in good and bad times, including dealing with severance and non-compete agreements.

**Brian Foley Esq.** has a law practice in Mt. Airy, focusing on civil rights, employment law (including employees in academia), and defamation. He won the teaching award at Drexel's law school and is currently an adjunct professor at Rutgers Law.

**October 4 | \$29.00**

The Comfort of Your Own Home

### Barbara Bloom, our organization's founder, was a dear friend to us all.

Barbara had a dream: to create an affordable community education program that would bring residents together to get to know each other, share their diversity and where neighbors would teach neighbors in a community setting. That dream became Mt. Airy Learning Tree.

When Barbara founded MALT in 1981, the program offered just 17 courses and enrolled 125 students. "We had the idea that we all could learn from each other, and in doing that, our community would benefit," Barbara once said. "The Mt. Airy Learning Tree has long surpassed that goal."

Barbara suffered from chronic pulmonary lung disease, and died peacefully in her home. She would have been 80 years old this past spring – the year MALT turned 40.

We want to thank everyone who made a donation to the Mt. Airy Learning Tree in Barbara's memory.



**Barbara Bloom**

May 9, 1941 - December 7, 2020

We invite you to visit our website to read Barbara's interview with Karl Biemuller during MALT's 25th Anniversary in 2005, and view a video interview with her from 2010.

Painting by Bronwyn Bird

## ONLINE: HOW TO CREATE AN ETSY SHOP

W from 6:30 PM to 8:30 PM

**FC17.** 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, product photography, pricing, and shipping. This workshop is developed for people who have not set up an Etsy shop.

**Cheri Skipworth**, owner of the HandmadeU Studio, has been an avid crafter for more than 30 years and teaching arts and crafts to others for more than 20 years.

October 6 | \$34.00

The Comfort of Your Own Home

## ONLINE: HOW TO START YOUR OWN BUSINESS

W from 7:00 PM to 9:00 PM

**FC18.** There is no way to eliminate all the risks associated with starting a small business. However, you can improve your chances of success with good planning and preparation. Learn how to create a business plan and set up tax accounts. Discuss business structures and evaluate the benefits and weaknesses of owning a business. Get practical information on how to start and how to run a small business. Appropriate for anyone thinking of starting a business or those in the first few years of running a business.

**Walter Moyer** has over 30 years' experience in tax accounting, mortgages, and financial consulting. He has owned and operated his own tax accounting firm since 1987.

October 13 - 27 | \$69.00

3 sessions

The Comfort of Your Own Home

## ONLINE: SELF-PUBLISHING 101

Sa from 10:00 AM to 11:30 AM

**FC19.** Learn to self-publish! This course covers important steps such as: designing your book cover, protecting your work, publishing, print-on-demand, getting your book in stores, marketing your book and more.

**Tanda Thompson** has written over four books and has twenty-five years of experience writing newsletters. She has an Associate Degree in specialized business and a certificate for grant writing.

November 13 | \$34.00

The Comfort of Your Own Home



Lynsey Farrell

## ONLINE: IMPACT FIRST - EFFECTIVE GRANT WRITING

Su from 2:00 PM to 5:00 PM

**FC20.** Overwhelmed by the idea of applying for funding for your non-profit or research project? In this course, we go back to the basics of grant writing to distill the core impact or idea you are trying to fund. Over two weeks, participants will learn what the main components of grant writing are, draft a proposal and have work reviewed by peers. The result will be a nearly finalized basic proposal. By focusing on the core impact and idea, this dreaded task is actually fun.

**Lynsey Farrell** is a Senior Lecturer in Anthropology at the University of Pennsylvania. Lynsey has also served as Senior Consultant for a Nairobi-based organizational development consulting firm called Projects and Allied Consultants, where she worked on strategic plans for the East Africa Law Society and the USAID-funded Maendeleo ya Wanawake, the largest and oldest national grassroots women's organization in the country.

October 17-24 | \$59.00

2 sessions

The Comfort of Your Own Home

## ONLINE: HOW TO TRAVEL FREE AND SAFELY

**FC21A.** We are 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? Plus learn how to benefit from the deep travel discounts being offered right now to motivate you to book future travel in 2021 and 2022. If you are near retirement, changing careers, a student, or someone who likes the idea of making additional income to support your travel dream, this class is for you. World traveler Gina Henry shows you how she is prepared for the new "travel normal" including important tips on safety, trip insurance, what to do if you become sick, and other strategies. Earn free airline tickets, hotel nights, tours and more in the USA and worldwide! Volunteering, fun work-vacations, paid travel, teaching English, mystery shopping, importing/drop shipping, and remote employment opportunities. Tuition includes Gina's 100-page digital book "How to Travel Free and Safely" (a \$39.95 value).

Gina Henry

A. October 23 | \$39.00

Sa from 12 PM to 3:00 PM

B. December 4 | \$39.00

Sa from 12 PM to 3:00 PM

The Comfort of Your Own Home

## ONLINE: THE SECRETS OF TRAVEL-HACKING: FREE AIR, HOTELS, AND CASH BACK

Sa from 12 PM to 3:00 PM

**FC22.** You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel and then redeem them for high-value trips. Flights and hotels are typically the most expensive part of your vacation budget. Gina will show you her easy "Beginner Strategy" then graduate you to more advanced strategies that earn you 1 million+ reward points a year. All the major reward programs will be detailed. Also learn tips for flying business and first class. Gina Henry, founder of Go Global, Inc, has been a professional traveler for over 26 years and earns 15 free airline tickets and dozens of free hotel nights each year. Tuition includes instructor's 70-page digital book "The Secrets of Traveling Hacking - Free Air, Hotels and Cash Back" (a \$39.95 value).

Gina Henry

November 13 | \$39.00

The Comfort of Your Own Home

## ONLINE: WORK REMOTELY AND BECOME A DIGITAL NOMAD

Sa from 12 PM to 3:00 PM

**FC23.** Live and work wherever you want as a digital nomad and be location independent. If you have already started working remotely due to the current pandemic, think even bigger and grow this into a travel lifestyle. Learn about jobs that support this way of life and the "how to" of living on the road (downsizing, putting your stuff in storage, getting your mail on the road, how to have a "physical address" when needed, the RV lifestyle, international living, long-term rentals, housesitting, and more). Learn the best ways to set up your remote office in your hotel, longterm rental, out of your car or RV, how to get quality wifi, phone service, and more.

Gina Henry

November 6 | \$39.00

The Comfort of Your Own Home



## ONLINE: SECRETS THE CAR DEALER DOESN'T WANT YOU TO KNOW

Sa from 9:00 AM to 12 PM

**FC24.** If you're in the market to buy an automobile, you don't want to miss this class! Purchasing a car is often the second most expensive purchase of a person's life (buying a home being number one). It's important to understand the car buying process and avoid the rip-offs and scams. We'll share some of the top 10 secrets that can help save you thousands of dollars and avoid buying a clunker.

**Deric Dandridge** has been a business owner for 36 years with over 23 years in the used car industry. He is the retired owner of Auto Dreams LLC and the current owner of The Savvy Car Consumer and The Guy Spa. In the book that he wrote to share in his course he shares the darkest secrets that used car dealers would never want you to know.

October 13 | \$39.00

The Comfort of Your Own Home

\$10 materials fee payable to the instructor.

## ONLINE: TOOLS FOR TIME MANAGEMENT

M from 7:00 PM to 8:30 PM

**FC25.** Does time always get ahead of you? Are you often late with assignments, for appointments and meetings? Learn the key tools necessary to help manage your time, scheduling things on your calendar, and actually being able to accomplish them without feeling rushed or hurried. So whether it's for work or personal use, get better at prioritizing, discover successful scheduling techniques, and tips to be and stay on time.

**Jeffrey Jones** is the Senior Consultant for GDA Consulting. Jeffrey is an award winning dynamic motivational speaker who has taught and spoken at various organizations and companies within the Tri-State area and beyond. Jeffrey is certified by the University of Pennsylvania as Social Impact Strategist and Financial Planner. Jeffrey received the National Gold Volunteer Service Award from the White House. He is also the founder of GDA Consulting, an agency aimed at helping people to improve their performance in order to reach their maximum purpose in every area of their life.

**December 6-13 | \$44.00**

2 sessions

The Comfort of Your Own Home

## ONLINE: WORK FROM HOME AS A MEDICAL TRANSCRIPTIONIST

Tu from 6:00 PM to 9:00 PM

**FC26.** 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 and 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 MT biz and has taught for many other programs. You'll enjoy her warmth, humor and practical advice.

**October 5 | \$39.00**

The Comfort of Your Own Home

\$20 materials fee payable to the instructor.

## ONLINE: YOUR CAREER PLANNING AND JOB SEARCH TOOLKIT

Su from 10:00 AM to 12 PM

**FC27.** Having an effective toolkit is essential for career management and job searching. This 2 session class will cover essentials of resume writing, drafting effective cover letters, using a modified executive brief, networking, practical tips for using social media (LinkedIn primarily), and using career resources.

**Sena Owereko, M.S., DMC, CTC, CMSC** is an engaging, global facilitator, senior strategist, and multilingual professional with over 20 years of combined experience in consulting, advising, training, higher education administration, diversity student recruitment, career services, creative marketing, and program management. She previously served as the Director of Client Relations and Career Services for a national non-profit and collaborated in delivering career-aligned education advising, training, and prior learning assessment information to a diverse portfolio of clients including Fortune 100 companies.

**October 10-17 | \$49.00**

2 sessions

The Comfort of Your Own Home

\$20 materials fee payable to the instructor.

## \$50 WEALTH BUILDER

Sa from 10:30 AM to 1:00 PM

**FC30.** Safely invest with as little as \$50! Learn how you can grow money even in this tough market. In one information-packed session you can learn how to wisely and profitably begin building your own financial empire as a small investor. This seminar was created specifically to meet the needs of the low- and middle-income investor. Safely buy high-potential stocks for as little as \$50 a month (with no commissions!) while minimizing risk; buy gold and silver for as little as \$50; start a high-powered financial portfolio for \$100; invest in mutual funds; and virtually guarantee \$1 million for your retirement!

**Paul Mladjenovic** is a Certified Financial Planner, teacher, author of Stock Investing for Dummies and Precious Metals Investing for Dummies and is the editor of the Prosperity Alert newsletter. He has taught for MALT for over 25 years.

**November 6 | \$49.00**

United Lutheran Seminary  
7301 Germantown Ave.

## ULTRA-INVESTING USING OPTIONS

Sa from 2:00 PM to 4:30 PM

**FC31.** 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**

**November 6 | \$49.00**

United Lutheran Seminary  
7301 Germantown Ave.

## ONLINE: HOME BUSINESS GOLDMINE

M from 7:00 PM to 9:30 PM

**FC32.** Do you want another source of income without leaving your job? Are you worried about your position, your company or your financial security? Use the same techniques and strategies that have been used by millionaires! Find out how to start and operate from home, part-time or full-time. You do not need capital to get started, just a desire to succeed. You will learn specific ways to earn money in hot areas such as factoring, brokering, finder fees, liquidating, etc. Imagine earning \$50,000 by bringing money to businesses! Or find over 2,000 sources of wholesale products to earn big re-sale profits. Start a low-risk, high-potential journey to financial security.

**Paul Mladjenovic**

**November 1 | \$44.00**

The Comfort of Your Own Home



Paul Mladjenovic

## ONLINE: \$1,000-A-DAY CONSULTANT

M from 6:30 PM to 9:00 PM

**FC33.** According to a recent survey, successful consultants earn between \$750 and \$1,500 a day. In this exciting nuts and bolts course, learn how to develop your expertise and gain "expert" credentials, set fees, write proposals and contracts, know when to turn down a job, what tax benefits and obligations you have as a consultant, write off meals, travel, your home office and more. You will also discover how to find customers without cold calls, use the Internet to find resources and opportunities, add profit centers such as books and referral fees, use marketing and salesmanship, use seminars to find clients and much more. Consultants are great "info-preneurs." Share your expertise and build your personal prosperity, full-time or part-time!

**Paul Mladjenovic**

**November 3 | \$44.00**

The Comfort of Your Own Home



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## MALT is a proud partner of the Woodmere Art Museum.

Woodmere's mission is to inspire creativity, learning, and self-expression through experiences with the art and artists of Philadelphia and the region. The Museum is a 19th century mansion that sits on six acres in Chestnut Hill and features many outside sculptures and gardens that demonstrate the relationships between art and nature. With a collection of more than 8,000 works of art, Woodmere offers exhibitions and a variety of programs that serve adults and children.

Woodmere Art Museum 9201 Germantown Avenue

## WILD FOODIE WALK

Su from 11:00 AM to 1:00 PM

**TW15.** Take a walk on the wild side with Lynn Landes from Wild Foodies of Philly! Join us for a guided stroll of the beautiful grounds surrounding the Woodmere Art Museum, where we'll be tasting and learning about edible plants, as well as how to steer clear of the plants we don't want to pluck! After class discover the inspiring exhibits at the Woodmere Art Museum.

**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.

September 26 | \$24.00

## LANDSCAPE AND BEYOND: OBSERVATION AND INVENTION

Sa from 9:30 AM to 11:30 AM (No Class 10/2)

**AC36.** Come enjoy Philadelphia's fall in a beautiful place with a vibrant community of artists! Use Woodmere's grounds as a starting point for drawing or painting. Students have a range of choices and may work from observation to create traditional landscapes that explore deep space and/or up-close details of botanical images, and anything in between. Or work from your imagination or from references to place figures and objects in whatever real or imagined space you create.

This class will be highly individualized, to meet the interests of each artist, with plenty of freedom and how-to support. All levels are welcome.

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

September 18 - October 30 | \$160.00  
6 sessions



## T'AI CHI AND ART

**MBO3.** Enjoy t'ai chi on the grounds of the Woodmere Art Museum. Vicki will give a demonstration of the Cheng Man Ch'ing Short Form and teach some warm-up exercises that utilize the primary t'ai chi principles. No prior t'ai chi experience needed. After the workshop enjoy a free visit to the museum and explore their exhibits.

**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.

**A. September 19 | \$24.00**  
Su from 10:00 AM to 11:00 AM

**B. September 26 | \$24.00**  
Su from 2:30 PM to 3:30 PM

## WoodmereArtMuseum

TELLING THE STORY OF PHILADELPHIA'S ART AND ARTISTS

All Classes take place at the  
Woodmere Museum of Art  
9201 Germantown Avenue  
Chestnut Hill

## ONLINE: ACUDOG WELLNESS

Tu from 5:00 PM to 6:30 PM

**FHo1.** Acupressure for you and your dog, is a wonderful way to connect and help dogs stay healthy and happy, using massage and acupoints. At the same time, it can address problems or injuries that may arise. In this course, we will explore the Five Element Paradigm used in Chinese Medicine, to learn about the energetic pathways or Meridians and acu-points located on the dog's body. Is your dog's element primarily Fire, Earth, Metal, Water or Wood?

What points and combinations might support you and your pet? What kind of touch will benefit your dog type/personality and stage in life, the most? eg: Yin or Yang: deep, light, off the body, stimulating, relaxing? Let's explore!

**Gina Gilbert** (pictured below) is a Licensed Acupuncturist (for humans), an "Acupressurist" for humans and dogs, movement teacher of the "Nia" technique and artist.

November 9 - December 7 | \$74.00  
5 sessions

The Comfort of Your Own Home



## BASIC MANNERS FOR DOGS

W from 7:00 PM to 8:00 PM

**FHo2.** Discover how dogs learn and communicate both with us and with each other. Using positive reinforcement training techniques, establish a foundation for teaching basic manners and obedience behaviors (responding to hearing their name, cues such as Watch, Touch, Sit, Down, Stay, Leave It). 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.

**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.

October 6 - November 10 | \$154.00  
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.

## SEEDS TO LIVE BY: FALL/WINTER GARDENING

Sa from 1:00 PM to 3:00 PM

**FHo6.** Discover new techniques for extending the life of the plants in your vegetable garden to keep them producing even through the harshest of winters. You can winterize your existing plants so that they stay vibrant through the cold months or bring the plants from your garden inside to "winter over." Imagine picking tomatoes and peppers in the middle of January! We will also plant fall and winter crops that can be harvested well into December as well as a variety of crops that won't be ready until the spring. Of course, whatever you plant during the class is yours to take home.

**Ellen Russell** is an avid gardener who has been teaching a variety of gardening classes to adults and children for over 20 years.

October 23 | \$35.00

Cliveden Carriage House  
6401 Germantown Ave., rear

\$5 materials fee payable to the instructor.

## SEEDS TO LIVE BY: SEED SAVING

Sa 12:00 PM to 2:00 PM

**FHo7.** You get to the garden store and find that all of the seed packets have been picked over or worse, are all gone. Familiar scene? Learn how to save your own seeds both in season and out of season. Tomatoes to potatoes and beans to broccoli, you'll never be out of seeds again.

**Ellen Russell**

October 9 | \$35.00

Cliveden Carriage House  
6401 Germantown Ave., rear

\$5 material fee payable to the instructor

## ONLINE: FUNDAMENTALS OF DIVORCE, CUSTODY AND SUPPORT

Th from 7:00 PM to 8:30 PM

**FHo5.** Receive an overview of the process and timing of divorce - from the filing of the complaint through the distribution of property and entry of the divorce decree. Gain an understanding of physical and legal custody and what guides the courts in making custody decisions. Grasp the essentials of the types and determination of support. Examine alternatives to litigation.

**Jeannie Fridey, Esq.** has been a licensed attorney, practicing matrimonial and family law in Pennsylvania since 1994. Prior to opening her own practice, she served as the chief litigator, oversaw the complex cases and trained the new associates for a matrimonial and family law firm for approximately 15 years.

December 9-16 | \$49.00

2 sessions

The Comfort of Your Own Home

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

M from 2:00 PM to 3:30 PM

**FHo3.** 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 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? Still do-able. Including accessories. Members of this hands-on course see results and have fun. As one 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, have the clean-lined kitchens they've always craved and more.

October 18 - November 1 | \$59.00

3 sessions

Presbyterian Church of Chestnut Hill

## FALL GARDEN CLASS AND TOUR

Tu from 10:00 AM to 11:00 AM

**FHo4.** How do you start a fall garden? How do you plant seeds? What can I plant this time of year? Do I have enough space in an urban setting? If you've wondered these questions, you're in the right place.

In this 3-session course, including 2 online live classes and 1 in-person tour of the instructor's garden, students will learn the steps to creating a seasonal garden using a hands-on approach. We'll discuss several topics, including companion planting, growing food during the winter months, fertilizing, prepping the soil, garden critters, and more. Be inspired to get started and keep growing.

**MyLisa Flowers-Shipanga** has been gardening for over 15 years and teaching for 25 years. She loves sharing her knowledge with others and inspiring them to grow and learn.

A. September 21 - October 5 | \$54.00

3 sessions

A. September 25 - October 9 | \$54.00

3 sessions

The Comfort of Your Own Home

## COMMON SENSE NATURAL BEEKEEPING

Su from 2:00 PM to 4:00 PM

**FHo8.** Honey bees have existed here on earth for approximately 65 million years, evolving natural systems that benefit their ability to survive and thrive. By looking to the bees themselves for the answers to our beekeeping questions, we can tap into this evolutionary legacy. In Common Sense Natural Beekeeping, Stephanie suggests a method of beekeeping based on deep respect for the honey bee colony as a highly evolved system. This course will discuss:

- Lessons from the way bees live in the wild
- Management strategies that respect the natural intelligence of the bee
- Hive design elements that promote colony health and resilience
- Case studies highlighting successful natural beekeepers from around the world

**Stephanie Bruneau** is a beekeeper, environmental educator, writer, artist, and Director of Outreach at MALT. She is the author of *The Benevolent Bee* (Quarry Books, 2017) and *Common Sense Natural Beekeeping* (Quarry Books).

November 21 | \$39.00

MALT Office, 6601 Greene St.

Optional \$24 materials fee for the Common Sense Natural Beekeeping book, payable to the instructor.



## TODDLER BALLET/TAP AGES 3 TO 5

**KDo6.** 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.

Offered by the staff of **Mt. Airy Performing Arts** under the Artistic and Managing Director, Kim Williams.

A. September 16 - November 4 | \$104.00

Th from 4:00 PM to 4:55 PM

B. September 18 - November 6 | \$104.00

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.

## TEEN SELF-DEFENSE

Th from 7:45 PM to 8:30 PM

**KDo4.** Build confidence while working out together and working together to learn self-defense with foundational elements of martial arts. Students will get stronger, improve coordination and gain flexibility. The class will help build skills in core strength and balance for other competitive sports and fitness activities. For students ages 13 to 17. No experience needed.

**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.

October 21 - November 18 | \$99.00

5 sessions

Action Karate, 11 W Mt Airy Ave.

\$49 materials fee payable to the instructor

## INTRO TO PONY POWER AGES 7 TO 14

F from 4:30 PM to 6:00 PM

**KD11.** This workshop is for all horse-loving kids, ages 7 to 14. The ability to handle a horse is a great confidence-builder for young people. Working in teams helps participants learn to partner with one another. Horses also help young people develop patience, which kids must employ as they perform riding and handling skills. Horses require a great deal of care and attention. Kids find themselves bonding with the horses and forming a relationship based on kindness and respect, wonderful qualities to learn as a youngster!

**Misty Godfrey** is certified by the American Riding Instructors Association and has been teaching riding her whole life. She has also been riding and competing since her early teens. She loves horsemanship and is passionate about helping riders to reach their personal goals. Misty has introduced over 400 students to horses through MALT, helping to keep the urban horse culture alive in Philadelphia!

September 24 - October 15 | \$119.00

4 sessions

Bill Pickett Riding Academy

2100 Martin Luther King Dr



"My daughter is 5 and she really ENJOYED group learning. I hope to sign her up for another session soon."



## TOT LEARN TO ICE SKATE AGES 3 TO 5 YEARS OLD

Sa from 11:45 PM to 12:45 PM

**KDo8.** Get an early experience out on the ice with Wissahickon Skating Club! For multiple levels: Intro to the Ice (T or TH only), Parent & Me (T or TH only), Tot 1-Tot 3. Class is 30 minutes with practice and warm-up time before and after.

Taught by **instructors from the Wissahickon Skating Club.**

**A. September 16 - October 21 | \$150.00**  
Th from 12:45 PM to 2:45 PM  
6 sessions

**B. September 21- October 26 | \$150.00**  
Tu from 12:45 PM to 2:45 PM  
6 sessions

**C. September 25 - October 30 | \$150.00**  
Sa from 11:45 AM to 12:45 PM  
6 sessions

Wissahickon Skating Club  
550 W. Willow Grove Ave.

Bring warm clothing and your own helmet.  
Fee includes 30-minute lesson, warm-up and practice time surrounding the lesson and skate rental.

## YOUTH LEARN TO ICE SKATE - AGES 6 TO 15 (ALL LEVELS)

**KDo7/09.** For all new skaters and Learn to Skaters wishing to learn the fundamentals of ice skating. Classes go through basic skating skills such as forward and backward skating, stopping, crossovers, turns, mohawks, simple jumps, and control and balance moves.

Taught by **instructors from the Wissahickon Skating Club.**

**KDo7. September 17 - October 22 | \$150.00**  
F from 7:30 PM to 8:30 PM  
6 sessions

Fee includes 30-minute group lesson, 30-minute practice time, skate rental, and free admission to the open skating session at 8:30 PM. Skaters should dress warmly. HELMETS REQUIRED under Level 4 and for ages 7 or younger.

**KDo9. September 25 - October 30 | \$150.00**  
Sa from 11:45 AM to 12:45 PM  
6 sessions

Fee includes 30-minute group lesson, 30-minute practice time, skate rental, and free admission to the open skating session at 12:45 PM. Skaters should dress warmly. HELMETS REQUIRED under Level 4 and for ages 7 or younger.

Wissahickon Skating Club  
550 W. Willow Grove Ave.

## VISION BOARD WORKSHOP FOR TEENS

Sa from 11:00 AM to 1:00 PM

**KD10.** Visualize your future goals and dreams in a fun, exciting and creative way! Vision Boards display a collage of images, words, phrases and designs that will motivate and encourage you to achieve their goals. Personalize your vision board with fun accessories, so it captures who you are and what you like.

**Danielle Wilson** has degrees in fashion design, fashion merchandising, and business. She loves showing others how to create new and exciting things from clothes to household decor.

**November 6 | \$24.00**  
Cliveden Carriage House  
6401 Germantown Ave., rear

Materials fee: \$12 payable to the instructor.

## ONLINE: ORIGAMI ART: CRANES

Sa from 9:30 AM to 11:00 AM

**KDo3.** Let's make Cranes with Origami! Students will learn how to create three different origami animals: crane, a folding feather crane, and a flying crane. We encourage parents to take this course together with their child. If you take it together only one registration is required.

**Yuki Flores** was born in Japan and has lived in Philadelphia for 15 years. She taught Japanese language and Japanese culture in Canada before moving to United States. She has taught origami and Japanese dress previously at MALT.

**October 9 | \$24.00**

The Comfort of Your Own Home

Students should supply their own origami paper.



## RUTABAGA'S ECO-LIVING WORKSHOP

Sa from 1:30 PM to 3:00 PM

**KD12.** Families learn the importance of sustainable living and easy tweaks that they can easily implement. Each month families will work together to create a product to make an eco-swap in their home. Ideal for families with kids ages 4+.

**Krystal Cullinera** is the founder and owner of Rutabaga Toy Library. She opened Rutabaga Toy Library in 2019 to provide affordable, eco-friendly access to toys and a gathering space for kids and their grownups. Rutabaga Toy Library also offers communal play sessions and eco-friendly workshops.

**A. Handmade Beeswax Food Storage Wraps**  
**October 9 | \$39**

**B. Renewed and Reusable Napkins**  
**November 13 | \$39**

**C. Upcycled Holiday Gift Wrapping**  
**December 11 | \$39**

Rutabaga Toy Library, 3452 Conrad Street, C2

## RUTABAGA'S NATURE ARTS JR.

**KD13.** Nature Arts Hangout is an adaptation of Rutabaga's Nature Arts afterschool program to give families with younger children an opportunity to explore with us! Our Nature Arts instructor will lead a group of families on an outdoor adventure in East Falls to find impressions and materials, and provide a creative space and unleashed encouragement for artistic creation.

**Staff of Rutabaga Toy Library**

**A. September 27 - October 18 | \$120**  
M from 9:30 AM to 11:00 AM

**B. September 19 - October 10 | \$120**  
Su from 3:30 PM to 5:00 PM

4 sessions

Rutabaga Toy Library, 3452 Conrad Street, C2

Please register  
early.

Fewer than 5,  
the Class  
takes a Dive!



## T'AI CHI CH'UAN: BEGINNING

Th from 7:00 PM to 8:00 PM

**MB01.** Yang style T'ai Chi 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 other types of aerobic exercise) and aiding in pain relief for musculoskeletal problems; while 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 23 - December 2 | \$119.00**  
10 sessions

Chestnut Hill United, 8812 Germantown Ave.

## T'AI CHI CH'UAN: CONTINUING

Th from 8:00 PM to 9:00 PM

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

**Kurt Findeisen**

**September 23 - December 2 | \$119.00**  
10 sessions

Chestnut Hill United, 8812 Germantown Ave.

## T'AI CHI - YANG STYLE: BEGINNING/CONTINUING

**MB04./MB05.** 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 Continuing class is open to anyone who is interested. 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** 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.

**MB05. Beginning**

**September 29 - December 8 | \$119.00**  
(No Class Thanksgiving Week)  
10 sessions

W from 10:00 AM to 11:00 AM

**MB05. Continuing**

**September 29 - December 8 | \$119.00**  
**W from 11:30 AM to 12:30 PM**  
10 sessions

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

This class will take place in Widener Hall.

## T'AI CHI FOR HEALTH

Tu from 6:00 PM to 7:00 PM

**MB08.** 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.

**September 21 - October 26 | \$79.00**  
6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.



## YOGA, A CHAIR AND YOU

F from 11:30 AM to 1:00 PM

**MB10.** Every body 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.

**November 5 - December 10 | \$74.00**  
**skipping November 26**  
5 sessions

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

## QIGONG FOR HEALTH AND WELLNESS

Tu from 7:00 PM to 8:00 PM

**MB09.** QiGong has roots in ancient China, where adepts explored the inter connectedness of all creation. Developing a system of postures and breathing, they advanced a method known as QiGong — the practice of working with Qi (energy/life force). Regular practice of QiGong has a long history of benefits for the physical, emotional, mental and spiritual aspects of life. QiGong can be adapted to meet anyone's needs; practice can be done in a bed, sitting or standing; all movements can be modified to accommodate any ability.

**Paul Martin** has studied with many Masters and Grand Masters, teaching for over 15 years. He has taught several times at the prestigious National QiGong Association Conference with enthusiastically received workshops.

**September 21 - October 26 | \$74.00**  
6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

**SEE PAGE 42: T'AI CHI AND ART AT WOODMERE ART MUSEUM**

## YOGA FOR BASIC STRENGTH AND MOBILITY

W from 10:00 AM to 11:00 AM

**MB11.** If you are interested in improving posture; having a well-rounded strength routine; gaining mobility to make everyday movements more efficient, graceful, and enjoyable; and being able to breathe more freely, join us! Any amount of yoga experience is welcome, and everyone will have an opportunity to decide on the challenge level of their practice.

Each week will focus on one of the following: hamstrings, glutes, inner and outer thighs, front body length, upper back, chest, and arms. Breathing for relaxation will also be included.

**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.

**September 29 - November 17 | \$96.00**  
8 sessions

Chestnut Hill United, 8812 Germantown Ave.

## GENTLE AWAKENING YOGA WITH LINDA KISH

Su from 10:00 AM to 11:15 AM

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

Offered by the **staff of Mt. Airy Performing Arts** under the Artistic and Managing Director, Kim Williams.

Offered as a hybrid class. Your choice of:

**A. In Person**  
**B. Online**  
**September 19 - October 24 | \$95.00**  
6 sessions

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

## PAUSE, BREATHE, RESTORE WITH LINDA KISH

Tu from 6:00 PM to 7:15 PM

**MB14.** This Gentle Yoga Class combines basic yoga postures with meditative breathwork, yin postures, restorative postures and an infusion of reiki. You will experience a sense of calm, grounding and relaxation. No previous yoga experience necessary.

Offered by the **staff of Mt. Airy Performing Arts** under the Artistic and Managing Director, Kim Williams.

**A. In Person**  
**B. Online**  
**September 21 - October 26 | \$95.00**  
6 sessions

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

## YOGA FOR BONE HEALTH WITH LINDA KISH

W from 5:45 PM to 6:45 PM

**MB15.** Learn the 12 yoga postures that support bone health. A 10-year-long study through Columbia, NYU, Rockefeller University and Brigham and Women's Hospital proved this sequence supports bone health. Previous experience is helpful but not required.

Offered by the **staff of Mt. Airy Performing Arts** under the Artistic and Managing Director, Kim Williams.

**A. In Person**  
**B. Online**  
**September 22 - October 27 | \$95.00**  
6 sessions

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



## ONLINE: EXPLORING SPIRITUAL TEXTS OF INDIA IN MODERN LIFE

W from 7:00 PM to 8:00 PM

**MB16.** Many turn to the richness of Indian spiritual culture for answers to life's challenges. In this class, we will draw from vedic texts such as the Bhagavad-gita, Sri Isopanisad and Srimad Bhagavatam to bring practical concepts and solutions to modern day stresses and challenges. Through this course, learners will have a better understanding of philosophical and spiritual concepts from the East which can assist in reducing stress, improving one's quality of life and increasing well-being.

**Wendy Romig**, DCN is a Doctor of Clinical Nutrition and owner of Sage Integrative Health Center in Mt. Airy where she sees a wide range of chronic health issues using functional medicine, nutrition and herbal medicine. In addition to her nutrition background, Wendy has been a long-time student, practitioner and teacher of Vedanta (ancient spiritual philosophy from India).

**October 13 - November 3 | \$48.00**  
4 sessions

The Comfort of Your Own Home

## ONLINE: MOTIVATIONAL TRICKS FOR BEING MORE PRODUCTIVE

M from 7:00 PM to 9:00 PM

**MB17.** Being as productive as we'd like isn't always easy - procrastination and being overwhelmed can get the best of us. But it doesn't have to be a never-ending struggle! All you need are some effective strategies. You will learn easy tricks (that really work!) for getting things accomplished, and how to see your obstacles in a different light. From small projects to major goals, you'll leave with specific plans for making progress. Take charge of your dreams and start seeing results!

**Kyle Tevlin** has been a student of self-development and 'life improvements' her entire life. A natural go-getter who suffers from the same mind games as anyone else, she's made it her business to learn how to overcome common obstacles that prevent us from being successful. "Little tricks" have been life changing for her.

**October 18 | \$24.00**

The Comfort of Your Own Home

## ONLINE: UNDERSTANDING CHRONIC DISORGANIZATION

Tu from 7:00 PM to 8:30 PM

**MB18.** Do you wonder why some people have a harder time keeping things together? We'll talk about the fundamentals and underlying causes of chronic disorganization, as well as techniques and strategies to help those challenged by this common issue to make positive changes in their lives and relationships. Receive numerous resources for continued learning and support.

**Leslie Robison** has provided coaching and organizing services since 1999 through her business Mastery Consultants. She is passionate about helping you achieve more ease, credibility and satisfaction at home and at work.

**November 9 | \$24.00**

The Comfort of Your Own Home

## ONLINE: WAVE EMPOWERMENT SELF-DEFENSE AND BOUNDARY SETTING

W from 7:00 PM to 8:30 PM

**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, and earned her original level one teaching certificate in August 2018. She currently works as a Prevention Coordinator at Women In Transition.

**October 13-20 | \$39.00**  
2 sessions

The Comfort of Your Own Home

“Keep up the great work. You offer such unusual classes that are offered nowhere else!”

## ONLINE: GROW INTO YOUR GLOW! A SISTER CIRCLE AND TRIBUTE CEREMONIES

Tu from 7:00 PM to 8:30 PM

**MB20.** In a world where women still face bias and other barriers sister circles are safe spaces to share struggles and celebrate our imperfections. Sister circles allow us to be supported while supporting other women who understand. Through intentional breathing, journaling, meditation and shared discussion a circle becomes a sacred space to be authentically you! A sister circle increases your energetic vibration and gives you that boost of confidence that we all need. Participants will leave feeling energized and complete.

**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 2-23 | \$44.00**  
4 sessions

The Comfort of Your Own Home

## UTILIZING CRYSTALS FOR ENERGETIC HEALING

W from 7:00 PM to 8:30 PM

**MB21.** Crystals are an excellent way to increase your human vibration as well as increase your self-care through meditation, crystal gazing and feng shui. Crystals can help one enhance a loving heart and achieve more loving abundance. Often, people find themselves drawn to spiritual tools like crystals, but, just like an unknown destination, they need a road map to guide them. By bridging the gap between the mystical and the practical, we can discover how to apply spiritual tools in our everyday lives while still having faith in religion.

**Ava Adames**

**December 1 | \$24.00**

MALT Office, 6601 Greene St.

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

## ONLINE: METHODS OF MEDITATION

Th from 7:00 PM to 8:30 PM

**MB22.** Effective meditation depends on choosing, from many different methods, the technique and intensity of practice that is right for you. Explore the various ways in which a meditation practice can be personalized. Is your goal spiritual growth or stress reduction? If you need external aides, do you favor audio or visual input? Learn about and experience mantra, visualization, breathing, and basic movement methods, and engage in introspection to determine how you can best maintain a practice.

**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 for ten years. He spent three years attending occasional Zen retreats, and has a private counseling practice in Mt Airy.

**October 14 - November 11 | \$74.00**  
5 sessions

The Comfort of Your Own Home

Bring a notebook and cushion to class.

## ONLINE: DREAM INTERPRETATION

Th from 7:00 PM to 8:30 PM

**MB25.** Brainwave studies show that everyone dreams every night, and throughout history people have noted their dreams' meaningful messages. How can we better remember them? Aside from their practical value, can dreams help us further develop our intuition and spirituality? After reviewing the basic biology of dreams, we'll spend each session learning principles of dreamwork from some major theorists (Jung, Taylor, etc.), understand symbolism, and go about helping each "scratch the surface" understanding our own dreams. Our goal will be to dialogue with our inner self and perhaps support each other in life changes we may wish to undertake as a result.

**David Low**

**December 2-16 | \$44.00**  
3 sessions

The Comfort of Your Own Home

## ONLINE: ACCESSING YOUR HEART'S WISDOM

Th from 6:30 PM to 8:00 PM

**MB24.** Are you singing the song that is in your heart? Living from your heart is learning how to listen to your inner guidance and higher self. When you connect to your heart's intuition, you will experience greater coherence, clarity, compassion, and calmness. Remember the secret ingredient is self-love. In this class we will delve into the heart's meridians, chakras, and intelligence. Through an array of activities including meditations, mudras, Qigong postures, self-love techniques, and crystals companions, this class will introduce you to the power contained within your heart.

Course materials (including crystals and incense) will be mailed to students who register by Oct. 21.

**Denise Daniels** is a teacher by trade, certified Reiki III, energy and crystal healer, as well as a happiness and transformational life coach. She has been on the path of self-healing and transformational spiritual awakening for the past 15 years.

**October 28 - November 4 | \$39.00**  
2 sessions

The Comfort of Your Own Home

\$5 materials fee payable to instructor (materials will be mailed prior to the first class).

## ONLINE: CRITICISM UNCOVERED

W from 7:00 PM to 9:00 PM

**MB27.** Is criticism a friend or foe? How do you react to it? Is there a brighter side to it? Join us to explore how we can view criticism and respond to it, internally and externally. We can also look at ways to neutralize and make use of the criticism that comes into our lives. Class includes discussion, group sharing, experiential exercises.

**Jan Collins**, M.Ed. is owner of Creating Your Positive Life!, LLC. She is completing the requirements for a Doctorate in Spiritual Science, and provides Heart-Centered Counseling and Spiritual Counseling. Jan has presented various Creating Your Positive Life! topics throughout the area and has been a guest on local radio talk shows.

**November 10 | \$24.00**

The Comfort of Your Own Home



## LEARNING TO READ TAROT

Tu from 7:00 PM to 9:00 PM

**MB23.** 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.

**November 2-23 | \$64.00**  
4 sessions

MALT Office, 6601 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: 10 WAYS FOR FEELING GOOD ABOUT YOURSELF

W from 7:00 PM to 9:00 PM

**MB26.** Where do you put your focus for yourself? At the end of the day, do you look only at what you haven't done - instead of all that you have accomplished? Do you only see what you don't have instead of what you do have? Do you appreciate your fine traits? Yes, you. Join us to explore many ways to better reflect the qualities of that cute face in the mirror and to provide loving support for yourself. Class includes discussion, group sharing, experiential.

**Jan Collins**

**October 13 | \$24.00**

The Comfort of Your Own Home



## ONLINE: MINDFULNESS MEDITATION

Th from 11:30 AM to 1:00 PM

**MB28/MB29.** 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. Classwork coupled with home practice (includes audios for home use) will provide the student with the basic skills needed for a mindfulness meditation practice. This course is designed for people with little or no meditation experience but all are welcome. **Note:** Part 1 will run earlier in the term; Part 2 is designed for individuals who have taken Part 1 through MALT.

**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.

**Part 1. MB28. October 7-28 | \$59.00**

**Part 2. MB29. November 4- December 2 skipping Nov. 25 | \$59.00**  
4 sessions

The Comfort of Your Own Home

## ONLINE: THE PATIENT'S VOICE IN MEDICAL RESEARCH

Th from 7:00 PM to 8:30 PM

**MB30.** After going through a major health crisis, or changing their lifestyles to accommodate the care and treatment of a chronic disease, patients and their caregivers often want to use these experiences to help others in a similar situation. One way to do that is to provide critical input to medical researchers who are working on ways to make treatments more manageable and effective with the goal of improving the quality of life and life expectancy. The federally-funded **Patient Centered Outcomes Research Institute (PCORI)** offers opportunities for such engagement. This course will cover PCORI patient engagement opportunities to become a patient peer reviewer, contributing to research conducted around the country. We will also discuss other opportunities to contribute to medical research, beyond clinical trials and focus groups, that put patients and caregivers on an equal footing with researchers, enabling us to join the class of "citizen scientists."

**Barbara Sheehan** works as a grants specialist at a cancer research center. As a cancer survivor, she is a member of the PCORI Patient Peer Review Editorial Board and provides patient peer reviews for reports on medical research that are relevant to her life experiences.

**November 4 | \$24.00**

The Comfort of Your Own Home

## ONLINE: UNDERSTANDING MEDICARE: A GUIDE TO THE CHOICES

**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** is the former Director of APPRISE at the Mayor's Commission on Aging in Philadelphia. She is now working as a volunteer through the APPRISE program at the Einstein Medical Center.

**A. October 6 | \$24.00**

**W from 2:00 PM to 4:00 PM**

The Comfort of Your Own Home

**B. October 12 | \$24.00**

**Tu from 7:00 PM to 9:00 PM**

The Comfort of Your Own Home

## UNDERSTANDING LONG TERM CARE 101

**MB33.** Learn exactly what long term care means (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 7 | \$24.00 | In Person**

**Th from 7:00 PM to 9:00 PM**

Wesley Enhanced Living, 6300 Greene St.

**B. November 9 | \$24.00 | Online**

**Tu from 1:00 PM to 3:00 PM**

The Comfort of Your Own Home

## ONLINE: BREAST CANCER AND MY BIOLOGICAL MACHINE

M from 9:00 AM to 11:00 AM

**MB34.** This course will introduce students to the topic of breast health over the course of a life span. Felicia will provide an overview of the breast cancer experience, including discussion of diagnosis, treatment, metastatic disease, and mental health. The course will also cover how to be a breast cancer patient, and cover doctor-patient communication, as well as how to locate breast cancer resources.

**Felicia Johnson** was diagnosed with De novo Metastatic Breast Cancer in the Fall of 2003. She now works in patient advocacy in the cancer community by speaking at health promotion events; working with researchers, patients and their families; as a member of the cancer patient advisory committee at her treatment hospital, and more.

**September 27 - October 4 | \$39.00**

2 sessions

The Comfort of Your Own Home

## ONLINE: VALUES-BASED ADVANCED CARE PLANS

Tu from 10:00 AM to 12 PM

**MB35.** This workshop helps to identify ways to integrate personal values and preferences into healthcare decisions. Learn how advanced care planning can support you as an individual, offer a higher quality of life during treatment, and reduce stress among loved ones and caregivers. This program offers an opportunity to speak in-depth about completing and sharing documentation, values based medical decision-making, and advanced care planning. Includes time for 1:1 interactions regarding individual questions about advanced care plans. Participants will receive multiple options of approved documents for sharing their wishes.

**Morgan Rakay** is a Licensed Professional Counselor and Board-Certified Dance/Movement Therapist whose work is focused on supporting quality of life, values-based decision making, and end of life / change in life care. Morgan has worked as an advanced care planning specialist since 2016, in addition to medical, grief and bereavement counseling. She finds meaning in supporting others through medical advocacy and collaborative medical decisions.

**October 5 | \$24.00**

The Comfort of Your Own Home

## 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, go over 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 the last five years.

**A. October 13 | \$24.00**

**W from 10:00 AM to 12 PM**

**B. October 21 | \$24.00**

**Th from 6:00 PM to 8:00 PM**

Presbyterian Church of Chestnut Hill  
8855 Germantown Ave

\$5 materials fee payable to the instructor.

## DITCH THE OBESITY, HYPERTENSION AND DIABETES! AN INTRODUCTION TO FOOD-AS-MEDICINE

W from 7:00 PM to 8:30 PM

**MB36.** Are you seeking a solution to create permanent weight loss? Want to lower your blood pressure and cholesterol? Did you know that pre-diabetes can be reversed (not just managed) by plant-based food, and sometimes diabetes can be as well? Being overweight, hypertensive or diabetic often have the same root cause: it's the Standard American Diet. The instructor specializes in preventing and reversing 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 food-as-medicine. Learn how to restore your health in your kitchen!

**Elise Rivers**, Esq., M.Ac., has practiced holistic medicine for more than 20 years, and is the founder of the Northwest Center for Food As Medicine. She is certified by Cornell University's program in plant-based nutrition studies, and has studied the benefits of plant-based nutrition since 2013.

October 6 | \$29.00

Community Acupuncture of Mt. Airy  
6782 Germantown Ave.

## ONLINE: DETOXING YOUR HOME

M from 7:00 PM to 8:00 PM

**MB37.** Now that we are finally getting out of the house again, let's take a look at what we've been living with for the past year. In this course, we'll examine common household items that may be having a negative impact on your health and your immune system. We'll learn about common contaminants and toxins that could very well be hiding in plain sight in your living room, bathroom and kitchen right now. We'll discuss how these toxins can affect us, our children and our pets, and you'll take home simple suggestions for safer alternatives.

**Rae Whatley** is a Jikiden Reiki therapist and a Wellness and Detox coach with a practice in Chestnut Hill. She loves to sleep outside and tries to go camping at least once a month in the Spring and Fall. She is also teaching Intro to Camping for Women.

October 4-18 | \$44.00

3 sessions

The Comfort of Your Own Home

\$5 materials fee payable to the instructor.

## CHANGE YOUR POSTURE, RELIEVE YOUR PAIN

**MB38.** 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. 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 a Posture 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.

A. September 30 | \$29.00

Th from 7:00 PM to 8:30 PM

B. December 7 | \$29.00

Tu from 7:00 PM to 8:30 PM

United Lutheran Seminary  
7301 Germantown Ave.

## PROTECT YOUR BACK: ERGONOMICS AND BIOMECHANICS

Th from 7:00 PM to 8:00 PM

**MB39.** This course will improve the quality of life for anyone feeling tired, achy, with poor sleep and low energy. Basic functions of the muscular and skeletal systems will be taught as a foundation. From there students will learn why they get neck and back pain and what can be done to prevent it. Additionally, students will receive exercises and strategies that not only reduce and prevent pain, but also improve joint range of motion, sleep and overall energy.

**Jeffrey Sklar**, DC has been practicing for over 20 years and believes that chiropractors are best suited to help others improve their quality of life through the primary tenet of patient-centered care. Dr. Sklar has developed unique skills that help to reduce pain, increase energy and focus, and improve function throughout the body. He has published several papers and speaks internationally about his work, but the highlight of his career was receiving the Cancer Treatment Centers of America's Starfish Award for Innovation.

September 23-30 | \$34.00

2 sessions

\*Private Studio on Highland Avenue  
in Chestnut Hill

## MYOFASCIAL RELEASE

Tu from 7:00 PM to 8:30 PM

**MB40.** Being in shape means spending time being in many different shapes. Body language communicates more than words. Posture is a reflection of our experience and an integral part of holistic health and well being. Learn how to move in ways that treat and prevent pain. This self myofascial release class blends Yin (passive) and Yang (active) ways to maintain the health of fascia, the system responsible for moving and protecting our bodies. This class will use a foam roller, chair, towel or yoga mat and a book or yoga block. This class will include one in-person group session at Community Acupuncture of Mt. Airy (CAMA) and three follow-up classes held via zoom.

**Emily Smith** is a myofascial release, movement and licensed massage therapist. She is heartfelt in helping others listen to the body's wisdom to create health and happiness. Emily creatively shares simple and effective skills that treat and prevent chronic pain naturally as well as create resiliency and strength.

November 9-30 | \$64.00

4 sessions

Community Acupuncture of Mt. Airy  
6782 Germantown Ave.

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

M from 7:00 PM to 8:30 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 Ericksonian Hypnotist specializing in using the unconscious to help empower clients achieve their healing goals.

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

October 4 | \$24.00  
Couples Fee \$34.00

The Comfort of Your Own Home

## ONLINE: CREATE A SELF-PORTRAIT WITH WORDS

Th from 6:00 PM to 8:00 PM

**MB43.** Have you ever created a self-portrait that felt deeply expressive? Written a story about your name, your self? This class combines the two in a self-exploratory creative exercise that requires absolutely no prior drawing experience. We will create easy and enjoyable contour line drawing self-portraits and replace the lines with stream of consciousness writing about your name and self. The result: a unique textual image that tells a story about you. This process is designed to lead you to uncover your questions about your name, self and life's journey and to find the answers that you hold within yourself. Supplies: BYO pencil and ball-point pen or ultra fine tipped marker, and paper.

**Sonia Gordon-Walinsky** is a Philadelphia-based artist and educator working primarily in paper, wool and clay and teaching youth and adults, with a special love for intergenerational groups. With a double BA from Columbia University in history and the Jewish Theological Seminary in literature, she brings her love of these subjects into all that she teaches and creates. Sonia has expertise in Hebrew and English calligraphy and creates calligraphic artwork with a special focus on the the depth of names.

October 14 | \$29.00

The Comfort of Your Own Home

## ONLINE: THE ART OF COMMUNICATION

Th from 6:00 PM to 8:00 PM

**MB44.** Communication is an essential part of our daily life. Getting your message across is critical in your personal and professional relationships. Everything we do involves communication. This interactive workshop will define and provide an understanding of the art of communication, highlight the barriers in a communication process, provide participants with active listening tips that can be used to improve verbal and nonverbal communication.

**Teresa McKnight** is the founder of For My Girls, an empowerment organization that provides workshops and programs for girls and women. Having over 20 years of mentoring, workshop and seminar experience, Teresa finds great joy in helping others identify their true potential. She is passionate about building self-esteem and leadership skills in girls and women and helping them to become empowered to accomplish their goals.

October 7 | \$24.00

The Comfort of Your Own Home

## CLOSENESS AFTER COVID

**MB45.** The past year tested the strength and resilience of our relationships and our community. Many folks are emerging from this time with a renewed sense of purpose and dedication to what matters, yet when seeking to improve their relationships, they find themselves back in old patterns. This two-hour workshop is open to couples or individuals, and will provide tools to use in your partnerships, a safe space to share feelings and ask questions, and encourage breaking out of the stuck places in which we sometimes find ourselves.

**Sarah Barry** and **Tessa Peoples** are family therapists and have several years of experience working with people who want to improve their important relationships. They've seen firsthand how changes brought about by the pandemic impacted couples and families in meaningful and challenging ways.

**A. October 20 | \$24.00**

**W from 7:00 PM to 9:00 PM**

**B. November 17 | \$24.00**

**W from 7:00 PM to 9:00 PM**

MALT Office, 6601 Greene St.

## ONLINE: LEAP OF FAITH: GOING FROM SAFE TO NO REGRETS LIVING

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

**MB46.** Do you have a bucket list? Is there something you have always wanted to do that you haven't gotten to yet? We all have heard that life is short, but we have also seen other people step out and take chances to change their lives. This four-week program will take you from SAFE to NO REGRETS LIVING.

Most people don't reach their desires because they don't devote the proper time to them or they have no idea where to begin. Robyn has created a process that will help you complete a goal, and teach you how to accomplish future goals.

**Robyn Murphy** is a certified life coach who has 35+ years as an educator. Her philosophy on taking charge of change has led her to creating this process to achieve goals. Robyn has been coaching couples, women and teachers for 2 decades.

**October 19 - November 9 | \$59.00**

4 sessions

The Comfort of Your Own Home

## ONLINE: WRITE THROUGH YOUR CHAKRAS

**MB47.** In this workshop participants will briefly review the 7 chakras and their associations. We will then move on to a guided meditation, with yoga pose suggestions pertaining to each chakra. The course will conclude with a writing prompt, and time to compose a piece to be shared at the end of the class. Students will get an un-intimidating glimpse into chakras and meditation while also flexing their writing muscles and discovering connections between the body and the mind.

**Rayna Guy**, M.A., Ed., was born and raised in Philadelphia. Journeying through social work and education, she has now found her home as a DEI practitioner in one of Philadelphia's independent schools. Navigating spaces marked "safe" as a BIPOC woman made her hesitant to broaden her scope of yoga and chakras, but through self-study and community partnerships she is now an aspiring yogi with roots in English. She has had many "aha" moments in both meditation and writing, and enjoys guiding others to experience the same.

**A. September 22 | \$29.00**

**W from 7:00 PM to 9:00 PM**

**B. October 24 | \$29.00**

**Su from 3:00 PM to 5:00 PM**

The Comfort of Your Own Home

## ONLINE: WHAT IS REIKI?

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

**MB48.** Learn what Reiki is and what it isn't, how it works 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 clear understanding of what Reiki is, how it can be used in everyday situations and help you decide if it's something you want to learn or to incorporate into your wellness plan.

**Rae Whatley** is a Jikiden Reiki therapist and a Wellness and Detox coach with a practice in Chestnut Hill.

**September 29 | \$24.00**

The Comfort of Your Own Home

## ALEXANDER TECHNIQUE: RETURNING TO YOUR ESSENTIAL NATURE

**Su from 4:00 PM to 5:15 PM**

**MB50.** 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 teaches individuals and groups in her Mt. Airy studio and surrounding areas, as well as at the Boyer College of Music at Temple University. Anne travels worldwide teaching this rich body of work to people of all ages, professions, skill levels and diverse backgrounds.

**November 7-21 | \$54.00**

3 sessions

\*Private home near Devon St. and E. Gowen Ave.

## ONLINE: HOLISTIC FACELIFTING WITH NGA EL

**M from 7:00 PM to 8:00 PM**

**MB52.** Nga El is back, helping maturing faces transcend the problems of facial aging through her new and improved holistic face-lifting method, combining the ancient art of vibrational healing tones, facial reflexology, and fun and easy facial exercises for you to do anytime, anywhere, at home or on the go!

You'll find out how to: Improve the natural contour and firmness of the eyelids and decrease hooded eyes; Lift sagging jowls and fill out the cheeks; Reduce bags, wrinkles, turkey neck, and deep folds around the mouth; Achieve better facial symmetry, tighter skin, and more youthful contours.

**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 18 - November 8 | \$54.00**

4 sessions

The Comfort of Your Own Home



## INTRO TO ESSENTIAL OILS

**Sa from 10:00 AM to 12 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 2 | \$29.00**

Mt. Airy Axis, 520 Carpenter Lane

## ONLINE: BOOST YOUR BODY AND IMPROVE YOUR IMMUNE SYSTEM

**Th from 6:30 PM to 8:00 PM**

**MB54.** Let's talk about how to eat healthy. This class will cover ways to boost our immune system, review current research regarding COVID and nutrition, and discuss how to incorporate seasonal produce into our meals and snacks. This is a talk that can benefit everyone, so come join in, listen and learn!

**Nicole Schillinger**

**December 16 | \$29.00**

The Comfort of Your Own Home



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## ALL ABOUT CBD AND MEDICAL CANNABIS

Th from 7:00 PM to 9:00 PM

**MB55.** Today, everywhere you look 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 chose 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.

November 18 | \$29.00

Mt. Airy Axis, 520 Carpenter Lane

## ONLINE: STARTING OVER THE JOURNEY TO SELF DISCOVERY IN A POST PANDEMIC WORLD

W from 7:00 PM to 8:30 PM

**MB56.** The pandemic forced us to grow through a moment in time we'll never forget. It's forced us to change the way we interact with each other and how we see ourselves. The world has opened up and we're now faced with the challenge of creating our "new norms". Before we can start the process we need to gain clarity about who we are, who we've become and who we want to be. This course will help you to gain clarity about who you are and develop the pathways necessary to get you to where you want to be in the areas of your life that are the most important to you.

**Kiyona Brown** a Licensed Social Worker with 15 years of experience. She has advanced degrees in Social Work, trained in Cognitive Behavioral Therapy and Dialectical Behavioral Therapy. She has taken various strategies and curated them into experiences that can help others.

September 29 | \$24.00

The Comfort of Your Own Home

## 24 KARAT GOAL VISION BOOK PARTY

Sa from 2:00 PM to 4:00 PM

**MB57.** Come have fun with the Glitz and Glam Girls! In this life changing workshop you'll be creating Inspiration On the Go! A vision book that travels with you, filled with powerful words, images, and aspirations. Designed to inspire, motivate and uplift. Want to glam up your book? Rhinestones, feathers, and glitter will be available. We will also introduce you to M.A.R.V.E.L., a six step transformation process to enhance your life created by life coach Nancy James. This workshop is for anyone who wants to Dream Bigger, Live Bolder and Make It Happen in 2022. We'll conclude the workshop with a celebratory toast!

**Jojo Gass**, "the girl with the big dreams," 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 4 | \$39.00

United Lutheran Seminary  
7301 Germantown Ave.

\$15 Material fee payable to the instructor.

## ONLINE: GUIDED MEDITATION

W from 6:00 PM to 7:00 PM

**MB60.** With the uncertainty and rapid changes that have occurred in the recent past, it can be challenging to feel centered and simply happy and able to cope with the curve balls life throws at us. How would you like to feel calm and collected, rested, centered and creative, unburdened and positively lighter? Join us if you are looking to be more in tune with your deep self and more aligned with core values such as love, serenity, creativity, and release.

**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 also a Reiki Master.

October 6 - November 10 | \$74.00

6 sessions

The Comfort of Your Own Home



Misty Godfrey

## BEGINNING BRIDGE

M from 10:00 AM to 12 PM

**SR01** 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. A hobby which 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.

Sept. 20 - Nov. 8 | \$114

Wesley Enhanced Living , 6300 Greene St.

## BRIDGE REFRESHER

W from 10:00 AM to 12 PM

**SR02.** If you have taken a Beginning Bridge class and want to learn more, 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**

October 6 - November 24 | \$114.00

8 sessions

Wesley Enhanced Living , 6300 Greene St.

## HORSEMANSHIP 101

F from 6:00 PM to 8:00 PM

**SR10.** This is a comprehensive intro to the wonderful world of horses, a must for the person who always wanted to own a horse, ride a horse, or just have the chance to be in its magical presence. We will be developing skills in handling, grooming, saddling and, of course, riding. Learning who the horse is and how he thinks will enable students to enter into a partnership that will make handling and riding an absolute joy!

**Misty Godfrey** is certified by the American Riding Instructors Association and has been teaching riding her whole life. She has also been riding and competing since her early teens. She loves horsemanship and is passionate about helping riders to reach their personal goals. Misty has introduced over 400 students to horses through MALT, helping to keep the urban horse culture alive in Philadelphia!

September 24 - October 29 | \$219.00

6 sessions

Bill Pickett Riding Academy  
2100 Martin Luther King Dr.



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## BEGINNER MAH JONGG

Sa from 10:00 AM to 12 PM

**SRo4.** Have fun learning this ancient Chinese tile game. Using 152 tiles, players form hands and earn points. It's an intricate game that provides an exercise for the mind, an opportunity for social groups to get together, and is played competitively in tournaments throughout the US.

**Barbara (Penny) Delp**, a local Trust and 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 18 - November 6 | \$109.00**

8 sessions

Grace Epiphany Church  
224 E. Gowen Ave.

\$10 materials fee payable to the instructor.

## INTRO TO CAMPING FOR WOMEN

Sa from 1:00 PM to 4:00 PM

**SRo5.** Ladies, let's talk about camping! We'll set up a tent, complete with basic comfort 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! In addition to learning how to set up and take down basic equipment, we will discuss the realities of various camping sites. There will also be an opportunity to join a free camping trip to south-central PA October 1-3. So bring all of your questions, a camp chair or folding chair and a sense of adventure! See you outdoors!

**Rae Whatley** is a Jikiden Reiki therapist and a Wellness and Detox coach with a practice in Chestnut Hill. She loves to sleep outside and tries to go camping at least once a month in the Spring and Fall. She has been camping with a hammock for the last 10 years on family trips, Scout trips and hiking trips. Rae has never been rained out and never fallen out.

**September 25 | \$34.00**

Wissahickon Park off of Walnut Lane

## ONLINE: GETTING INTO CROSSWORDS

Tu from 6:00 PM to 8:00 PM

**SRo3.** Crosswords are popular with many people, but for those who've never done one, they can be intimidating. If you're curious to give these entertaining puzzles a try, Raymond can help. As an editor at Games World of Puzzles magazine, he edits and test-solves crossword puzzles regularly. In this class, he'll share the history of crosswords, cover the basic elements of these puzzles, discuss the different kinds of clues you'll encounter, and, most important, we'll solve a puzzle together. Who knows? 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 is also, in general, a "word nerd."

**October 26 | \$29.00**

The Comfort of Your Own Home



Rae Whatley



## INTRO TO FALL AND WINTER BIRDING IN THE DELAWARE VALLEY

Th from 7:00 PM to 8:30 PM

**SRo6.** Fall and winter can provide opportunities for some of the best Birding of the year in our area. The southbound migration includes numerous passerines, or perching birds as well as hawks passing through our area to their wintering grounds further south. Although many birds continue through south to the Southern Hemisphere, many come here for the winter and can only be seen in the area at this time of the year. The winter is the time for the ducks and waterfowl who come here in huge numbers looking for open water to pass the winter feeding along the coast and further inland.

**Clifford Hence** has been a birder in the Delaware Valley for over 40 years. With his wife Nancy they have traveled throughout the country as well as Europe and South America to pursue their interest in Birding.

**September 23-30 | \$49.00**

2 sessions

MALT Office, 6601 Greene St.

## BIRDING ADVENTURE AT THE DIXON MEADOW

Tu from 9:00 AM to 10:30 AM

**SRo7.** Stroll through the meadow in search of our avian friends. Build your birding skills as you learn about resident/migratory birds, the history of the meadow and the importance of habitat and native plants. Bring binoculars and a sun hat. (Loaner binoculars are available.)

**Ruth Pfeffer**, owner of Birding with Ruth, is an enthusiastic and knowledgeable birder whose accomplishments are varied and interesting. She teaches beginner to advanced birders the sightings and songs of our local avian at Dixon Meadow Preserve.

**The Whitemarsh Foundation** is dedicated to the conservation and stewardship of open space in the Whitemarsh Valley and surrounding areas. The Foundation's major initiatives have included the preservation of over 180 acres of the iconic Erdenheim Farm, the restoration of the Dixon Meadow House into an environmental learning center, and the creation and stewardship of the Dixon Meadow Preserve. We are grateful to co-present this course with the Foundation.

**September 28 | \$20.00**

Dixon Meadow at Whitemarsh Foundation  
548 Flourtown Rd, Lafayette Hill



So you 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 from our web site at [www.mtairylearningtree.org](http://www.mtairylearningtree.org), call the office Monday to Thursday between the hours of 9:00 am and 2:00 pm. or come by our Thursday evening Meet + Greet in September to talk about it in person!

Winter Term proposal deadline is October 1st



Kenneth Nicholas

## SWORDFIGHTING FOR STAGE AND SCREEN

Sa from 10:00 AM to 1:00 PM

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

**Kenneth Nicholas**

**November 13 | \$49.00**

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

\$10 materials fee payable to the instructor.

## LEARN TO ICE SKATE FOR ADULTS AGES 16+ (ALL LEVELS)

The Wissahickon Skating Club offers basic skating classes that provide the skater with instructions on learning to skate recreationally, as well as learning to progress further in hockey or figure skating. For the beginner, classes go through basic skating skills such as: forward and backward skating, stopping, crossovers, turns, mohawks, simple jumps, and control and balance moves.

Taught by **instructors from the Wissahickon Skating Club.**

**SR11. September 16 - October 21 | \$150.00**

Th from 12:45 PM to 2:45 PM

**SR12. September 21 - October 26 | \$150.00**

Tu from 12:45 PM to 2:45 PM

**SR13. September 25 - October 30 | \$150.00**

Sa from 11:45 AM to 12:45 AM

**SR14. September 17 - October 22 | \$150.00**

F from 7:30 PM to 8:30 PM

6 sessions

Wissahickon Skating Club,  
550 W. Willow Grove Ave.

Fee includes 30-minute lesson, 30-minute practice time and skate rental. Skaters should dress warmly.

## STAGE COMBAT UNARMED!

Sa from 10:00 AM to 1:00 PM

**SR08.** Learn how to fight for stage and screen! This is an introduction into the exciting world of stage combat. Slaps, punches, chokes, falls.. you'll learn how to do them all, safely and believably! This workshop is designed for anyone who's curious how actors and stunt performers make fights look real and exciting. No acting experience required — just a willingness to learn and have fun!

**Kenneth Nicholas** is a teacher and choreographer with over 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 23 | \$49.00**

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

# ONLINE CLASSES

## TALKS + WALKS PG. 4

Philadelphia: The Mural Capital of the World!  
Painted Rhythm, Music, and Dance  
Painters and Their Media  
Green Burial

## ARTS + CRAFTS PG. 9

Creating an Intention Candle  
Resin Casting Geode Coasters  
The Spa Treatment: Make Your Own  
Body Butter and Sugar Scrub

## COMPUTERS + TECHNOLOGY PG. 17

Blogging with WordPress  
Get Paid by Google  
Getting to Know Your iPhone  
Getting to Know Your iPhone...Better  
Graphic Design Using Canva  
Intro to the Google Platform  
Social Media Crash-Course for Businesses

## COOKING + FOODS PG. 19

Buttermilk Biscuits and Scones  
Classic Victoria Sponge Cake

## FITNESS + EXERCISE PG. 27

Chair Pilates  
Fierce and Fit Over 40  
Yoga/Pilates Mix  
Zumba Gold® Toning and Circuit

## FINANCE + CAREERS PG. 33

Get Paid to Teach English in the USA,  
Overseas & Online  
Home Business Goldmine,  
How to Create an Etsy Shop  
How to Start Your Own Business  
How to Travel Free & Safely  
Impact First - Effective Grant Writing  
Know Your Rights At Work  
Entrepreneurship in the Next Normal  
Declutter Your Money  
Love + Money  
Millionaires in Training  
Secrets The Car Dealer Doesn't Want You  
To Know  
Self-Publishing 101  
Stocks and Bonds 101  
The Secrets of Travel - Hacking: Free Air, Hotels,  
& Cash Back  
Tools For Time Management  
Work Remotely & Become a Digital Nomad  
Your Career Planning and Job Search Toolkit  
\$1,000 - a-Day Consultant

## FAMILY + HOME + GARDEN PG. 43

AcuDog Wellness  
Fall Garden Class + Tour  
Fundamentals of Divorce, Custody and Support

## KIDS + TEENS PG. 45

Origami Art: Cranes

## MIND + BODY + HEALTH PG. 48

10 Ways for Feeling Good About Yourself  
Accessing your Heart's Wisdom  
Avoiding and Resolving Conflict  
Boost Your Body, Improve Your Immune System  
Breast Cancer & My Biological Machine  
Create a Self-Portrait with Words  
Criticism Uncovered  
Detoxing Your Home  
Ditch the Hypertension, Diabetes and Obesity  
with Food as Medicine  
Dream Interpretation  
Exploring Spiritual Texts of India in Modern Life  
Gentle Awakening Yoga with Linda Kish  
Grow Into Your Glow! A Sister Circle and  
Tribute Ceremonies  
Guided Meditation  
Holistic Facelifting 2.0 with Nga El  
Leap of Faith: Go from Safe to No Regrets Living  
Methods of Meditation  
Mindfulness Meditation  
Motivational Tricks for Being More Productive  
Pause, Breathe, Restore with Linda Kish  
QiGong for Health and Wellness  
Starting Over: The Journey to Self Discovery  
in a Post Pandemic World  
The Art of Communication  
The Patient's Voice in Medical Research  
Understanding Chronic Disorganization  
Understanding Long Term Care  
Understanding Medicare  
Values-Based Advanced Care Plans  
WAVE Empowerment Self-Defense and  
Boundary Setting  
What is Reiki?  
Write Through Your Chakras  
Yoga for Bone Health

## SPORTS + RECREATION PG. 61

Getting Into Crosswords

## WORDS + MUSIC + THEATER PG. 66

Advanced Spanish Conversation  
Harmonica  
Beginning Japanese  
Blues Harmonica  
French for Beginners  
German Immersion  
Intermediate Guitar  
Intro to Irish  
Poetic Approaches to Jumpstart Your Writing  
Screenwriting  
Ukulele Workshop  
Writing From Grief & Loss During COVID  
Young Adults' Vocal Workshop

## ONLINE: YOUNG ADULTS' VOCAL WORKSHOP

Th from 7:00 PM to 8:30 PM

**WMo5.** Want to grow your musical repertoire to rock your next open mic? Step up your vocal chops and learn how to expand your skill and performance with this class. This course teaches vocal pedagogy and performance coaching for the aspiring singer and performer. All styles welcome. This class is open to all ages, yet specifically geared to students 16-27 years of age with some music experience.

**Namarah McCall** is a teaching artist based in Philadelphia who has taught graphic design, music, songwriting, and movement courses with Rock to the Future as well as maintaining private vocal coach clientele for three years.

September 30 - November 18 | \$99.00  
8 sessions

The Comfort of Your Own Home

## ONLINE: BEGINNING JAPANESE

Su from 10:00 AM to 11:30 AM

**WMo3.** Get an introduction to Japan and basic Japanese language such as greeting, counting, and basic conversation. We will play a game with flash cards and practice greeting and counting. You will be able to introduce yourself in Japanese at the end of lesson.

**Yuki Flores** was born in Japan and has lived in Philadelphia for 15 years. She taught Japanese language and Japanese culture in Canada before moving to United States. She has taught origami and Japanese dress previously at MALT.

October 17-24 | \$39.00  
2 sessions

The Comfort of Your Own Home

## ONLINE: GERMAN IMMERSION - BEGINNER TO INTERMEDIATE

**WMo2.** 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 student of the German language.

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

A. October 5-26 | \$59.00  
Tu from 6:30 PM to 8:00 PM  
B. November 9-30 | \$59.00  
Tu from 6:30 PM to 8:00 PM

4 sessions

The Comfort of Your Own Home

## ONLINE: FRENCH FOR BEGINNERS

Tu from 6:30 PM to 8:00 PM

**WM3o.** 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 learn a taste of French culture. This is an interactive course.

**Sophie Bernard** grew up in the beautiful suburbs of Paris 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 28 - November 2 | \$89.00  
6 sessions

The Comfort of Your Own Home



Kaytria Stauffer

## ONLINE: ADVANCED SPANISH CONVERSATION

Th from 5:00 PM to 6:30 PM

**WMo1.** Your trip is planned, but your Spanish is rusty! You've spent some time living or working abroad and find yourself missing the sound of rolled rs. Join a group of intermediate, advanced, and bilingual Spanish speakers seeking to engage with Spanish at the conversational level. Each week we'll connect for a happy hour conversation with key focus areas (topics, tenses, moods, and conjugations) to reinforce throughout the class. Focus areas and supporting documents will be sent out in advance so you can brush up and read up as you'd like!

**Katherine Southerton** is a certified language teacher and English as a Second Language specialist with over 8 years of experience teaching language and tutoring both English and Spanish. She has spent much of her adult life living and traveling between the United States and Chile, and loves the power of language learning as a tool for bridge-building, empathy-building, and community-building. Kate is a true language nerd, but also spends her free time making pottery, painting, and doing macrame.

September 23 - November 11 | \$119.00  
8 sessions

The Comfort of Your Own Home

## ONLINE: INTRO TO IRISH

W from 7:00 PM to 8:30 PM

**WMo4.** Le Chéile Means Together course introduces beginners to the Irish Language. Learn foundational skills like pronunciation, vocabulary, and grammar typically used in a home or close-knit social setting. Whether you are looking to honor your Irish roots or are just interested in a new challenge, this is a fun and rewarding experience!

**Kaytria Stauffer** began studying Irish at the University of Limerick, and has continued her studies online. She has been a collaborator on the Irish Language Learners Facebook page since 2014. Kaytria was awarded a Gaeltacht Summer Award for her Le Cheile Means Together curriculum.

September 22 - November 10 | \$104.00  
8 sessions

The Comfort of Your Own Home

\$10 materials fee payable to the instructor.

## KEEP TALKING: AN INTRO TO VOICE OVERS

M from 6:30 PM to 8:00 PM

**WMo6.** Have you ever been told that you have a great voice? Explore numerous aspects of voice-over work for television, film, radio, audio books and the Internet in your area. We will cover all the basics, including what voices are in demand, how to build success part time, and how to prepare the all-important demo. This class is informative and a great first step for anyone interested in voice acting professionally. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! As with any career, expect to invest in additional training and equipment beyond this workshop.

**John Gallogly** is a professional voice coach and producer with Creative Voice Development Group. He has instructed and developed voice talent throughout the northeastern U.S. and has an extensive background in radio and DJ work, advertising and professional singing.

November 15 | \$24.00

United Lutheran Seminary  
7301 Germantown Ave.



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## KOREAN NEW WAVE CINEMA

F from 6:00 PM to 9:00 PM

**WM07.** Did you like Bong Joon-Ho's *Parasite*? Why not explore the pioneering movement that fostered it — a series of genre-bending South Korean films that, starting in the early 90s, transformed the Asian cinematic landscape. Together each week, we'll view a carefully curated film, followed by a lively and thoughtful discussion on what we've just seen. The course is great for global cinema beginners, Asian cinephiles, and film lovers of all kinds. Let's have fun watching compelling movies together the way we use to!

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

**October 29 - November 19 | \$74.00**

4 sessions

Presbyterian Church of Chestnut Hill  
8855 Germantow Ave.

## SILENT COMEDY FILMS: THE FORGOTTEN GEMS

M from 5:00 PM to 8:00 PM

**WM08.** A collection of some fun but lesser-known silent films from the 1920s, featuring stars like Mary Pickford, Eddie Cantor, Clara Bow, and also highlighting forgotten stars like Raymond Griffith, Douglas MacLean, Reginald Denny, and Syd Chaplin (Charlie's half-brother). These wonderful films continue to bring laughter and happiness to audiences almost a hundred years later. Each film is accompanied by vintage cartoons and comedy shorts of the period.

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

**October 4 - December 6 | \$99.00**

10 sessions

\*Private home near Millman and Rex in Chestnut Hill



Clara Bow, 1920s Silent Film Star.

## ONLINE: SCREENWRITING

Sa from 1:00 PM to 3:00 PM, skipping Nov. 27

**WM09.** Ever wondered what it takes to write a movie script? Let's turn your original idea into a spark that'll result in you writing your feature length motion picture screenplay. This course covers the creative process from story development to screenplay structure, and basic of filmmaking to acquiring a literary agent. Extensive coaching and feedback provided throughout entire course.

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

**October 23 - December 18 | \$129.00**

8 sessions

The Comfort of Your Own Home

## ONLINE: POETIC APPROACHES TO JUMPSTART YOUR WRITING

Th from 7:00 PM to 8:45 PM

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

**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 have partnered with RitualWell and the Bethlehem Public Library to offer classes. Their work is published in *Tiny Seed Literary Journal*, *Passengers Journal*, among others. They were also a finalist in the 2020 Driftwood Press In-House Poetry Contest. Chelsea has an MFA in Poetry from Drew University, and is the Managing Editor of *The Maine Review*. Originally from Virginia, they now live in Philadelphia with their partner, plus a grouchy cat, and cuddly pit bull.

**October 7-28 | \$64.00**

4 sessions

The Comfort of Your Own Home

## POETRY AND PERFORMANCE IN A PANDEMIC

Tu from 7:00 PM to 8:30 PM

**WM11.** Explore and apply digital and conceptual poetry and performance in a post-pandemic world. COVID-19 has changed the nature of poetry readings. Not only have public readings been a near impossibility, we are facing what feels like a collective trauma. Building on basic poetry concepts students will re-imagine the concept of a poetry reading in order to meet the needs of today's audience.

**P. E. Garcia** is a features editor at the *Rumpus*. Previously, they've been a contributor to *HTML Giant*, a contributing editor at the *Offing* and *Awst Press*, and an online editor for *Hunger Mountain*. They earned their MFA in Fiction from Vermont College of Fine Arts in 2013. Originally from Arkansas, they currently live in Philadelphia, where they are a PhD candidate in Rhetoric at Temple University.

**November 9-30 | \$64.00**

4 sessions

United Lutheran Seminary  
7301 Germantown Ave.

## MEMOIRS: MORE THAN MEMORIES

Sa from 1:00 PM to 4:00 PM

**WM12.** 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, 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 6-13 | \$64.00**

2 sessions

United Lutheran Seminary  
7301 Germantown Ave.

\$6 materials fee payable to the instructor.

## ONLINE: WRITING FROM GRIEF AND LOSS DURING COVID

W from 7:00 PM to 8:30 PM

**WM13.** Find your voice and discover what needs to be spoken. Using writing prompts, students will learn to explore, lock out censors, and make discoveries through poetry. This class will be deeply informed by COVID and the feelings of grief, anxiety, vulnerability and isolation many felt during the last year and half. All skill levels are welcome.

**Amy Small-McKinney** won The Kithara Book Prize 2016 (Glass Lyre Press) for her second full-length collection of poems, *Walking Toward Cranes*, deeply informed by her breast cancer treatment. (She is cancer free now.) She is also the author of, *Life is Perfect* (2014) and two books of poetry, *Body of Surrender* (2004) and *Clear Moon, Frost* (2009). Amy's newest book, *One Day I Am A Field*, written during Covid and her husband's decline and death, is forthcoming with Glass Lyre Press. She has a degree in Clinical Neuropsychology from Drexel University and an MFA in Poetry from Drew University.

**October 6-13 | \$49.00**

2 sessions

The Comfort of Your Own Home





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## ONLINE: BEGINNER'S HARMONICA FOR AGES 16+

M from 6:30 PM to 7:45 PM

**WM14.** 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 and 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 20 - November 8 | \$94.00**  
8 sessions

The Comfort of Your Own Home

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

## ONLINE: BLUES HARMONICA 1

M from 8:00 PM to 9:15 PM

**WM15.** Let's continue our work with the harmonica and focus on the Blues. The harmonica's unique sound is integral to the distinctiveness of many great blues bands. Learn some techniques and styles of background and lead playing. We will work on songs by Slim Harpo ("Something Inside Me," "Raining In My Heart"), Little Walter ("Last Night," "Hoochie Coochie Man"), Sonny Terry ("Bring It On Home To Me"), etc. **Note:** if you haven't taken "Beginner's Harmonica," please let us know at registration so the instructor can contact you prior to the first class to determine if this course is appropriate for you.

**Seth Holzman**

**September 20 - November 8 | \$94.00**  
8 sessions

The Comfort of Your Own Home

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

## ONLINE: INTERMEDIATE BLUES HARMONICA

Th from 6:30 PM to 7:45 PM

**WM16.** Let's continue one of the songs in the Blues Harmonica 1 course as well as songs and topics suggested by the students. This class is for people who have taken Blues Harmonica (a second level class) or who have permission of the instructor.

**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 and 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 30 - December 2 | \$94.00**  
(skipping 10/28 and 11/25)  
8 sessions

The Comfort of Your Own Home



## ONLINE: UKULELE WORKSHOP

W from 7:00 PM to 8:00 PM

**WM19.** Ukulele is fun to learn and play! This course is for students who can tune the ukulele and play a few basic chords. Learn some more songs, chords, finger-picking styles, introduction to the blues and lots more with Carol Sandler. All sizes of ukulele (soprano, concert or tenor) are welcome.

**Carol Sandler** has been teaching ukulele for several years in private and group classes and has taught workshops for different organizations. She also teaches piano, violin, fiddle and recorder.

**September 22 - October 27 | \$79.00**  
6 sessions

The Comfort of Your Own Home



## SO YOU WANT TO LEARN GUITAR?

W from 7:00 PM to 8:00 PM

**WM17.** Maybe you've wanted to pick up the guitar, but haven't had the time. Maybe quarantine gave you the time, but you need an extra push to give you direction, or a goal to work towards. Maybe you've just always loved music and want to express your music better. Join Casey Brown for beginners guitar lessons with a small group.

**Casey Brown** is a professional musician, songwriter and guitar teacher, with 15 years of experience in a variety of genres. He has played behind gospel artist Kierra Sheard, beside The Roots band member James Poyser, and in various bands locally. He is thoroughly invested in the growth of people and their talents.

**September 29 - October 20 | \$64.00**  
4 sessions

Philadelphia Folksong Society  
6156 Ridge Ave., Roxborough

## ONLINE: INTERMEDIATE GUITAR

W from 7:00 PM to 8:00 PM

**WM26.** For guitar players out there who already have some knowledge and skill, but just can't seem to get to the next level. We'll first discuss the mechanics of finger-picking. Then we'll learn blues and pentatonic scales, and how those scales work for playing blues, country, and rock & roll. Students must know basic guitar chords and strumming patterns to register for this course.

**Wanamaker Lewis** has been performing and teaching for over 25 years. He has recorded 3 albums and performed at many venues including the Philadelphia Folk Festival and the Keswick Theatre. Mr. Lewis has taught at various adult schools in the area, and many of his students now play professionally.

**October 6 - November 10 | \$79.00**  
6 sessions

The Comfort of Your Own Home

## EXPLORING THE UNIVERSE OF AFRICAN MUSIC

W from 7:00 PM to 8:00 PM

**WM18.** Explore different styles of African music, including Highlife, Afrobeat/ Afrobeats, Congo, South African Township Music, Desert Blues, Juju and African Acoustic, with explanations of each style and history, listening to examples and discussing as a group. The course will expand the student's appreciation of the vast array of African music and what makes it the source of so much music around the world.

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

**September 22 - October 27 | \$84.00**  
6 sessions

United Lutheran Seminary  
7301 Germantown Ave.

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

October 1st is the deadline to submit class proposals for the Winter term



## SONGWRITING SIMPLY

Tu from 7:00 PM to 8:00 PM

**WM20.** Turning words into songs with chords and melodies - it may seem like magic, but it's a skill we can all cultivate. If you play an instrument but you need help turning chord progressions into songs, or if you need help putting the words together into melodies, this is the course for you. Students will learn techniques to begin writing cohesive songs, and break through some of the mental blocks that usually inhibit our creative ability as artists.

**Casey Brown** is a professional musician, songwriter and guitar teacher, with 15 years of experience in a variety of genres. He has played behind gospel artist Kierra Sheard, beside The Roots band member James Poyser, and in various bands locally. He is thoroughly invested in the growth of people and their talents.

**September 28 - October 19 | \$64.00**

4 sessions

Philadelphia Folksong Society  
6156 Ridge Ave., Roxborough

## IMPROVISATION AS CONNECTION: AN INTRO TO IMPROV COMEDY AND SHARING OUR SELVES

M from 6:00 PM to 7:00 PM

**WM21.** A mix of circle games and group discussions gently ease participants into the practice of improvisation. Students will explore new ways to connect with your intuition and bodily awareness, then build rapport and develop communication skills collectively as a supportive ensemble. No experience necessary. Just bring an openness to participate in silly experiments! Comfortable clothes encouraged.

**Alexandra Vogelsong** (she/they) 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.

**October 18 - November 22 | \$84.00**

6 sessions

Venice Island Performing Arts  
7 Lock St., Manayunk

## AN ACTORS LIFE FOR YOU?

M from 7:00 PM to 8:30 PM

**WM22.** Have you ever wondered if you have the chops to make it as an actor? Why not give it a try in a comfortable setting - a fun and informative class at MALT! Learn how to break down scenes, do improv and audition stress-free. Plus get strategies to get noticed by casting directors. Whether you just want to have fun, build confidence, or actually live the actor's life, this class is an easy entry into the wonderful world of performing.

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

**October 18 - November 15 | \$69.00**  
skipping November 8

4 sessions

Venice Island Performing Arts  
7 Lock St., Manayunk

\$10 materials fee payable to the instructor.

**Quintessence Theatre Group** is in residence at the historic Sedgwick Theater in Mt. Airy, Philadelphia. Quintessence is dedicated to bringing epic works of classic drama and literature to the contemporary stage. As Philadelphia's text-based actor-focused repertory theatre, Quintessence re-envisioned the classics to inspire our community to consider what is essential in theatre and in human nature.

## THE CONTEXT AND EVOLUTION OF GREEK TRAGEDY

M from 7:00 PM to 9:00 PM

**WM23.** As the first of Quintessence Theatre Group's play-reading course series, brush up on your Greek tragedies. Gain insights into the dramatic form and historical context of the Ancient Greek festival that produced classics such as Oedipus Rex, Antigone, and Medea. Discussions will focus on different approaches to and explorations of the value of tragedy in both the classical and contemporary world.

**September 27 - October 18 | \$149.00**

4 sessions

Quintessence Theatre  
7137 Germantown Avenue, Mt. Airy

## CRACKING THE CLASSICAL AUDITION

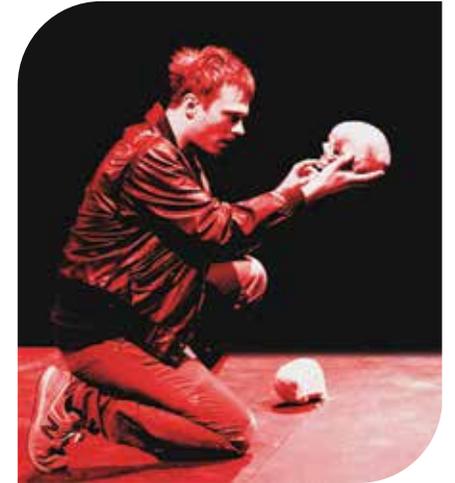
Sa from 2:00 PM to 4:00 PM

**WM24.** Get ready to up your game for the classical portion of your audition materials! **Quintessence teaching artists** will provide insider tips on auditioning, cold reading, and verse analysis to bring that extra special oomph to your next Shakespeare audition or open call. Students can bring in their own material or have monologues personally selected by Quintessence. The perfect gift for both emerging and established actors.

**October 23 - November 13 | \$149.00**

4 sessions

Quintessence Theatre  
7137 Germantown Avenue, Mt. Airy



## BEHIND THE SCENES AT QUINTESSENCE THEATRE

Th from 7:00 PM to 9:00 PM

**WM25.** Ever wanted to know what goes on behind the scenes of a Quintessence production? Each week a different designer will share insights about their experiences working with Quintessence focused on the collaborative nature of theatrical design. Topics will include sets, costumes, lights, and sound with interactive exercises to introduce participants to the excitement and the challenges of the design process.

**October 21 - November 11 | \$149.00**

4 sessions

Quintessence Theatre  
7137 Germantown Avenue, Mt. Airy

**A Big Thank You to Our Generous Welcome Back Celebration Cupcake Sponsor, Mt. Airy's Own Frosted Fox Cake Shop!**



Welcome Back!  
Mt. Airy Learning Tree

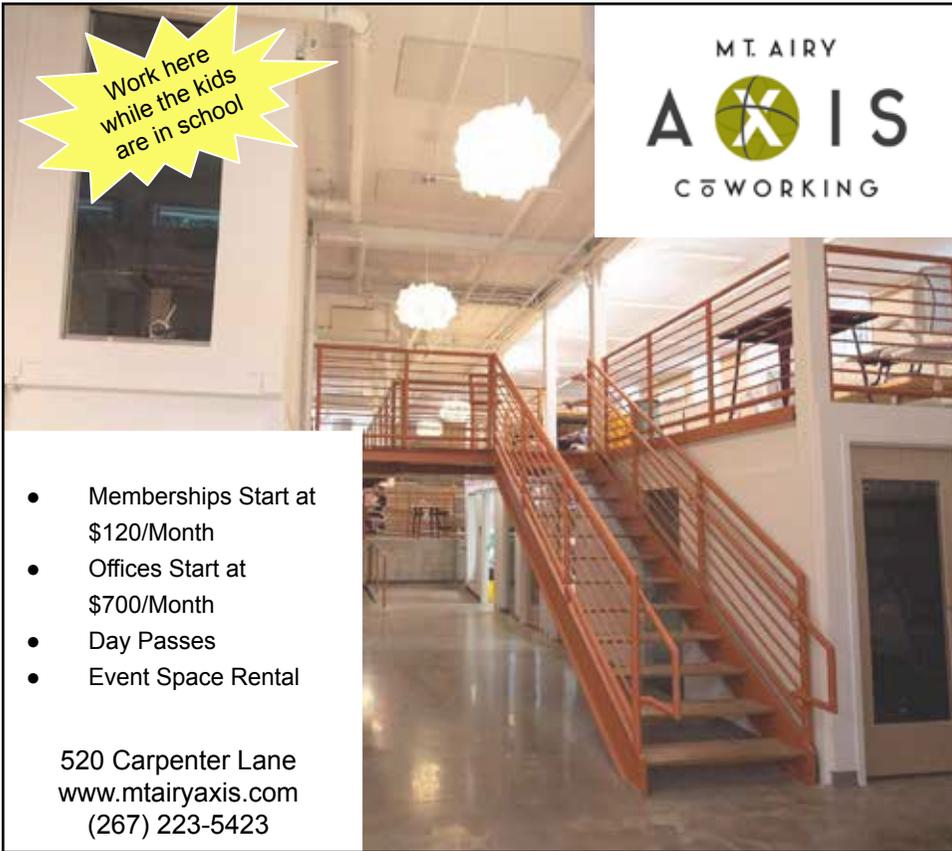
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6511 Germantown Avenue, Philadelphia, PA 19119





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- Offices Start at \$700/Month
- Day Passes
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520 Carpenter Lane  
www.mtairyaxis.com  
(267) 223-5423



**United Lutheran Seminary**

**Interested in pursuing a divinity degree?**

United Lutheran Seminary offers 7 masters and 1 PhD program along with several certificate programs. Coursework can be completed on either the Philadelphia or Gettysburg campus or as a distributed learning student.

Learn more about what ULS has to offer at [uls.edu](http://uls.edu)

# MEDICAL IMAGING



## SERVICES

- X-Ray\*
- Ultrasound\*
- MRI
- PET/CT
- CT – 64 Slice\*
- Nuclear Medicine
- Mammography/DEXA Scan
- Vascular Diagnostic Center

## MEDICAL IMAGING CLOSE TO HOME

- Same-day and next-day appointments available
- Same-day results, in most cases
- Free, Convenient Parking
- Most insurances accepted

*\*(Walk-ins Welcome!)*

### SCREENING MAMMOGRAMS:

Regular mammograms are still the best tests doctors have to find breast cancer early. Don't put off your screening. And remember, Chestnut Hill Hospital's free screening mammography program provides mammograms to women without insurance.

**To schedule a mammogram, call the Chestnut Hill Hospital Women's Center at 215-248-6102.**



**MEDICAL IMAGING LOCATIONS**

**CHESTNUT HILL HOSPITAL**  
8835 Germantown Ave, Phila., PA 19118

**WOMEN'S CENTER (CHESTNUT HILL)**  
8811 Germantown Ave, Phila., PA 19118

**WOMEN'S CENTER (BLUE BELL)**  
1777 Sentry Pkwy. W. | Dublin Hall  
Ste 120, Blue Bell, PA 19422



**Chestnut Hill Hospital**  
TOWER HEALTH  
Advancing Health. Transforming Lives.  
[ChestnutHill.TowerHealth.org](http://ChestnutHill.TowerHealth.org)

**IMAGING APPOINTMENTS**  
**CALL: 215-248-8400**

# 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**
- **Mt. Airy Axis**
- **Presbyterian Church of Chestnut Hill**
- **Summit Church (gym only)**
- **United Lutheran Seminary**
- **Venice Island Performing Arts Center**
- **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 your health and safety and have been carefully monitoring the reports about COVID-19 and the Delta Variant.

We are following the up-to-date recommendations of the Philadelphia Department of Health and the Centers for Disease Control and Prevention (CDC). **Their recommendations may change, and if they do we will update our policy on our website.**

- MALT **requires** that our teachers and students, including fully vaccinated people, wear masks at our indoor classes.
- 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.
- Dance Classes - We **strongly encourage** students to take classes with a partner. You will not be asked to change partners.
- 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.

As of 8/16/2021

## LOCATIONS

### Action Karate

11 W Mt Airy Ave.  
Philadelphia, PA 19119

### Allens Lane Art Center

601 West Allens Lane  
Philadelphia, PA 19119

### Attic Brewing Co.

137 Berkley Street  
Philadelphia, PA 19144

### Awbury Arboretum

1 Awbury Rd.  
Philadelphia, PA 19138

### Bella Mosaic Art Studio

6780 Germantown Ave.  
Philadelphia, PA 19119

### Bill Pickett Riding Academy

2100 Martin Luther King Dr.  
Philadelphia, PA 19131

### Chestnut Hill Friends Meeting House

20 E Mermaid Ln  
Philadelphia, PA 19118

### Presbyterian Church of Chestnut Hill

8855 Germantown Ave.  
Philadelphia, PA 19118

### Center on the Hill

Presbyterian Church of Chestnut Hill  
8855 Germantown Ave.  
Philadelphia, PA 19118

### Chestnut Hill United Church

8812 Germantown Ave.  
Philadelphia, PA 19118

### Cliveden Carriage House

6401 Germantown Ave.  
Philadelphia, PA 19144

### Flaco's Dance Factory

411 Old York Rd.  
Jenkintown, PA 19046

### Grace Epiphany Church

224 East Gowen Ave.  
Philadelphia, PA 19119

### Imperfect Gallery

5539 Germantown Ave.  
Philadelphia, PA 19144

### Lest We Forget Slavery Museum

5501 Germantown Ave  
Philadelphia, PA 19144

### MALT Office

661 Greene Street  
Philadelphia, PA 19119

### Mt Airy Axis

520 Carpenter Lane  
Philadelphia, PA 19119

### Mt. Airy Performing Arts Academy

230 E Gowen Avenue  
door facing playground  
Philadelphia, PA 19119

### Old Academy Players

3544 Indian Queen Ln,  
Philadelphia, PA 19129

### Philadelphia Folksong Society

6156 Ridge Ave.  
Philadelphia, PA 19128

### Quintessence Theatre Group

7137 Germantown Ave.  
Philadelphia, PA 19119

### Rutabaga Toy Library

3452 Conrad Street, C2  
Philadelphia, PA 19129

### St. Martin-in-the-field

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

### Venice Island Performing Arts

7 Lock St.  
Philadelphia, PA 19127

### Wesley Enhanced Living Stapley

6300 Greene Street  
Philadelphia, PA 19144

### Wissahickon Environmental Center

(Tree House)  
300 W Northwestern Ave.  
Philadelphia, PA 19118

### Wissahickon Skating Club

550 W Willow Grove Ave.  
Philadelphia, PA 19118

### Whitemarsh Foundation

Dixon House and Meadow Preserve  
548 Flourtown Rd.  
Lafayette Hill, PA 19444

### Woodmere Art Museum

9201 Germantown Ave.  
Philadelphia, PA 19118

# 4 Easy Ways to Register

- 1. Online:** www.mtairylearningtree.org, by Visa or MC.
- 2. 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 19119-3114

## 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.

## Withdrawals

If you cannot attend a course, you can receive a refund (less \$5 registration fee) by notifying us 2 days 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.

- 3. Phone:** Call us at 215.843.6333 and leave a message. We will return your call.
- 4. Visit:** Open to the public on Monday - Thursday, from 9 AM to 2 PM, and Thursday evenings in September. Masks required.

## 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.

## 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.

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

**\$5 non-refundable registration fee per person, per term added to total charges of \$30 or more.**

# 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.		
<b>Subtotal:</b>		
Add non-refundable \$5 registration fee per person, per term for classes totaling \$30 or more.		<b>\$5</b>
Optional donation to the Fern Bell Scholarship Fund		
Optional donation for Strengthen Our Roots Campaign		

## 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.**

# 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 to register. 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.**
- **Classes in private homes are marked with an asterisk.** You will receive the address when you register.
- **Computer, Horseback Riding and other classes with limited space fill up very quickly.** Register early.

**MACSC**  
**Mt. Airy Learning Tree**  
6601 Greene Street  
Philadelphia, PA 19119  
[www.mtairylearningtree.org](http://www.mtairylearningtree.org)

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You'll find these at Chestnut Hill Hospital. Our experienced ER physicians and staff are committed to working diligently to have you initially seen by a clinical professional within 30 minutes of your arrival. If you need an ER Fast, try our fast ER. Once you do, you won't want to go anywhere else.



**Connect at [TowerHealth.org/ER](http://TowerHealth.org/ER).**



**Chestnut Hill Hospital**

TOWER HEALTH

Advancing Health. Transforming Lives.



The Joint  
Commission



American Heart  
Association

CERTIFICATION

Acute Heart Attack Ready



Advanced Primary  
Stroke Center