MALT
MT. AIRY LEARNING TREE
NEIGHBORS TEACHING NEIGHBORS

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

WELCOME BACK
CELEBRATION
SEPTEMBER 19

FALL 2021
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

MALT Mission Statement

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

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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

MTAIRYLEARNINGTREE.ORG/215.843.6333 | 3

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 & GREETS @ 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.

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
Enjoy 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)
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.

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.

"Thank you for being a fantastic, community-oriented, learning organization!"
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 1682. 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 Crep 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 Café, 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

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 Schaff is a local architect and former director of the Urban Design Division of the City Planning Commission. Mr. Schaff 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.

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 11:00 AM to 4:00 PM


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

October 16 | $39.00
United Lutheran Seminary 7301 Germantown Ave.

EMBRACING PUBLIC SPEAKING NERVES
Tu from 7:00 PM to 8:30 PM

TW03. Learn to not only manage nervousness, but 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.

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

PREVIOUS PAGE}

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**SOCIAL MOVEMENTS, THEN AND NOW**

**MTW12.** 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.

**Amy Cox** is a retired professor of politics, and activist for the last 20 years. 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.

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<th>Date</th>
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<tr>
<td>September 27 - October 18</td>
<td>6:30 PM to 8:30 PM</td>
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United Lutheran Seminary
7301 Germantown Ave.

**ISLAM IN THE 21ST CENTURY**

**MTW04.** 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.

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<tr>
<td>September 21 - October 5</td>
<td>6:30 PM to 8:30 PM</td>
<td>$59.00</td>
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United Lutheran Seminary
7301 Germantown Ave.

**MODERN MIDDLE EAST**

**MTW11.** 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.

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United Lutheran Seminary
7301 Germantown Ave.

**BUDDHIST PHILOSOPHY AND ETHICS**

**MTW02.** 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.

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<tr>
<td>October 19 - November 2</td>
<td>6:30 PM to 8:30 PM</td>
<td>$59.00</td>
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3 sessions
United Lutheran Seminary
7301 Germantown Ave.

**FUN WITH WATERCOLOR TECHNIQUES**

**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.

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<tr>
<td>September 24 - October 15</td>
<td>10:00 AM to 12 PM</td>
<td>$89.00</td>
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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**

**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.

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<td>October 5-26</td>
<td>6:30 PM to 8:30 PM</td>
<td>$74.00</td>
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4 sessions
Wesley Enhanced Living, 6300 Greene St.

**CREATIVE COLLAGE**

**AC10.** This course is for ANYBODY AND EVERYBODY who wants to have fun and play with collage. Byo materials or buy them from list that will be emailed to you in advance of first class.

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<td>December 7-14</td>
<td>7:00 PM to 9:00 PM</td>
<td>$64.00</td>
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2 sessions
Location TBA
PLANT BASKETRY
Sa from 1:00 PM to 4:00 PM
AC01. 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 dallied 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
AC03. 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
AC05. 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
AC06. 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.
Tag us in your posts!

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.
DIGITAL CAMERAS: SLRS

AC09. Do you have a digital SLR but keep it on auto mode? 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 features 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 payable to 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.

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 handmade 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 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 - GEM 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
Chesnut Hill Friends Meeting
20 E. Mermaid Lane
$30 materials fee payable to instructor.

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 instructor.

LETS 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
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 the instructor

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, acrylics 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.

MATERIAL: A "YOU ARE ENOUGH" MIRROR

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.

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December 9 | $34.00
Mt. Airy Axis, 520 Carpenter Lane
$10 material fee payable to the 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.

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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

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.

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.

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October 5 - November 2 | $104.00
5 sessions
Center on the Hill Presbyterian Church of Chestnut Hill
8855 Germantown Ave.

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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.

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.

Keniesha 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.

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

MTAIRYLEARNINGTREE.ORG /215.843.6333
FUSED GLASS DISH
W from 7:00 PM to 9:00 PM
AC31. 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.
$30 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.
$25 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.

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.

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: LANDSCAPE AND BEYOND: OBSERVATION AND INVENTION AT WOODMERE ART MUSEUM

SEE PAGE 42:
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: 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: 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

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

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.

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.
FERMENTING FOR FUN AND YOUR HEALTH
Tu from 7:00 PM to 9:00 PM

CK02. 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

CK03. 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
$20 materials fee payable to the instructor.

HOLIDAY FARE THAT WILL DO YOUR BODY GOOD!
Tu from 7:00 PM to 9:00 PM

CK04. 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 traditional (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.

CAKE FROSTING TECHNIQUES
M from 7:00 PM to 9:00 PM

CK05. 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

CK07. 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

CK06. 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 granddaughters 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 cinderling 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, 630 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 6:00 PM to 7:00 PM
8 sessions
Flaco’s Dance Factory
411 Old York Rd, Jenkintown, PA

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
Tu from 7:00 PM to 8:00 PM
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

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-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

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.

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!
mtairylearningtree
mtairylearningtree

Sign up as a couple and make it a DATE NIGHT
**Bharatanatyam Indian Classical Dance**

**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 Lasya 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, Nityamala. 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.

**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

**Beginning Belly Dance with Aneeta**

**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.

**Pink and Silver Slippers**

**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.

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**Pink and Silver Slippers**

**A. Beginner**

**October 6 - December 1 | $104**

W from 10:30 AM to 11:30 AM, skipping November 24

**Please register early. Fewer than 5, the Class takes a Dive!**
**DAY TIME CLASSES**

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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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**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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**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.

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**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.

Payable to Action Karate.

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**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
EX05. Come and participate in a fun, extreme workout! This is bootcamp! Burpees, pushups, running, climbing, jumping, lunges and more. Participants will be encouraged to pace themselves but challenge their bodies. This class is for all levels.

Yvonne Ferguson-Hardin 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 programing aimed to improve functional fitness in the 55 and over population is her goal.

**September 18 - October 16 | $79.00**
Grace Epiphany Church, 224 E. Gowen Ave.
Bring water and a small towel.

**FIT POSSIBILITIES**
M from 9:00 AM to 9:45 AM
EX04. 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

**September 20 - October 25 | $79.00**
Grace Epiphany Church, 224 E. Gowen Ave.
Bring a small towel and a water bottle. Instructor will call all participants before the class.

**ONLINE: CHAIR PILATES**
W from 9:30 AM to 10:30 AM
EX01. 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

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

**ONLINE: YOGA/ PILATES MIX**
M from 7:00 PM to 8:00 PM
EX08. 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

**STRETCH 4 LIFE FOR SENIORS: LEVEL 1**
EX06. This is an inspiring, rejuvenating class which anyone can do. You decide whether you sit or stand. The benefits of stretching are countless, improving flexibility, reducing blood clots, and improving brain function to name a few. Level 1 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**
EX07. 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.

**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
**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.

**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

**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 pelvic 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 | $55.00
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. 70)
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 WXPN!

**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 Gaeilge.
- 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!

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

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).

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.

RETIRED 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
LaSalle University, 1900 West Olney Ave.
B. October 12-13 | $24.00
W from 6:30 PM to 9:00 PM
LaSalle University, 1900 West Olney Ave.
C. October 5-12 | $24.00
M from 6:30 PM to 9:00 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**

**FC04.** 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 payoff 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**

**FC01.** 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**

**FC03.** 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 Rister 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**

**FC05.** 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

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**TOP 10 TOOLS FOR FINANCIAL SUCCESS**

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

**FC09.** 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.

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**ONLINE: STOCKS AND BONDS 101**

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

**FC08A.** 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

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**ONLINE: LOVE + MONEY**

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

**FC07.** Love + Money is about relationships. The relationships with ourselves, 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 Boss 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

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**THANKS FOR ADAPTING CLASSES TO ZOOM! THIS IS A GREAT TIME TO BE LEARNING NEW THINGS AND LINKING UP WITH INTERESTING PEOPLE!**

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**MTAIRYLEARNINGTREE.ORG/215.843.6333 | 35**
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, KYWNo60 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: 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

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
Sa from 12 PM to 3:00 PM

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 in includes instructors 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, house sitting, and more). Learn the best ways to set up your remote office in your hotel, long term 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 potential in every area of their life.

December 6-13 | $44.00
2 sessions
The Comfort of Your Own Home

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 collaborator 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.

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
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
MB03. 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 Tai Chi since 1995. She enjoys Tai 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

Woodmere Art Museum
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

FH01. Acupressure for you and your dog, is a wonderful way to connect and help dogs stay healthy and happy, using massage and acu-points. 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 “Niia” technique and artist.

November 9 - December 7 | $74.00
5 sessions
The Comfort of Your Own Home

SEEDS TO LIVE BY: FALL/WINTER GARDENING
Sa from 1:00 PM to 3:00 PM

FH06. 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
Cleveden Carriage House 6401 Germantown Ave., rear
$5 materials fee payable to the instructor

SEEDS TO LIVE BY: SEED SAVING
Sa from 12:00 PM to 2:00 PM

FH07. 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
Cleveden Carriage House 6401 Germantown Ave., rear
$5 material fee payable to the instructor

BASIC MANNERS FOR DOGS
W from 7:00 PM to 8:00 PM

FH02. Discover how dogs learn and communicate both with us and with each other. Using positive reinforcement training techniques, establish a foundation for teaching basic manners and obedience behaviors (responding to hearing their name, cues such as 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.

Family + Home + Garden

MTAIRYLEARNINGTREE.ORG/215.843.6333
Fall Garden Class and Tour
Tu from 10:00 AM to 11:00 AM
FH04. 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, preparing 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
FH08. 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 $42 materials fee for the Common Sense Natural Beekeeping book, 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

Suggested Event

“...and the experience of a solo performance!”
TOT LEARN TO ICE SKATE AGES 3 TO 5 YEARS OLD
Sa from 11:45 AM to 12:45 PM
KD08. 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
Fee includes 30-minute 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.

Wissahickon Skating Club
550 W. Willow Grove Ave.

YOUTH LEARN TO ICE SKATE - AGES 6 TO 15 (ALL LEVELS)
KD07/09. For all new skaters and Learn to Skate 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.
KD07. 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.

KD09. 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
KD03. 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 has 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 11:30 PM to 3:00 PM
KD11. 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 has 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 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
Tu from 12:45 PM to 2:45 PM
4 sessions

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
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 t'ai chi ch'uan) is claimed to be the oldest martial art. But it is also a gentle exercise that can provide innumerable health benefits for body, heart and mind. Practiced consistently, it can improve balance, lower blood pressure, reduce anxiety, ease depression, and has even been shown to benefit those with Parkinson’s disease. T'ai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5 ft. square of open space. The Continuing class is 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 8:00 PM to 9:00 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 interconnectedness 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 and 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-gīta, 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
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, breath, 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 intution, 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, MEd, 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

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: 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

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.
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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 intution, 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.
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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).

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November 10 | $24.00
The Comfort of Your Own Home

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

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: 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

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 LONG TERM CARE 101
MB32. 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

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.”
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The Comfort of Your Own Home

ONLINE: UNDERSTANDING LONG TERM CARE 101
MB32. 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
Tu from 6:00 PM to 8:00 PM
Presbyterian Church of Chestnut Hill 8835 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 ballpoint 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.

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**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’ve always wanted to do, but 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 future goals.

Robyn Murphy is a certified life coach who has 35+ years of experience. 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

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**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 gain 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

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**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 Whately 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

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**Online: Holistic Facelifting with Nga El**

**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.

**November 7-21 | $54.00**
- 3 sessions

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

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**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

The Comfort of Your Own Home

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**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

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**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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MTAIRYLEARNINGTREE.ORG/215.843.6333
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

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 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.

Misty Godfrey

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Visit: mtairylearningtree.org
ONLINE: GETTING INTO CROSSWORDS
Tu from 6:00 PM to 8:00 PM
SR03. 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 you 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

BEGINNER MAH JONGG
Sa from 10:00 AM to 12 PM
SR04. 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
SR05. 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

BIRDING ADVENTURE AT THE DIXON MEADOW
Tu from 9:00 AM to 10:30 AM
SR07. 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

INTRO TO FALL AND WINTER BIRDING IN THE DELAWARE VALLEY
Th from 7:00 PM to 8:30 PM
SR06. 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 perchers birds as well as hawks passing through out 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.

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, call the office Monday to Thursday between the hours of 9:00 am and 2:00 pm. or come by our Thursday evening Meet + Greets in September to talk about it in person!
Winter Term proposal deadline is October 1st
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

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.

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

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

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

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Get Paid to Teach English in the USA, Overseas & Online
Home Business Goldmine,
How to Create an Etsy Shop
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Tools For Time Management
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Your Career Planning and Job Search Toolkit
$1,000 - a-Day Consultant

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
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
WM05. 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 and community-building. Kate is a true language nerd, but also spends her free time making pottery, painting, and doing macrame.

Yuki Flores was born in Japan and has lived in Philadelphia for 15 years. She taught Japanese was born in Japan and has lived in the beautiful native language. She has lived in the beautiful native language. She has lived in Mt Airy with her family since the late 90s.

October 17-24 | $39.00
2 sessions
The Comfort of Your Own Home

ONLINE: GERMAN IMMERSION - BEGINNER TO INTERMEDIATE
WM02. 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
WM30. 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

ONLINE: BEGINNING JAPANESE
Su from 10:00 AM to 11:30 AM
WM03. 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: ADVANCED SPANISH CONVERSATION
Th from 5:00 PM to 6:30 PM
WM04. 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
WM04. 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 Chéile 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
WM06. 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.
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 Ahlbach 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 Germantown 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

ONLINE: SCRENNWRITING
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.

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.

ONLINE: 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.

MELOIRS: 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: 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, instrumental, 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 1966, 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: 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
8 sessions

The Comfort of Your Own Home

ONLINE: INTERMEDIATE 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: 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, introductions 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

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 Rochereau 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 WXPN-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
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 Improvs 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  
4 sessions  
Venice Island Performing Arts  
7 Lock St., Manayunk  
$10 materials fee payable to the instructor.

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

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!
● Memberships Start at $120/Month
● Offices Start at $700/Month
● Day Passes
● Event Space Rental

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

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!)

SERVICE 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

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

IMAGING APPOINTMENTS
CALL: 215-248-8400

Chestnut Hill Hospital
TOWER HEALTH
ChestnutHill.TowerHealth.org

MTAIRYLEARNINGTREE.ORG/215.843.6333
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

**Locations**

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
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<tbody>
<tr>
<td>Action Karate</td>
<td>11 W Mt Airy Ave. Philadelphia, PA 19119</td>
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<tr>
<td>Allen Lane Art Center</td>
<td>601 West Allen Lane Philadelphia, PA 19119</td>
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<tr>
<td>Attic Brewing Co.</td>
<td>137 Berkley Street Philadelphia, PA 19144</td>
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<tr>
<td>Awbury Arboretum</td>
<td>1 Awbury Rd. Philadelphia, PA 19138</td>
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<tr>
<td>Bella Mosaic Art Studio</td>
<td>6750 Germantown Ave. Philadelphia, PA 19119</td>
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<tr>
<td>Bill Pickett Riding Academy</td>
<td>2100 Martin Luther King Dr. Philadelphia, PA 19131</td>
</tr>
<tr>
<td>Chestnut Hill Friends Meeting House</td>
<td>20 E Mermaid Ln Philadelphia, PA 19118</td>
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<tr>
<td>Presbyterian Church of Chestnut Hill</td>
<td>8855 Germantown Ave. Philadelphia, PA 19118</td>
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<tr>
<td>Center on the Hill Presbyterian Church of Chestnut Hill</td>
<td>8855 Germantown Ave. Philadelphia, PA 19118</td>
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<tr>
<td>Chestnut Hill United Church</td>
<td>8810 Germantown Ave. Philadelphia, PA 19118</td>
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<tr>
<td>Cliveden Carriage House</td>
<td>6401 Germantown Ave. Philadelphia, PA 19144</td>
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<tr>
<td>Flaco’s Dance Factory</td>
<td>411 Old York Rd. Jenkintown, PA 19046</td>
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<tr>
<td>Grace Epiphany Church</td>
<td>232 East Gowen Ave. Philadelphia, PA 19119</td>
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<td>Imperfect Gallery</td>
<td>5520 Germantown Ave. Philadelphia, PA 19144</td>
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<tr>
<td>Lest We Forget Slavery Museum</td>
<td>5501 Germantown Ave. Philadelphia, PA 19144</td>
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<tr>
<td>MALT Office</td>
<td>661 Greene Street Philadelphia, PA 19119</td>
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<tr>
<td>Mt Airy Axis</td>
<td>520 Carpenter Lane Philadelphia, PA 19119</td>
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<tr>
<td>Mt. Airy Performing Arts Academy</td>
<td>230 E Gowen Avenue Philadelphia, PA 19119</td>
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<tr>
<td>Old Academy Players</td>
<td>2544 Indian Queen Ln. Philadelphia, PA 19129</td>
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<tr>
<td>Quintessence Theatre Group</td>
<td>2100 Martin Luther King Dr. Philadelphia, PA 19131</td>
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<tr>
<td>Rutabaga Toy Library</td>
<td>2542 Conrad Street, C2 Philadelphia, PA 19129</td>
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<tr>
<td>St. Martin-in-the-field</td>
<td>3000 St. Martin’s Lane Philadelphia, PA 19118</td>
</tr>
<tr>
<td>Summit Presbyterian Church</td>
<td>6707 Greene St. Philadelphia, PA 19119</td>
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<tr>
<td>United Lutheran Seminary</td>
<td>7301 Germantown Ave Philadelphia, PA 19119</td>
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<tr>
<td>Venice Island Performing Arts</td>
<td>7 Lock St. Philadelphia, PA 19127</td>
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<tr>
<td>Wesley Enhanced Living</td>
<td>8300 Greene Street Philadelphia, PA 19144</td>
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<tr>
<td>Wissahickon Environmental Center (Tree House)</td>
<td>300 W Northwestern Ave. Philadelphia, PA 19118</td>
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<tr>
<td>Wissahickon Skating Club</td>
<td>550 W Willow Grove Ave. Philadelphia, PA 19118</td>
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<tr>
<td>Whitmarsh Foundation</td>
<td>Dixon House and Meadow Preserve 548 Florytown Rd. Lafayette Hill, PA 19444</td>
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<tr>
<td>Woodmere Art Museum</td>
<td>5201 Germantown Ave. Philadelphia, PA 19118</td>
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**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.

As of 8/16/2021
4 Easy Ways to Register

1. **Online**: [www.mtairylearningtree.org](http://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

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.

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.

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.

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.

Questions: call MALT at 215.843.6333

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

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**REGISTRATION FORM**

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<thead>
<tr>
<th>name</th>
<th>address</th>
<th>city</th>
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- [ ] I prefer not to receive MALT’s weekly email newsletter.

<table>
<thead>
<tr>
<th>Title of Course or Workshop Code (e.g. AC01)</th>
<th>Section (A, B, C, etc.)</th>
<th>Fee</th>
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**Subtotal**

Add non-refundable $5 registration fee per person, per term for classes totaling $30 or more.

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:

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<th>exp. date</th>
<th>CCV</th>
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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
When you need emergency care, you want speed, quality and compassion. 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.