SPRING 2022

MALT
MT. AIRY LEARNING TREE
NEIGHBORS TEACHING NEIGHBORS

SPRING TERM BEGINS
APRIL 18

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

HIDDEN GARDENS TOUR
SATURDAY, JUNE 4

250+ COURSES
APRIL • MAY • JUNE
IN PERSON • ONLINE
As we send our catalog off to the printer the crocuses have begun to pop up, and we can feel Spring in the air. The season is changing and this catalog is overflowing with classes for you and your family to enjoy.

Rekindle romance by taking a dance class with your sweetheart, or jump into a line dance class and learn the steps to some classic R&B.

Take a walking tour and explore the architecture of Tourison in East Mt. Airy, the development of the Cresheim Trail, the history of Laurel Hill Cemetery, the impact of women in Philadelphia, and the stories of LGBTQ Pride. This Spring we are also offering a walking tour, Black Lives in Germantown, presented by Historic Germantown.

Move your body with t’ai chi or yoga, explore your creative side by writing poetry or children’s books, discover French New Wave cinema. Learn to sing, ride a horse, paint with other artists outside, learn all about coffee or gin, make dog biscuits for your fur child, and improve your zoom computer skills.

Get out on the river canoeing, kayaking, stand up paddleboarding, or rowing! We have 250 classes, and there is just so much to learn and enjoy!

And we are bringing back our Annual Hidden Gardens Tour! Talented neighbors will welcome you into their magnificent gardens. This is always a lovely day, and we encourage you to join us. It is a fundraiser and we are grateful to all of our sponsors for their support. Enjoy your Spring and Summer, stay connected, stay involved, and find some time to learn and have some fun!

Yours,
Janet

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.
We are delighted to bring back our Annual Hidden Gardens Tour in 2022!

We live in a beautiful part of the city, and our neighborhood is filled with blooming trees, vibrant flowers and enchanted gardens. Enjoy a self-paced, self-guided tour of delightful gardens and learn tricks of the trade at each destination, including how to use stormwater to sustain a lush garden. Visit a variety of private gardens with perennial favorites and vegetables, native and habitat-friendly plants, and those with innovative solutions to challenging terrains — there’s something for everyone on this tour! Meet fellow plant lovers and build a network to divide and share your plants.

Novices and master gardeners alike will find inspiration in the beauty of our neighborhood’s unique green spaces that are pleasing to the eye and the environment!

The Hidden Garden’s Tour is MALT’s biggest fundraiser and we appreciate your support!

Begin your adventure by picking up a booklet and map identifying the garden destinations at Ned Wolf Park.

$29 advance registration; $35 day-of-tour tickets

Pick up a map and booklet between 10:00 am and 12:00 noon.

Ned Wolf Park, 7018 McCallum Street
Corner of McCallum and Ellet Sts.

Gardens will remain open until 3:00 pm.

Tour is rain or shine. (Heavy rain date is June 11)

Do you love gardening and want to help with our Spring fundraiser? We are looking for volunteers. Call us at 215-843-6333 or email info@mtairylearningtree.org.
NEW WALK & TALK ON THE CRESHEIM TRAIL
Sa from 10:00 AM to 12:00 N
TW23. The Cresheim Trail is moving forward! Hike a loop of the trail and learn how the Friends of the Cresheim Trail and neighborhood partners have worked for over a decade to acquire access to the right-of-way in Philadelphia and what you can expect to see next. Sturdy shoes and long pants are strongly suggested. The terrain, while not particularly steep, is uneven footing. Hike will be approximately 2 miles total at a leisurely pace. We’ll meet at the Allens Lane and Lincoln Drive trailhead, and we’ll likely encounter a Friends of the Cresheim Trail volunteer workday — which you are welcome to join when we are done!

Bradley Maule is the Communications Manager for Mt. Airy CDC. His writing and photography have appeared in the Philadelphia Inquirer, Philadelphia magazine, and lots of other publications in print and online. He was the founder and editor of Philly Skyline, he is a contributing editor for Hidden City Philadelphia, and he works with other organizations in Northwest Philadelphia like Friends of the Wissahickon and Chestnut Hill Conservancy. He is on the Board of the Friends of Cresheim Trail.

June 11 | $24
Meet at Lincoln Drive and Allens Lane

NEW SPRING BIRDS AND BUTTERFLIES OF THE DELAWARE VALLEY
M from 7:00 PM to 9:00 PM
TW21. Get ready for the spring bird migration and the emergence of butterflies in our area. This is the time of year when many species of birds move into or pass through the Delaware Valley on their yearly migration to their nesting grounds. This course will introduce ways to attract them and how to Identify them using a system of field marks. It will also use songs and vocalizations to help identify birds. Spring and summer is also the time for butterflies to emerge and take flight to begin their active, sometimes brief, life seeking to reproduce. The class teach how to learn these colorful insects as well what plants will attract them to your gardens. Using a similar system of field marks – size, shape, unique features and behaviors– to identify them. Field trips will be arranged in class to some local birding and butterfly hot spots. (FYI travel to the field trips will be by personal vehicle.)

Cliff and Nancy Hence have maintained a National Wildlife Federation certified Habitat in the Mt. Airy area for over 25 years. They also have lead Butterfly/Odes walks for the US Fish and Wildlife Service at the Heinz NWR located near the Philadelphia Airport for the past 10 years.

May 9 - 16 | $44
United Lutheran Seminary, 7301 Germantown Ave.
Optional field trips will be arranged on weekends
NEW CITY NATURE CHALLENGE & THE INATURALIST APP
Sa from 10:00 AM to 12:00 N

Tw12. Be a part of the Philadelphia City Nature Challenge (CNC)! Between April 29 and May 2, Philadelphia and its adjacent counties will be competing with other cities in the world to see who can find the most species in their regions. Join our team and help Philly win!

A lot of people think cities are mostly devoid of wildlife; there are pigeons hanging out on buildings, sparrows in city parks and rats running around our alleyways, but that’s about it. This could not be farther from the truth. Philly alone has recorded more than 325 species of birds. Numerous butterflies including monarchs live and breed in the city. There are snakes, frogs, dragonflies, foxes, bats, and much more to experience in our area. After an introduction to the iNaturalist app, our team will walk in the Mt. Airy neighborhood and in Carpenter’s Woods, and log observations of the plant, animal, and fungi species we find. This event is one of dozens of CNC walks around the greater Philadelphia area. This is fun for all ages, and will take place rain or shine.

Kirk Wattles grew up in Philadelphia and is a long-time gardener and student of natural history, Kirk took up beekeeping 12 years ago and is now an active member of the Philadelphia Beekeepers Guild. Recently he and other members of the Guild have been investigating what Philadelphians can do to boost bee forage and improve the natural habitat for bees and related species who live in our city.

April 30 | $29
Meet at High Point Cafe, 602 Carpenter Lane. We will walk to the woods from there!
NEW ONLINE
A BEGINNER’S GUIDE TO GROWING FOOD IN YOUR BACKYARD

F H05. Learn how to maximize the success of growing food in your backyard! We’ll review tips to help maximize success in the garden from sunlight planning, soil fertility, spacing, succession planting for a classic vegetable garden as well as a brief discussion on creative edibles you might also consider in the landscape like mushrooms, berries, nuts, and windowsill greens.

Allison Houghton is an educator and author on a variety of organic gardening topics. Some of her past work includes serving as the Education Director for the MA chapter of the Northeast Organic Farming Association (NOFA/Mass), Assistant Grower and High Tunnel Supervisor for The Food Project farm in Lincoln, MA, and as the Director of Horticulture at Green City Growers building hundreds of gardens for growing food in the Greater Boston area.

April 25 - May 9 | $64
3 sessions
The Comfort of Your Own Home

NEW ONLINE BACKYARD GARDENING FOR THE PLANET

F H06. There is enormous untapped potential in a garden: from growing food to building and remediating degraded soils to filtering and capturing water to creating habitat for pollinators and beneficial insects or adding resilience to your watershed, neighborhood and region. Gardens offer an incredible opportunity to make a difference starting right where you are.

Allison Houghton - pictured above

May 5-19 | $64
3 sessions
The Comfort of Your Own Home

BIRDING ADVENTURE AT DIXON MEADOW

Sa from 9:00 AM to 10:30 AM

SR06. 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.

April 30 | $24
Dixon Meadow Preserve at Whitemarsh Foundation, 548 Flourtown Rd, Lafayette Hill

NEW BACKYARD PHENOLOGY: TRACKING NATURE’S CYCLES

Sa from 3:00 PM to 5:00 PM

FH07. Phenology involves observation of the timing of phenomena such as emergence of leaves and flowering of plants, and of animal events such as when frogs lay eggs and butterflies take their first flight. Phenology is used in the art of nature journaling for naturalists, keeping track of blooms for beekeepers, and nature nerds alike but it’s also important for tracking climate change and human impact on the environment. Whatever your fancy is, we have a chance for you to get excellent guidance from a seasoned naturalist and experienced beekeeper.

Kirk Wattles

May 5-19 | $64
3 sessions
The Comfort of Your Own Home

Allison Houghton

United Lutheran Seminary, 7301 Germantown Ave.
NEW GROWING HERBS FOR HEALTH
Sa from 1:00 PM to 3:00 PM
FH08. This course will provide you with the tools to plant, grow, and cultivate five herbs, and will explain the medicinal value of each. Both herbs and gardening have amazing health benefits: herbs through their medicinal properties and gardening through providing opportunities for grounding, being present, and stimulating relaxation. The health benefits of each herb will be laid out clearly, gardening tips for help with cultivation discussed, and recipes for utilizing the herbs will be provided. The herbs that will be included in this course are rosemary, mint, lavender, sage, and basil, which can aid in relieving stress, improving sleep, improving cognition and many other benefit.

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

May 14 | $34
Location to be announced, check our website or call our office at 215-843-6333.

NEW SPRING CONTAINER GARDENING
Sa from 9:00 AM to 12 N
FH31. Learn the basics of design and care of your spring container garden! This is a hands on project where you create your own container to take home. Topics discussed include water/light requirements, color design, plant care. Bring your own container and choose between 5 and 7 plants provided. Please let me know ahead of time if you will be placing your container in the shade or full sunlight.

Margaret Wilmerding has been a gardener her entire life and finds such joy and peace in a garden. She has her own garden design and installation company - Gardens of Grace - and has been a volunteer for over a decade at the Brooklyn Botanic Garden where she taught the school programs and was president of the auxiliary. She has a passion for both plants and for teaching and would love to share her experience with you!

May 21 | $39
Private home near Greene and Coulter Sts. $25 materials fee will be automatically added to your cart to pay for soil and plants! Bring your own container

NEW ONLINE ECOVILLAGE AT ITHACA: GROWING CLIMATE RESILIENCE IN COMMUNITY
W from 7:00 PM to 8:30 PM
TW18. The climate crisis is already here, so what are we doing about it? Beyond changing lifestyle habits to reduce our carbon footprint, we also need to build resilience at both the personal and community levels. Learn how the residents of EcoVillage Ithaca are building their climate resilience, and discuss how you can apply these tools within your life and community. Located on 175 acres in New York’s Finger Lakes region, EcoVillage at Ithaca is home to 230 residents who live in three thriving cohousing neighborhoods. The village features cooperative dining in common houses, a swimming pond, neighborhood community gardens, hiking trails, play spaces, and 100 energy-efficient homes. Tune in and spend an evening virtually visiting and getting inspired by this amazing innovative community!

Kat Caldwell, PhD, Associate Professor at Ithaca College, Kat teaches Conservation Psychology, the application of psychology to understanding and promoting sustainable mindsets and behaviors. At EcoVillage Ithaca, she is actively involved with promoting resilience, especially as it relates to sustainable food production, gardening and land use in the village. She serves as Interim Program Director for Thrive Ithaca EcoVillage Education Center.

May 11 | $29
The Comfort of Your Own Home
NEW TAKE A WALKING TOUR OF TOURISON
Sa from 11:00 AM to 1:00 PM

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

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

**May 14 | $29**

Meet outside at Lovett Library, 6945 Germantown Ave. at 10:45 AM (we will gather early so we can start walking on time!)

Rain date: May 15.

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

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NEW HOT SPOTS & STORIED PLOTS WALKING TOUR OF LAUREL HILL CEMETERY
Sa from 2:00 PM to 4:00 PM

**TW14.** In life and in death, we all have stories to tell and what better place to hear tales of wonder than Philadelphia’s most famous home of the dead? Join this springtime tour for an informative overview of Laurel Hill Cemetery’s long and colorful history, which includes many of the marble masterpieces, stunning views, and legendary stories that afford the cemetery its WOW factor.

Established in 1836 as the second garden-designed cemetery in the United States, Laurel Hill is the nation’s first National Historic Landmark cemetery. John Jay Smith, the site’s founding visionary, had planned for Laurel Hill to be a school of instruction in architecture, culture, landscape gardening, arboriculture and botany. Laurel Hill was not only established as a permanent, non-sectarian burial place for the dead, but also as a scenic, riverside sanctuary for the living.

One of Laurel Hill Cemetery’s knowledgeable guides will lead this tour and bring to life the stories of the cemetery’s permanent residents.

**April 23 | $29**

Laurel Hill Cemetery, 3822 Ridge Avenue
PHILADELPHIA STORIES OF LESSER-KNOWN HEROES: A TALK AND A WALK
Sa from 1:30 PM to 3:00 PM

TW10. Does “Meet Me at the Eagle” remind you of anything? How about the stories of Wanamaker, Baldwin, Octavius Cato, Mother Jones, Anna Jarvis? How many sculptures are in City Hall, and what stories do they tell? Learn these lesser-known stories and those of many other people, objects and events that left an imprint on Philadelphia.

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

April 30 | $29
This class will meet at the Wanamaker Time-line at Juniper and S. Penn Square where the flagpoles are, right outside the Macy entrance to the Eagle. We will end at Dilworth Park Cafe, City Hall West, where you can choose to snack, socialize and people-watch on the Square.

NEW SUMMER SOLSTICE TWILIGHT HIKE TO THE LOST CAVE
W from 6:00 PM to 8:00 PM

TW24. Join Kris Soffa, 'Wild Woman of the Wilderness' for a solstice hike to the Lost Cave of the Wissahickon, home of the first Doomsday Cult in America. You’ll learn the lore and legend of the mysterious Monk Kelpius and what miracles have occurred in the Wissahickon Valley Park. Walk along the paved path beside the Wissahickon Creek to the Hermit’s Cave and back.

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

June 22 | $24
Meet at 4900 Ridge Avenue Parking Lot
A portion of this 2.5 mile hike is moder-ately steep and rocky. Wear sturdy closed toe footwear (no sandals). Children 12 and older welcome with adult. No pets please.

PHILLY GAYBORHOOD AND LGBTQ TOUR: TELLING LGBTQ STORIES WITH PRIDE
Sa from 11:00 AM to 1:00 PM

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

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

June 4 | $39
Meet at 13th and Locust Sts.

BADASS WOMEN OF PHILADELPHIA
Sa from 11:00 AM to 1:00 PM

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

Rebecca Fisher

May 21 | $39
Meet at the Wawa on 6th and Chestnut Sts.

MTAIRELEARNINGTREE.ORG/215.843.6333
NEW BLACK LIVES IN GERMANTOWN TOUR
Sa from 10:00 AM to 12:00 N

TW19 Join us for the Black Lives in Germantown Tour, a voyage into the heart of historic milestones, community life and contemporary advocacy in the movement for Black Lives. This 2-hour walking tour is inspired by the social uprisings of 2020 and the pivotal role Germantown plays as a vibrant neighborhood of advocacy and activity. This is the first of many walking tours depicting the African American experience in Germantown and Northwest Philadelphia, from colonial era protests, to Victorian era activists to migration era landmarks that shape this place as Freedoms Back Yard. Our tours are immersive storytelling experiences, with props and audio visuals, illustrating the stories of local black notables, black families, and outspoken voices, through a lens of activism, business, civics and community life.

Monica Montgomery is the Director of Community Engagement at Historic Germantown.

June 25 | $29
Meet at Germantown High School, 40 High Street, Germantown, 19144

Mt. Airy Learning Tree is pleased to collaborate and offer this tour by Historic Germantown, a partnership of 18 extraordinary historic houses, destinations, and museums in Northwest Philadelphia that have joined together to protect, preserve, and share some of Philadelphia’s prized historical assets. Historic Germantown is “Freedoms Backyard” dedicated to exploring the quest for freedom and enriching the public about the History, Nature and Culture in Germantown and nearby neighborhoods. It works collaboratively to increase public access, celebrate greenspaces and raise visibility and equity.

Learn more at freedomsbackyard.com

NEW ONLINE GERMANTOWN BLACK HISTORY HIGHLIGHTS
Th from 6:30 to 8:00 pm

TW25. African Americans have a mighty story to tell as residents, business owners and activists anchoring Germantown, a majority Black neighborhood with a strong history of activism, abolition and freedom seeking. Witness a digital show and tell to discover fascinating stories of Germantown Black History from colonial era to modern day, dig deeper into the history of African American life in Freedoms’ Backyard! This online class will feature archives and collections from Germantown Historical Society presenting about the Souvenir of Germantown, the Bright April story and the Black Writers Museum.

Monica Montgomery
A. Bright April, June 23 | $29
B. Souvenir of Germantown, July 21 | $29
C. Black Writers Museum, August 25 | $29

The Comfort of Your Own Home

A GUIDED TOUR OF THE LEST WE FORGET MUSEUM OF SLAVERY
TW13. Join Gwen Ragsdale, Executive Director, for a 90-minute guided tour of the Lest We Forget Museum of Slavery that not only reviews slavery from capture to emancipation, but also covers today’s social justice issues. It is the only slavery museum in Philadelphia and the only museum with an extensive collection of artifacts from the transatlantic slave trade. The collection includes iron shackles, chains and other forms of ironware, in addition to Bill of Sale documents, Jim Crow objects, segregation signs and a Black Inventors wall.

Gwen Ragsdale is the Executive Director of the Lest We Forget Museum of Slavery. She is a storyteller, novelist and filmmaker. Her novel, Peculiar Relationships, explores the evolving relationships between black and white women from slavery to current day. Her films are award-winning. Lest We Forget was 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. May 7 | $20
Sa from 10:00 AM to 11:30 AM

B. May 21 | $20
Sa from 10:00 AM to 11:30 AM

C. June 9 | $20
Th from 10:00 AM to 11:30 AM

The Lest We Forget Museum of Slavery
5501 Germantown Avenue
DREAM INTERPRETATION
T from 7:00 PM to 8:30 PM
MB41. Brainwave studies show that everyone dreams every night, and throughout history people have noted their dreams’ meaningful messages. How can we better remember them? Aside from their practical value, can dreams help us further develop our intuition and spirituality? After reviewing the basic biology of dreams, we’ll spend each session learning principles of dreamwork from some major theorists (Jung, Taylor, etc.), understand symbolism, and go about helping each “scratch the surface” understanding our own dreams. Our goal will be to dialogue with our inner self and perhaps support each other in life changes we may wish to undertake as a result.

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

June 7-21 | $44
3 sessions
Grace Epiphany Church, Gowen and Ardleigh sts.

NEW JUNETEENTH KICKOFF
LEARN & SERVE
TW26. Learn about the legacy of black liberation that is the foundation of the Juneteenth Holiday and engage in pop up dialogues to extend your knowledge about the roots and wings of this storied federal holiday. Meet and mingle with other volunteers committed to dialogue and action to amplify black history through dedicated community service. Contribute your hands, heart and feet to aid in the successful production of the local Juneteenth Festival at Johnson House Historic Site.

A. June 17 | $10
F from 3:00 PM to 5:00 PM

B. June 18 | $10
Sa from 8:00 AM to 10:00 AM
Johnson House Historic Site
6306 Germantown Avenue

NORTHWEST PHILLY CELEBRATES JUNETEENTH!
Juneteenth is a federal holiday and the oldest nationally celebrated commemoration of the ending of slavery in the United States, during its annual Juneteenth Festival. Saturday, June 18th 12:00 to 5:00 pm. Hosted by the Johnson House Historic Site, the annual free Juneteenth festival features a day of educational, cultural and recreational activities and entertainment on the 6300 Block of Germantown Avenue.

Learn more, visit
www.johnsonhouse.org/philadelphia-juneteenth-festival

MTAIRYLEARNINGTREE.ORG/215.843.6333 | 11
NEW BUILDING CREDIBILITY AND CONFIDENCE IN COMMUNICATION

tu from 6:30 PM to 8:30 PM

Tw17. Whether speaking to an audience of 100 or more, or having a conversation with one, your effectiveness as a communicator is highly dependent on how others perceive you. In this course we will define/describe the word "credibility"; we will flesh out the various types of credibility; discuss ways to enhance our own credibility; and finally, we will learn ways to mitigate potential credibility gaps we may have.

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 University and Montgomery County Community College. Matt brings a high degree of communication knowledge along with flexibility, energy and enthusiasm to his training classes.

May 17 | $29

MALT Office, 6601 Greene Street

BUDDHIST PHILOSOPHY AND ETHICS

m from 1:00 PM to 3:00 PM

Tw20. Recently Buddhism has gained much visibility as an outstandingly peaceful and insightful religion, and its meditation practices are widely known. Learn about the history, doctrines of this faith, and see why its ethical practices are so admired by psychologists (and any number of celebrities). Similarities and contrasts with our country’s Judeo-Christian heritage will be noted. We'll do a bit of Buddhist self-inquiry and meditation practice as well.

David Low

June 6 - 20 | $59

3 sessions

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

NEW DIVERSITY, EQUITY, INCLUSION AND BELONGING

Th from 6:30 PM to 8:30 PM

Tw05. Welcome to a unique, honest, and safe interactive experience focused on aspects of Diversity, Equity, and Inclusion. How confident are you in your ability to understand and manage difficult situations with others whose background and perspectives differ, wildly, from your own? Are there differences among us that matter more, or similarities that don’t matter as much? Expert facilitation and dialogue create a positive environment to learn, ask questions, and share stories. Together we’ll identify clear actions toward greater harmony and connection. Both sessions offer multiple opportunities to uncover potential blind spots that render us ineffective as advocates for equity and inclusion.

Christopher Ridenhour In addition to his role as a father and neighbor, Christopher has served as a Chief Learning Officer for several multi-site Healthcare organizations. At the same time, he has traveled extensively as a Diversity, Equity, and Inclusion keynote speaker, trainer, and consultant across all industries. No stranger to the public eye, Christopher hosted WYBE TV’s Shades of Opinion, a live call-in talk show highlighting critical issues impacting the African-American community. Until its closing in 2015, Christopher also served as a senior trainer for Fellowship Farm, a 120-acre retreat center designed to create community among diverse populations through experiential learning.

April 21-28 | $44

2 sessions

United Lutheran Seminary, 7301 Germantown Ave.
PHILADELPHIA MUSICAL HISTORY BUS TOUR
Sa from 10:00 AM to 1:00 PM

TW22. Join us for a mobile musical experience! We will teach you all about the musical talent who were either born or raised in the Philadelphia area. We will drive past significant musical landmarks, and show you video clips on our moving musical museum.

Prepare to be surprised and delighted to discover the great Philadelphians who revolutionized the music industry in Jazz, Classical, Gospel, Rock and Roll, Folk, R&B, Hip Hop and Country. Our signature sightseeing tour spans the city and gives you a full guide to the rich musical history of our city. Not only will you be able to see the city but the tour will be accompanied by video clips and a great musical soundtrack to enhance your tour experience. We bet you will tell everyone it is one of the best things to do in Philadelphia!

The Owner and Tour Operator of The Musical History Tours will be your special guide.

June 11 | $44

Meet the bus at the corner of Wayne Avenue and Cliveden St. Please note that there is a bathroom on the bus!

Arrive between 9:30 AM and 10:00 AM
Bus leaves promptly at 10:00 am

NEW STORIES & LANDSCAPES: THE HISTORY OF CLIVEDEN

TW09. Built in 1767 as a summer home to the Chew family, Cliveden was the site of the Revolutionary War Battle of Germantown in 1777 and explores the lives of the Chew family and their workers, both the enslaved and servants, from the 1760s until the 1970s. The tour will be largely outdoors and explore Cliveden’s diverse history and landscape, including recent research findings, with Education Director Carolyn Wallace.

Carolyn Wallace is an educator, program coordinator and collections manager with a background in historic sites. In her current role as Education Director for Cliveden of the National Trust, Carolyn is focused on education, interpretation and collections.

A. May 10 | $25
Tu from 10:00 AM to 11:30 AM

B. May 14 | $25
Sa from 10:00 AM to 11:30 AM

Cliveden Carriage House, 6401 Germantown Ave.

ONLINE GREEN BURIAL
W from 7:00 PM to 9:00 PM

TW11. 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.

June 8 | $29
The Comfort of Your Own Home
NEW ONLINE GENRE PAINTING: DANCING, DINING, AND DRUDGERY
Tu from 10:00 AM to 11:30 AM

TWO2. Genre painting or genre scenes of everyday life share life's little moments. With a focus on people dancing, dining, and engaged in work, these paintings serve as a gateway to other times and places. This class takes a deep look at images that show how people in the past lived and how we live today. These fascinating snapshots depict a range of raucous parties and dances, mealtime gatherings, and people hard at various types of work. A diversity of artists and styles make for intriguing conversations.

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.

April 19 - May 3 | $49
3 sessions
The Comfort of Your Own Home

“Lynn has a deep & broad understanding of ART AND THE ART WORLD. She very knowledgeably led us to a fine perception of how to view art and learn from it.”

NEW ONLINE DECORATION AND SYMBOLISM IN PAINTING
Tu from 10:00 AM to 11:30 AM

TWO3. From earliest times, paintings have conveyed powerful stories of meaning and metaphor through the use of decorative and symbolic objects that range from food, flowers, insects, textiles, and much more. Often in gloriously sumptuous settings, and sometimes in kitchens and marketplaces, the making, serving, and presenting of meals can draw attention to the greater message being told. Stunning still life, celebratory, religious, and genre paintings beautifully communicate the traditions and beliefs in universal and personal ways. Painters from different time periods and styles will be showcased.

Lynn Berkowitz
May 10 - 24 | $49
3 sessions
The Comfort of Your Own Home

NEW ONLINE TOWN & COUNTRY: O'KEEFFE, MOTLEY AND MORE
Tu from 10:00 AM to 11:30 AM

TWO4. Whether paintings of the countryside, city streets, seascapes, or suburbia, the lure of the local and exotic locales come into view through a variety of art styles over time. Idealized or naturalistic, based in reality or the imagination, paintings of place have been common subjects for centuries. We will explore a range of settings that feature relaxing landscape views as well as the jazzy nightlife of urban streets. A diverse range of artists, from different periods and places, will bring divergent worlds into focus.

Lynn Berkowitz
June 7 - 21 | $49
3 sessions
The Comfort of Your Own Home
NEW LANDSCAPE AND BEYOND: OBSERVATION AND INVENTION
Sa from 9:30 AM to 11:30 AM
AC38. Come enjoy Philadelphia’s spring 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.

April 30 - June 11, skipping May 28 | $160
6 sessions
Woodmere Art Museum
9201 Germantown Avenue

ACRYLIC POUR PAINTING - FLIP CUP AND DIRTY POUR
Sa from 2:00 PM to 4:30 PM
AC03. Come and learn the basics of pour painting. You will learn the difference of paint coverage, the flip cup and dirty pour techniques. Everyone will leave with 2 finished pieces of their artwork. Please wear clothes you don’t mind getting paint on, and bring a cookie sheet covered in tin foil to transport your artwork home with you. This class is fun for children, teens and adults, ages 6+. Come as a family and make art together!

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

April 30 | $44
Woodmere Art Museum
9201 Germantown Avenue

$30 materials fee payable to the instructor.

MALT’s Updated Covid-19 Policy is on Pg. 77
ACRYLIC POUR PAINTING - DUTCH POUR AND BLOOM TECHNIQUE
Sa from 10:00 AM to 12:30 PM
AC04. Building on the basic concepts of pour painting, you will learn how to manipulate the paint using two beautiful techniques. Wear your painting clothes, please bring a hair dryer if you have access to one, and a cookie sheet covered in tin foil to transport your two finished pieces of artwork home.

Julie Potter
May 21 | $44
Woodmere Art Museum
9201 Germantown Avenue
$30 materials fee payable to the instructor.

PROCESSING EMOTION THROUGH ART-MAKING
Su from 4:00 PM to 5:30 PM
MB27. Use art to work through emotions! You will be given a series of exercises and ideas that can be woven into your everyday lives and self-care routines, including emotional calendaring, working with sigils, and watercolor body scans, as well as some basic techniques for working with watercolors, collage, and other art materials. You'll come away with a set of strategies/prompts that you can customize for how you like to work best, as well as some camaraderie with your fellow students, some new ideas about art-making, or some insight into how creative practice can be used for self coaching.

Emily Zilber has twenty years of experience in the arts as a museum curator, educator and writer, as well as training in strengths-based and neurodiversity coaching. She has also coached or mentored hundreds of artists, students and creative professionals through moments of transition, integrating new perspectives, and self-discovery. In her private practice Lighted House Coaching, she offers ADHD and creative coaching to help clients build self-trust, disarm shame and make meaningful change. The techniques she'll be sharing with the class are ones that are a regular part of her own life, as well as those that her clients can use for self-coaching and processing between sessions.

May 22-29 | $59
2 sessions
Wesley Enhanced Living, 6300 Greene St.

MIGHTY MASH UP COLLAGE
Th from 7:00 PM to 8:30 PM
AC30. This course is not the kinder gentler cousin of the soft and sweet scrapbooking. No, this course allows for and encourages using found images and mixed media to let go and blast your emotions out in a flurry of bits and pieces. Once you have found your voice and made a mess, just stand back with your hands firmly on your hips and say unapologetically, “Yea, that’s what I meant!” Artists will explore a new means of image making and create at least one collage.

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

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

May 19 - June 2 | $54
3 sessions
United Lutheran Seminary, Grossman Center, 7301 Germantown Ave.
$20 material fee payable to instructor.

KNITTING FOR BEGINNERS
M from 7:00 PM to 8:30 PM
AC01. Learn the basics of knitting and make your first scarf! Students will learn the cable cast on, knit and purl stitches, binding off, basic knitting fixes, and as applicable for each student project: changing yarn skeins, making tassels and pom poms. Ideal for complete novices.

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

April 25-May 9 | $54
3 sessions
Mt. Airy Axis, 520 Carpenter Lane
Bring in 1 skein of yarn (acrylic or wool, not cotton) and bamboo needles OR $15 materials fee payable to the instructor.

A example of John Serpentelli collage work
CREATIVE COLLAGE
F from 10:00 AM to 12:00 N
AC13. This class is for anybody and everybody who wants to have fun and play with paper. Absolutely no previous art experience is necessary. You will be amazed at how easy, relaxing, and rewarding it is to make a collage. All materials will be supplied by the instructor. However, if you would like to bring your own materials to class, you may bring a pair of scissors, some paper (old magazines, wrapping paper, newspaper, calendars etc.), and some form of adhesive such as glue or a glue stick.

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

June 3-10 | $49
2 sessions
Center on the Hill
Presbyterian Church of Chestnut Hill
8855 Germantown Ave.

NEW OUTDOOR PAINTING
Sa from 9:00 AM to 12 N
AC02. Painting outdoors is enjoyable and a great way to learn about color and light. It's also a new way to appreciate and see the great outdoors, and a great skill to take traveling. This introduction to outdoor painting is for any experience level, and any paint medium. Different sites in the Wissahickon and Fairmount Parks, Chestnut Hill and Mt Airy will be the chosen to spend the morning painting outdoors learning the basics of composition, color, perspective and other topics.

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

April 30 - June 18 | $209
8 sessions
Cedars House Cafe, Forbidden Drive at Northwestern Ave.

“Rebecca created a very nice atmosphere; GOOD FOR MAKING NEW FRIENDS and for feeling creative and affirmed.”

DESIGN YOUR OWN JEWELRY WORKSHOP
Sa from 1:30 PM to 4:00 PM
AC37. Design beautiful jewelry out of semi precious stones, freshwater pearls and crystals. Learn how to make a pair of earrings using three essential tools, You will also learn how to choose the proper beading wire for your necklace, while attaching a clasp. Gain an introduction to basic wire wrapping techniques that can be applied to a variety of jewelry making. Become knowledgeable on jewelry terminology and all you need to know to navigate your way around a bead shop. ‘Numi’ teas and delicious vanilla boutique cupcakes will be served! And you’ll be dressed for the occasion.

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

June 18 | $29
Wesley Enhanced Living, 6300 Greene St.
$30 material fee payable to instructor
NEW SEW YOUR OWN JAPANESE RICE BAG
Sa from 10:00 AM to 12:00 N

AC05. Japanese komebukuro bags were traditionally used to carry rice offerings to the temple during important religious ceremonies. They were also used to present gifts to special friends or relatives. Komebukuro bags were typically hand sewn in patchwork style, using whatever fabric scraps were to hand, embellished with a running Boro stitch, and finished with cotton drawstring cords ensured that they closed securely. Students will create their own unique Japanese rice bag made from commercial fabrics or, more traditionally, repurposed old clothing. The bag will be constructed by machine and decorated with simple running stitches. These bags are beautiful and work well as purses or gifts.

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

June 18 - 25 | $44
2 sessions
Grace Epiphany Church, 224 E. Gowen Ave.
Supply list will be provided.

CREATE PROJECTS WITH A CRICUT MACHINE
Sa from 1:00 PM to 5:00 PM

AC34. 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. Class projects will include a personalized water bottle and tote bag for each student. Students are encouraged to bring their own Cricut machines. Materials fee includes vinyl, a cup and a tee shirt. Students are encouraged to attend a pre-class Zoom session on Saturday, May 7, 3:00-4:30 pm, to get acquainted with the Cricut Design Space application for computers and tablets. Link will be provided with receipt.

Bea Quindlen
May 14 | $54
Grace Epiphany Church, 224 E. Gowen Ave.
$20 material fee payable to instructor

NEW INTRO TO SUBLIMATION
Th from 6:30 PM to 9:30 PM

AC35. Sublimation is very popular in the crafting world! Sublimation can put any image or design onto a physical product. Learn about the tools needed for sublimation, how the process works, pros and cons of sublimation, where to get supplies, and practice sublimating a mug and tote bag using a Cricut heat press.

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

May 19 | $39
Mt. Airy Axis, 520 Carpenter Lane
$10 materials fee payable to the instructor
COLD PROCESS SOAP MAKING
Sa from 12:30 PM to 4:00 PM
AC17. Leave with 2 lbs. of your own customized soap incorporating oils such as coconut, olive, palm and cocoa butter with lye and water. The lye goes through a chemical reaction of saponification and is not present in the end product. This hands-on class will give you an overview of the process along with handouts to help you be successful making more in the future. After the soap has "cured," you will have hard, cleansing, lathering, moisturizing bars of soap. Give as gifts or keep for yourself. No experience required.
Dora Johns has been a registered nurse for more than 30 years and uses her science and math skills in her cold process soap making classes. Dora has been teaching soap making to Mt. Airy Learning Tree students since 2014.
April 30 | $44
Wesley Enhanced Living, 6300 Greene St.
$43 materials fee payable to the instructor. Bring a sturdy bag to take home your soap.

FUN WITH WATERCOLOR TECHNIQUES
F from 10:00 AM to 12 N
AC11. If you have always wanted to paint with watercolors, but have been afraid to try, this is the perfect place to start. Geared towards beginners, learn several tricks to creating beautiful watercolors even if you have never tried painting before. Each session will begin with a short demo of a different watercolor technique. Students will then have plenty of time to experiment.
Rebecca Hoenig
May 6-27 | $89
4 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.
BYO materials or buy them from the list that will be emailed to you in advance of first class.

See Page 69
GLASSBLOWING
Drinking Glass Workshop
Candy Dish & Ornaments Workshop
WATERCOLOR AND DRAWING FOUNDATIONS
Tu from 1:30 PM to 3:30 PM

AC10. Join in the fun of learning how to handle materials and process in drawing and watercolor in a supportive, friendly environment. Receive hands-on instruction in basic watercolor washes, color mixing, line drawing and shading techniques. We will begin to understand and apply good composition. We do a few projects together with plenty of hands-on instruction. When you are ready, you are facilitated in your own projects.

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

April 26 - May 24 | $104
5 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.
A supply list will be attached to your receipt email after you register.

NEW GARDEN MOSAICS
W from 7:00 to 9:00 pm

AC33. Mosaic art is an amazing medium for creating unique pieces for the garden. Learn the technical skills needed to make outdoor mosaics that will hold up against Pennsylvania’s freeze/thaw cycle. In this hands-on course, students will learn about mosaic design, cutting tile, assembling and grouting projects. Choose between making a flower pot, plaque or stepping stone.

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.

June 15-22 | $59
2 sessions
Bella Mosaic, 6780 Germantown Ave.
$30 materials fee payable to instructor
Bring a child with you to enjoy the class at no additional cost.

STILL-LIFE BASICS
F from 10:00 AM to 12 N

AC12. Have you ever admired a vase of flowers, bowl of fruit, or other everyday objects? This class is an opportunity to learn how to capture the beauty around you in an original still-life drawing or painting. Geared towards beginners, students will learn the step by step secrets to drawing from life. Students may use any medium that they want from a simple pencil and eraser to color pencils, oil pastels, or watercolors for their still-lives.

Rebecca Hoenig
April 22-29 | $49
2 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

NEW FUSED GLASS SUNCATCHERS
W from 7:00 to 9:00 pm

AC32. In this workshop, students will learn the techniques for working with fusible glass. Explore how to cut and layer different types of glass to create a unique piece to hang in the window. On the second night of class, we’ll use some simple wire working techniques and add hooks and beads to our projects. Have fun, get creative and make something special for your home!

Jessica Liddell
May 11-18 | $49
2 sessions
Bella Mosaic, 6780 Germantown Ave.
$30 materials fee payable to the instructor at the time of the class.
NEW DEVELOPING YOUR PHOTOGRAPHER’S EYE
Th from 7:00 PM to 9:00 PM
AC21. Would you like to improve your digital photography? Practice different compositional techniques each week. We’ll review at least one image that worked and one that didn’t for each student every week. Familiarity with your camera and how to change settings is required, although we will do some review in class. All camera types welcome - please bring them to class each week. For the first class, bring in a flash drive or media card with: 1) One of your favorite photos; 2) One or two images that didn’t work out quite so well, all taken with the camera you plan to use in class.

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

June 2 - June 16 | $59
3 sessions
MALT Office, 6601 Greene St.

CANDLE MAKING
Sa from 2:00 PM to 5:00 PM
AC28. Using hands-on experience, learn candle making and get instruction on candle safety, marketing, and creativity in the craft industry. Learn the basics of the soy wax method and why it’s so popular. We will also discuss other waxes. These new skills will help you create gifts for family and friends, and enjoy the benefits of aromatherapy from beautiful candles.

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

May 7 | $44
Wesley Enhanced Living, 6300 Greene St.
$10 materials fee payable to the instructor.

“Wonderful class. GREAT INTRO TO CALLIGRAPHY - lots of supplies + worksheets. THANK YOU!”
DIGITAL CAMERAS: SLRS
M from 7:00 PM to 9:00 PM
AC20. Do you have a digital SLR but keep it on auto everything? Trying to get the most out of your camera but you don’t know what all the buttons do? Bring your camera and learn how to take more control over your photography. Gain some composition tips, too. Be sure to charge your battery before each class. Your camera must have the following letters on the top dial: P, M, A, & S or P, M, Av, & Tv.
Nicki Toizer was the Technical Director at MALT for 10 years. She has loved photography for more than 20 years and enjoys teaching others how to use their cameras.
May 2 - 16  |  $64
3 sessions
MALT Office, 6601 Greene St.
Optional $20 materials fee for book and handouts payable to the instructor.

ONLINE BECOME A ZOOM HOST EXPERT
M from 6:30 PM to 8:00 PM
FC25. Have you attended Zoom meetings but never had to be the host? Learn everything you need to have confidence running a meeting or online event. From setting up the event and sending out invitations to managing the chat box, waiting rooms and breakout rooms. How to share your screen, record sessions and also how to set up your audio for the very best quality will be covered. You will also get tips and strategies on how to keep your online event engaging for your guests.
John Autin is a career educator, taught online for the School District of Philadelphia and currently coaches math teachers. He has provided professional development for teachers on the subject of teaching online both in the education and non-profit sectors. John has a Masters of Science in Human Resource Development from Drexel University. He is donating his fee to MALT.
April 18  |  $29
The Comfort of Your Own Home

ONLINE BECOME A ZOOM MASTER: THE NEXT LEVEL
Th from 6:30 PM to 8:00 PM
FC26. You’ve taken the first class (or you already knew everything in first description) You’ve got the account. You know how to set up and run a meeting. Now how do you keep your audience engaged on Zoom? From learning how to conduct polls, setup breakout rooms, draw on the screen and using other tools in conjunction with Zoom, you can ensure that not only are your participants present, but they are engaged and can engage with your material without always having to speak up or show their face on screen.
John Autin
May 19  |   $29
The Comfort of Your Own Home
**WINDOWS 10 MADE SIMPLE**  
**Tu from 10:00 AM to 12 N**  
**CC01.** Windows 10 is a Microsoft operating system for personal computers and tablets. In this class you will learn to use Windows - how to access multiple programs, organize files, change computer settings, arrange your desktop, save and print documents. This class is for any device using the Windows 10 operating system. Students may bring their own laptop with Windows 10 installed. There will also be laptops available to use at the class.  
**David Grauel** comes to MALT by way of NYC where he was a Technical Support and Training Specialist in Microsoft Office products for such companies as Goldman Sachs and Morgan Stanley. As part of the Human Resources Administration, he trained supervisors and staff, worked the Help Desk, and performed network troubleshooting.  
**April 26 - May 10 | $89**  
3 sessions  
Center on the Hill  
Presbyterian Church of Chestnut Hill  
8855 Germantown Ave.

**NEW QUICKBOOKS FOR BEGINNERS**  
**Tu from 7:00 PM to 9:00 PM**  
**CC05.** This user-friendly software is invaluable for entrepreneurs and people who want to get control of their own personal finances. Learn how to set up new accounts, create invoices for Accounts Receivable, pay expenses and Accounts Payable. If time permits, we will cover how to enter payroll and basic accounting principles. We will be practicing online with this software, so your laptop is essential.  
**Stacie Sawyer,** MEd, is an accounting instructor with over 20 years experience at the high school and college levels. In her role as property manager & bookkeeper for JTS Real Estate, she currently uses Microsoft Office and Quickbooks on a regular basis.  
**May 3-17 | $89**  
3 session  
Presbyterian Church of Chestnut Hill,  
8855 Germantown Ave.  
$40 materials fee payable to the instructor includes online access for an additional 4 months

**ONLINE INTRO TO THE GOOGLE PLATFORM**  
**Sa from 1:30 PM to 3:00 PM**  
**CC24.** 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!  
**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.  
**May 7 | $64**  
3 session  
The Comfort of Your Own Home

**ONLINE CRASH COURSE IN SOCIAL MEDIA FOR BUSINESS**  
**Sa from 1:00 PM to 2:30 PM**  
**CC04.** If you’re running a start-up or mid-sized company, discover how to take advantage of 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. Be sure you know your log-in and passwords for all your social media accounts.  
**DeAnn Cox**  
**April 23 - 30 | $49**  
2 sessions  
The Comfort of Your Own Home

**Please register early.**  
Fewer than 5, the Class takes a Dive!
ONLINE GETTING TO KNOW YOUR IPHONE
W from 10:00 AM to 12 N

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

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

June 1-8 | $54
2 sessions
The Comfort of Your Own Home

INTRODUCTION TO MICROSOFT EXCEL
Tu from 10:00 AM to 12 N

CC02. The spreadsheet is the tool for anyone who has to manage numbers. Learn to create, save, modify and print spreadsheets. Begin using formulas and functions, and format your own worksheets to make them more understandable and easier to read. While this is an intro class, some experience with Excel is helpful. Students may bring their own laptop with Excel installed. There will also be laptops available to use at the class.

David Grauel
May 17-31 | $89
3 sessions
Center on the Hill
Presbyterian Church of Chestnut Hill
8855 Germantown Ave.

Students will use laptops with Windows 10, Office 2010.

CREATE YOUR WEBSITE WITH WORDPRESS
Tu from 10:00 AM to 12 N

CC03. WordPress makes it possible to have your website up and running in 24 hours. The reason it continues to be a popular choice for website building is that no coding is necessary. We will start from the beginning and gradually build on the previous material. It is recommended (but not required) that you already have a WordPress site.

David Grauel
June 14-28 | $89
3 sessions
Center on the Hill
Presbyterian Church of Chestnut Hill
8855 Germantown Ave.

MICROSOFT WORD AND POWERPOINT
Tu from 6:30 PM to 8:30 PM

CC06. Learn basic skills to operate Microsoft Word and PowerPoint. Two classes will be dedicated to each application. You will create various business documents, insert tables, graphs and pictures from the web, and insert hyperlinks into a PowerPoint presentation.

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

April 19-26 | $64
2 sessions
Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

$25 materials fee payable to the instructor
NEW COFFEE TIME!
W from 6:30 PM to 8:00 PM

CK20. We will explore various home brewing methods, discuss how to correctly grind your coffee, and learn about extraction during the first half of the class. The second half of the class will cover some parts of the coffee supply chain, including ethical coffee sourcing, a look at current market and farm conditions, and coffee processing. The goal of the class is to paint a fairly complete picture of coffee as a whole. The class will take place in Adelie Coffee House, a cozy cafe with nice music and good vibes.

Taught by the Adelie Coffee Team of Andres Maldonado, Kelly Monahan, and Will Maggs.

May 4 | $24

Attic Brewing, 137 Berkley Street
$20 materials fee payable to Attic Brewing Company.
NEW WINE TASTING: SPOTLIGHT ON CHILE
Tu from 7:00 PM to 9:00 PM
CK03. For many years now, Chile has distinguished itself in the wine industry as a source for good value wines produced from popular varietals such as Cabernet Sauvignon, Carmenere, Sauvignon Blanc, and Merlot. The influence of vintners who migrated from France to South America is evidenced by the strong presence of these grapes of French origin. In this class, we will learn about why Chile is such a conducive region for producing quality wines and sample some of the best the country has to offer at very attractive price points.
Rodney Chonka has lived, studied, taught and traveled in both Italy and France. Rodney is fluent in French and Italian and has taught both languages over many years. He has toured wineries throughout Europe and the US and has led wine tastings at MALT since 2009.

A. May 17 | $29
B. May 24 | $29
Cliveden Carriage House, 6401 Germantown Ave.
$12 materials fee, payable to the instructor.

NEW JAMAICAN PATTY PRO
Th from 6:30 PM to 8:30 PM
CK05. Learn to make a meat-free version of the elusive Jamaican patty. Not only will we make our dough and filling from scratch we’ll also learn the history of this delectable morsel. Life is a recipe why not learn something delicious!
Toni Lorraine Johnson is a former culinary instructor, restaurant and food truck owner who is truly passionate about food. Jamaica is her home and sharing her recipes helps build community.

May 12 | $34
Grace Epiphany Church, 224 E. Gowen Ave.
$15 materials fee per person payable to the instructor at the class.

CAKE FROSTING TECHNIQUES
W from 7:00 PM to 9:00 PM
CK02. 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, coloring icing and more. Please bring an apron and a container to carry home decorated cupcakes. This is an introductory, basic class for those with little to no cake decorating experience.
Cheri Skipworth is the owner of the HandmadeU Studio. HandmadeU inspires creativity in others through offering a monthly craft subscription box as well as craft workshops. Cheri has been an avid crafter for more than 30 years and has been teaching arts and crafts to others for more than 20 years.

May 11 | $44
Mt. Airy Axis, 520 Carpenter Lane
$35 materials fee payable to the instructor

NEW ONLINE BRITISH BAKING: TRIFLE
Sa from 4:00 PM to 6:00 PM
CK13. Join Jackie as you make that quintessential English dessert the trifle. Learn to make a simple yellow cake to use as a base, and a silky smooth custard to finish the dish. Channel your inner Great British Baking Show baker with this classic dessert!
Jackie Jonas

May 21 | $39
The Comfort of Your Own Home
NEW ONLINE  
CUPCAKE LIKE A PRO: SECRETS REVEALED  
Sa from 3:00 PM to 5:00 PM  
CK04. Many aren’t aware that many bakery cupcakes are merely doctored mixes. Learn how to make bakery quality cupcakes in the comfort of your home. We will first start out by making cupcake batter, learn techniques that will assure moist and fluffy cupcakes and get tips on how to turn one mix into a variety of other flavors and themes with add-ins from your fridge or pantry. While our cupcakes bake and then cool, we will prep our frosting, piping bags and practice basic techniques to style them.  
Lisa Norris learned to cook from her grandmother who was the best Southern cook. Lisa’s curiosity to learn more led her to study food science in college, and her eagerness to discover new cultures and cuisines ignited her wanderlust to travel and take cooking classes abroad. On her travels she saw the power of food and how it could turn strangers into friends within kitchens and across tables. Over the years she’s shared her passion with others as a culinary instructor, foodpreneur and blogger.  
May 14 | $24  
The Comfort of Your Own Home  

NEW ONLINE  
FLAVORFUL VEGETARIAN  
M from 6:00 PM to 8:00 PM  
CK10. This series of three individual classes will put some stamps in your culinary passport! Each session will contain delicious recipes that are vegetarian, flavorful and in season! Please come with your culinary questions.  
April: We will make a delicious herbaceous dish, orzo pasta. This delicious and filling side dish pairs well with chicken, fish, or more vegetables!!  
May: We will prepare a summer fruit crisp. This yummy seasonal dessert pairs well with whipped cream, ice cream or gelato.  
June: A summer classic but with veggies -- Black bean Burgers! You’ll learn how to make your own (so much more delicious than the store bought frozen variety). Grill/cook indoors and eat on your balcony!  
Shayla Felton-Dorsey is Culinary Instructor with The Philadelphia Free Library's Culinary Literacy Center. She has her own personal chef/catering business, Shayla’s Savour.  
A. April 25 | $34  
B. May 23 | $34  
C. June 13 | $34  
Sign up for all three $95  
The Comfort of Your Own Home  

NEW ONLINE  
DOG BISCUITS  
Sa from 4:00 PM to 5:30 PM  
CK11. Make your fur baby happy with delicious homemade treats. Join Jackie Jonas as she shows you how to make Sunshine’s Dog Cookies from her book Cooking from Memory: A Storyteller in the Kitchen. Jackie will give you tips on making treats that are healthy for your pet. And you might even get to meet the famous Sunshine.  
Jackie Jonas  
May 1 | $34  
The Comfort of Your Own Home  
Below - Daisy (Gala), would like a biscuit.  

NEW ONLINE  
INTRODUCTION TO TEA  
Th from 6:30 PM to 8:30 PM  
CK18. Students will be introduced to the world of tea. A brief history and the different types of teas will be discussed. We’ll also talk about how teas are processed, from the time the leaves are plucked until they are shipped. We will touch on the primary tea processing regions from around the world, guidelines for brewing different types of teas, and the health benefits of tea. We will brew various types of teas.  
Howard James is a former co-owner of Tea Country, LLC, a provider of gourmet loose-leaf tea. He has studied the tea industry since 1999. Howard received the industry-standard Level-II certification from the Specialty Tea Institute in March 2006.  
April 21 | $24  
Holistic Health Suite Cafe, 6802 Old York Road $5 materials fee payable to the instructor  
The Comfort of Your Own Home  

MAKE WATER KEFIR - KOMBUCHA’S COUSIN
Tu from 6:00 to 8:00 pm
CK21. 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 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.

June 7 | $29
Henry Got Crops, 7095 Henry Ave.
$15 materials fee payable to the instructor.

NEW
I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!
Sa from 12:00 PM to 2:00 PM
CK09. Let’s get your freezer full of healthy, delicious, and nutritious treats to pull out when you need them. No added sugar or processed ingredients will be used. Trying to eliminate dairy from your diet? We got your back! This class covers flavor, gluten & dairy free, and low glycemic index. We will include ice cream pie, ice cream cake, sandwiches, popsicles, fudgesicles, chocolate or carob covered frozen bananas on a stick and more! Don’t forget your appetite or a container for samples to go!

Dorothy Bauer
June 25 | $29
Henry Got Crops, 7095 Henry Ave.
$20 materials fee payable to the instructor.

MAKING DELICIOUS SOURDOUGH BREAD
Sa from 2:00 PM to 4:00 PM
CK19. In this two week class you will learn all you need to know to get you started on your road to sourdough success. In week one, you’ll learn the basics of making sourdough bread, and how to make a starter. In week two, you’ll learn (and experience) mixing all ingredients and kneading your bread, and tips and tricks for shaping and baking your loaves. Soon you’ll be making your own fresh bread, weekly!

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

April 23-30 | $39
2 sessions
Private home near Germantown Ave. and Gorgas Lane

NEW
BAKING CHALLAH WITH MINDY
W from 7:00 PM to 9:00 PM
CK12. Traditionally made to be eaten on the Jewish Sabbath, this bread is terrific any day and makes the best leftovers for French toast and bread pudding! You don’t need to be intimidated by yeast. If you’re already familiar with bread baking, bring challah into your repertoire.

Mindy Shapiro is a avid baker and enjoys sharing her techniques to baking delicious challah. She is also an artist and teaching papercutting with MALT.

May 4 | $34
Grace Epiphany Church, 224 East Gowen Ave.
$7 materials fee payable to the instructor.
ONLINE 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 the Opera Company of Philadelphia, and is a former musical theater choreographer at Germantown Friends School. She is a certified Silver Sneaker Boom Mind Instructor, and is Ballet Barre certified.

A. Beginner
May 4 - June 22 | $104
W from 10:30 AM to 11:30 AM
8 sessions

B. Beginner/Intermediate
May 6 - June 24 | $129
F from 10:30 AM to 11:45 AM
8 sessions

The Comfort of Your Own Home
Wear comfortable clothing or dance wear, ballet slippers (dance shoe) or soft supple shoes.

NIA HOLISTIC DANCE
M from 9:30 AM to 10:30 AM
DA10. Nia is a tool for accessing the universal human need to move in ways that are joyful and healing using a blend of dance, martial-arts, yoga and other mind-body energy-aligning practices. It is highly adaptable for people of all fitness levels, ages, genders and body types. 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.

May 2 - June 6 | $84
6 sessions
Chestnut Hill United, 8812 Germantown Ave.

“LISA IS GREAT... I’ve taken this class about 4 times and plan to again!”
BALLROOM DANCING: BEYOND THE BASICS
Th from 8:45 PM to 9:40 PM
DA02. This is a continuation of the ballroom basics introductory course. It will be tailored to the interests of the participants. A poll will be taken, with choices from the dances covered in the basic classes (foxtrot, waltz, rumba and swing). The results will impact the course syllabus with the dance having the highest ranking included in the course. Add to your repertoire of steps, as we review and practice the dances to build confidence in leading and following.

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

April 21 - June 9 | $160 for couple
8 sessions
Must register with a partner; students will not be switching partners.
Presbyterian Church of Chestnut Hill
8855 Germantown Ave

INTERMEDIATE BALLROOM DANCING
Th from 6:45 PM to 7:40 PM
DA03. This course is a continuation class in ballroom dancing, geared toward those who are already comfortable with the core steps of the most common ballroom dances. This season’s focus will be on rumba. As you add to your repertoire of steps, develop your ability to lead or follow your partner, while letting the character and feeling of each dance shine through. This is an advanced-beginner level course.

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

April 21 - June 9 | $160 for couple
8 sessions
Must register with a partner; students will not be switching partners.
Presbyterian Church of Chestnut Hill
8855 Germantown Ave

MALT’s Updated Covid-19 Policy is on Pg. 77
EVERYONE CAN LINE DANCE
M from 6:30 PM to 7:30 PM

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

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

April 18 - May 23 | $84
6 sessions
Summit Presbyterian Church
6757 Greene St. at Westview

NEW LEARN 2 DANCES: CHA-CHA & DETROIT SMOOTH-STYLE BALLROOMING
M from 7:30 PM to 8:30 PM

DA13. Cha-Cha is a dance style that is enjoyed globally. Learn this easy dance style that is the foundation of many line dances. Cha-cha also shares some similarities with Detroit-Smooth Style Ballrooming. Ballrooming (not to be confused with formal ballroom styles) is an urban dance style which originated in Detroit. This easy smooth dance style is gaining popularity across the country as it is performed to a wide variety of music, including Motown, jazz, and R&B.

June and Audrey Donaldson
April 18 - May 23 | $84
6 sessions
Summit Presbyterian Church
6757 Greene St. at Westview

CHICAGO STEPPING FOR BEGINNERS
M from 7:00 PM to 8:30 PM

DA04. 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
June 4 - June 20
Individual Registration | $49
Register with a partner | $99
3 sessions
Summit Presbyterian Church
6757 Greene St. at Westview
DATE NIGHT DANCES
Sa from 8:00 PM to 11:00 PM
DA11. Grab your dancing shoes and a partner for an evening at Flaco’s Dance Factory! Dance your way into an exciting date night, learning new moves that you can show off again and again. You’ll be impressing your friends with your dance skills in no time, and having fun doing it! Each date night evening will include lessons in two different rhythms.
A. April 16
B. May 14
C. June 11
Register with a partner  |  $29

Flaco’s Dance Factory, 411 Old York Rd.
Jenkintown, PA

BEGINNING SALSA
DA07. Mt. Airy’s Salsa literacy has gone through the roof since 2002, and here’s a night dedicated to you! Come learn the basics from Maestro Flaco, known for his patient, novice-friendly style of teaching.
Marck “Flaco” Best
A. April 19 - June 7
Tu from 6:00 PM to 7:00 PM
B. April 23 - June 11
Sa from 7:00 PM to 8:00 PM
Individual Registration  |  $104
Register with a partner  |  $180
8 sessions
Flaco’s Dance Factory, 411 Old York Rd.
Jenkintown, PA

INTERMEDIATE SALSA
Sa from 6:00 PM to 7:00 PM
DA08. Have you taken Flaco’s Beginning Salsa and want to continue? If you’re comfortable with the basic moves, add some new steps, turns, and other tricks to your repertoire. Keep up with the hot trends that makes salsa so much fun!
Marck “Flaco” Best
April 23 - June 11
Individual registration  |  $104
Register with a partner  |  $180
8 sessions
Flaco’s Dance Factory, 411 Old York Rd.
Jenkintown, PA

NEW CLASSIC R&B LINE DANCING!
Tu from 1:00 PM to 2:00 pm
DA16. These dances go back to the days of Dick Clark, The Geater and The Guy with the Goods. We’ll groove to the music of the 60’s & 70’s learning the line dances from that same period, some of which are still enjoyed in clubs! This class is designed to focus on memory and sequencing, and is low to medium impact
Marck “Flaco” Best
April 26 - June 14  |  $104
8 sessions
Northlight Community Center, 175 Green Lane,
Manayunk

Dancing students enjoying lessons at Flaco’s Dance Factory in Jenkintown.
**LET’S BOP**

F from 6:00 PM to 7:00 PM

**DA06.** Philly Bop is hot right now. Begin with the basic steps of jitterbug at a slightly slower tempo and with more graceful and fluid movements. Then learn the more challenging part of improvisation. Bringing a partner is optional but always encouraged. This is the real deal, ladies and gents. The success rate of students in this class is astounding! Try it for yourself. You won’t believe your feet.

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

April 29 - June 17
Individual registration | $104
Register with a partner | $180
8 sessions
Jacob’s Northwest, 7165 Germantown Avenue

**NEW TAHITIAN & HULA DANCE**

Tu from 7:00 PM to 8:00 PM

**DA05.** Use exciting Tahitian/Hula dance moves to burn calories, reduce stress, and increase energy. 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 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.

April 26 - May 31 | $74
6 sessions
Chester Hill United, 8812 Germantown Ave. Bring water, sarong or shawl for your hips. We dance barefoot.

**NEW TRADITIONAL WEST AFRICAN DANCE**

Th from 7:00 PM to 8:00 PM

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

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

April 21 - June 9 | $104
8 sessions
Flaco’s Dance Factory, 411 Old York Rd, Jenkintown, PA

**BEGINNING BELLY DANCE WITH ANEETA**

Th from 7:15 PM to 8:15 PM

**DA15.** This ancient dance is performed in countries bordering the Mediterranean from Northern Africa to Turkey. Students will learn basic hip and arm movements, traveling steps and a short choreography. Belly dancing is a great way to have fun while toning the abdominal muscles and arms. Wear comfortable clothes and bring a scarf to tie around your hips.

Aneeta has received bellydance certification for BellyQueens under Kaeshi Chai in 2019. She started bellydance classes in 2001 under Najia, June Seaney, Tessa Myers of BellySetGo and Zoe Akili. Her dance focuses on being welcoming to all bodies, providing cultural background for the dances, and working at all dance levels.

This class is presented in collaboration with Mt. Airy Performing Arts, a dance and theater program under artistic direction of Kim Williams.

April 28 - June 2 | $94
6 sessions
Mt. Airy Performing Arts, 230 E. Gowen Ave.

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

June 1st is the deadline to submit class proposals for the Fall term.
ONLINE STRETCH 4 LIFE FOR SENIORS: LEVEL 1
M from 10:00 AM to 10:45 AM
EX06. This is an inspiring, rejuvenating class which anyone can do. You decide whether you sit or stand. The benefits of stretching are countless, improving flexibility, reducing blood clots, and improving brain function to name a few. Level 1 is conducted mostly on a chair. You will need a mat, wear comfortable clothes and shoes.

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

May 2 - June 27, skipping May 30  |  $99
8 sessions
The Comfort of Your Own Home

ONLINE STRETCH 4 LIFE FOR SENIORS: LEVEL 2
F from 10:00 AM to 10:45 AM
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. You will need a mat. Wear comfortable clothes and shoes.

Yvonne Ferguson-Hardin
May 6 - June 24  |  $99
8 sessions
The Comfort of Your Own Home

DANCE-IT-OUT! FUN FITNESS
W from 7:00 PM to 8:00 PM
EX02. Stressed? Dance-it-Out! Overwhelmed? Dance-it-Out! Need a fun workout? Dance-It-Out! We’ll do Zumba, Retro, a little Hip-Hop and Line -- four dance styles in one fun-filled hour. Burn calories, tone, reduce stress and feel energized. You’ll have a blast while blasting away those stubborn pounds and stress. No dance experience necessary in this encouraging environment. Wear sneakers and comfortable clothing, so you can “Get Down Tonight.”

May 4 - June 8  |  $74
6 sessions
The Comfort of Your Own Home

ONLINE FIT POSSIBILITIES
M from 9:00 AM to 9:45 AM
EX05B. This class (for ages 50+) allows you to work at your own level as you learn how to move safely and effectively. This program cycles through specific days of balance, strength, cardio, flexibility, agility and body weight sessions. Improve your flexibility, balance, joints, core strength and overall ability to be more efficient in your daily activities! For this virtual class, you will need a mat, a chair, and three other items.

Yvonne Ferguson-Hardin
May 2 - June 27, skipping May 30  |  $99
8 sessions
The Comfort of Your Own Home

“Yvonne is a great teacher! VERY MOTIVATIONAL, funny, and she makes EXERCISE FUN.”
**HULA HOOP DANCE CARDIO**

EX01. 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

May 2 - June 6 | $74
6 sessions

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

**ONLINE YOGA/PILATES MIX**

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 Kri- palu 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.

April 25 - June 13 | $79
8 sessions

The Comfort of Your Own Home

**PRESERVING BONE DENSITY THE HEALTHY WAY**

MB34. Come for a discussion that could change your life! Anyone with bone loss is usually told by their doctor simply to take calcium and this is not enough. There are so many more factors to consider and we will go into all of them, including the controversy around cardiovascular health when supplementing with calcium. You will learn specifics about the vast array of supplements and how to find the best forms of each necessary ingredient. We will also discuss dietary tips and lab testing. Bring your questions and allow Dr. Gannon to help you figure out your best strategy for a healthy future!

Paul Gannon, ND is a naturopathic physician in practice for over 20 years, helping clients reach and maintain their health goals, tailoring the most effective cutting edge natural treatment protocols. He specializes in women’s health, cancer co-management and post-treatment thriving, gastrointestinal health, acute and chronic illness, and allergies and rheumatism.

A. May 25 | Online | $29
W from 6:30 PM to 8:00 PM

The Comfort of Your Own Home

B. May 21 | In-person | $29
Sa from 10:30 AM to 12:00 PM

NewCourtland’s Germantown Campus (Eisenhardt Bldg.), 6950 Germantown Ave.

**ZUMBA®**

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.

This class will be taught by Zoe Brown

This class is presented in collaboration with Mt. Airy Performing Arts, a dance and theater program under artistic direction of Kim Williams.

April 27 - June 1 | $94
6 sessions

Mt. Airy Performing Arts, 230 E. Gowen Ave.
ONLINE DITCH THE HYPERTENSION, ONLINE DIABETES AND OBESITY WITH FOOD AS MEDICINE

W from 7:30 PM to 9:00 PM

MB45. 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 type-2 diabetes can be as well? Being overweight, hypertensive or diabetic often have the same root cause: it’s the Standard American Diet. Learn how to prevent and reverse these health concerns, making it fun and simple to become a more plant-based eater, and reclaim your health! Elimination or reduction of medications is a common side effect of powerful food-as-medicine.

Elise Rivers, Esq, MAc, has practiced holistic medicine for more than 20 years, and is the founder of the Northwest Center for Food As Medicine. Learning from renowned functional medicine doctors, she has studied the benefits of plant-based nutrition since 2013, and is certified by Cornell University’s program in plant-based nutrition.

May 11 | $29
The Comfort of Your Own Home

WALK TO THRIVE: WALKING CLUB

W from 10:00 AM to 11:00 AM

EX11. 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.

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

April 20 - May 25 | $69
6 sessions
Cedars House Cafe, Forbidden Drive at Northwestern Ave

ADULT AND PEDIATRIC FIRST AID/CPR/AED

Sa from 9:00 AM to 4:00 PM

MB57. Recognize and respond appropriately to cardiac, respiratory breathing and first aid emergencies. The course will teach participants the knowledge and skills needed to give immediate care to an injured or ill person and to decide if advanced medical care is needed. This program offers first aid, CPR and AED to meet various training needs of diverse audiences. Course contents updated to reflect the latest science and American Red Cross Scientific Advisory Council recommendation.

Cindy Greene’s desire to teach led her to become an American Red Cross Licensed Provider Instructor. Caring for her father after he had a stroke, Cindy realized she needed some type of emergency rescue training. After her father passed her passion to help people grew even greater. Expanding her knowledge and skills allows Cindy the opportunity to train others how to provide immediate care for loved ones or anyone in need.

May 28 | $79
Wesley Enhanced Living, 6300 Greene St.
Registration includes a $35 materials fee for certificate, printed materials and first aid kit.
NEW INVESTING WITH YOUR VALUES
W from 6:30 PM to 8:30 PM
FC09. Impact investing, socially responsible investing and ESG (Environmental, Social and Governance) investing are all about aligning your money with your values. Join us to discuss resources like ImpactPHL’s Philly project list, networks for learning together in study groups, and what a few denominations are doing to take the lead in racial justice investing and reparations. We’ll also look at some of the newest tools for checking your investments for climate, gender, racial justice and other impacts. This will be an interactive session so bring your resources and strategies to share. Let’s move our money for justice and the world we want to see!

Vanessa Lowe 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.

June 1 | $29
United Lutheran Seminary, 7301 Germantown Ave.

CRYPTO, BLOCKCHAIN AND WEB 3.0 FOR BEGINNERS
Tu from 7:00 PM to 8:30 PM
FC02. What is Crypto and Bitcoin? What are blockchains? What is an NFT? If you are curious or are mystified by these new technologies, then this course is for you. Here, an explanation of these technologies will be provided that is easy for anyone with little or no technical background to understand. Learn the risks involved in buying or trading crypto. Explore the environmental, financial and cultural issues that these technologies pose. And understand how these technologies are already being used to change our world and better people’s lives.

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

May 17 | $34
Mt. Airy Axis, 520 Carpenter Lane

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.

May 16 | $34
United Lutheran Seminary, 7301 Germantown Ave.
ONLINE A GUIDE TO INVESTING IN RENTAL PROPERTIES
W from 7:00 PM to 9:00 PM
FC04. Learn different tactics and strategies to purchase a rental property, or a long-term buy and hold investment property. We'll focus on deal finding, financing and management with special emphasis on adding value through the BRRR method (Buy Rehab Rent Refinance Repeat).

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

May 25 - June 1 | $59
2 sessions
The Comfort of Your Own Home

GET THE MEDIA’S ATTENTION
W from 6:30 PM to 9:30 PM
FC18. Do you own a small business or represent a nonprofit or community organization? Do you have a product, service or special event you feel should be covered in the media? Media coverage isn’t just a matter of luck, and it isn’t mysterious, either. Our PR professional knows what to do and will show you how to get coverage from community weeklies, daily newspapers, television, radio and/or blogs for your business or organization. Learn about press releases, tip sheets, media alerts, how to contact reporters and bloggers, and follow-up etiquette. Please bring a brochure or other information about your organization/business to class. It will be used for an in class exercise.

Ilena DiToro, a graduate of Temple University, Manor College and Saint Joseph’s University, is a PR professional who has amassed over $750,000 worth of press for nonprofit organizations and businesses in the Philadelphia area and beyond. She has secured coverage in the Philadelphia Inquirer, the Philadelphia Business Journal, 6ABC, KYW1060 and numerous others.

May 11 | $49
Mt. Airy Axis, 520 Carpenter Lane
$4 materials fee payable to the instructor
ONLINE ULTRA-INVESTING USING OPTIONS
T from 7:00 PM to 9:30 PM
FC20. Aggressive investing might make you a fortune! This class is not for the financially risk-averse. Learn strategies that experienced investors are using to make tremendous profits in the world of options. The instructor has students and clients who have turned $2,000 into $100,000 in under 6 months! Using options on stocks, indexes, gold, oil, currencies or other commodities, you can make a small fortune overnight or (if you’re not careful) lose one. Learn safe strategies, how to speculate with as little as $200, how to use options for quick gains or steady income. Learn all about commodities, how to make money no matter which way the markets go, and resources and websites that can help you.

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

June 7 | $49
The Comfort of Your Own Home
$10 materials fee for software payable to instructor.

ONLINE HOME BUSINESS GOLDMINE
M from 7:00 PM to 9:30 PM
FC19. 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

June 6 | $44
The Comfort of Your Own Home
Optional $10 materials fee payable to the instructor.

RETIREMENT PLANNING TODAY

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

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

A. April 28 - May 5 | $29
Th 6:30 PM to 9:00 PM
B. May 3 - May 10 | $29
Tu 6:30 PM to 9:00 PM
2 sessions
LaSalle University, 1900 West Olney Ave.
$25 materials fee for a 225-page illustrated textbook will be automatically added to your cart.
ONLINE PLANNING AND DEVELOPMENT IN YOUR COMMUNITY
Tu from 6:30 PM to 8:30 PM
FH18. Ever wonder how construction and development gets approved in your community? Why are “they” letting “them” tear down those old buildings, or buy up that empty lot, to build something new? Learn the ins and outs of how new buildings and changes in land use are proposed and approved, including the planning process, the rules governing what can be built and where, who is involved, and how you can become more knowledgeable about what happens in your community to effect positive change. Development inside and outside Philadelphia will be discussed.

Brian Olszak is a practicing planner and an adjunct professor in city planning at Temple University; his practice areas have been community planning, open space preservation and trail development. He has written, edited and critically reviewed nearly 1000 pages of zoning, land development, and other ordinances for municipalities and has reviewed development proposals in multiple counties. He is also a former zoning chair of his neighborhood civic group.

June 14 | $29
The Comfort of Your Own Home

ONLINE HOW TO READ AN ORDINANCE
Tu from 6:30 PM to 8:30 PM
FH19. There are many local laws which affect the way our neighborhoods look and change which largely go unseen by the naked eye. This course will introduce a few important ordinances in Philadelphia, such as the Zoning Code and the Property Maintenance Code, and provide guidance on how to understand and apply them. This course is for you if you want to dig into the hidden depths of municipal codes, and want to find out how you can apply your new knowledge to bettering your community.

Brian Olszak
June 7 | $29
The Comfort of Your Own Home

CLUTTER TONIC: THE EASY WAY TO ORGANIZE YOUR HOME AND OFFICE
Tu from 2:30 PM to 4:30 PM
FH04. Feel overwhelmed by your belongings? Have unpacked boxes from your last move? Drowning in papers? Break vows to organize? Enjoy some Clutter Tonic! Make happy decisions about what to let go of and how to organize the rest. Send almost nothing to the landfill. Find out why you need to buy no containers. Learn where to recycle torn clothes, stained purses, cosmetics and much more. Let go of 30 things in 1 week? A set of wine glasses is 1 thing, and you can do it. Achieve the 33 item wardrobe? Still do-able. Including accessories. Members of this hands-on course see results and have fun. As one said, “Who knew some clutter tonic could feel so good?” Join us!

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

April 19 - May 3 | $59
3 sessions
Presbyterian Church of Chestnut Hill
8855 Germantown Ave.

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Get the most up-to-date news from MALT. Subscribe to our weekly enews by visiting www.mtairylearningtree.org.
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. Additional family members (with no additional dogs) can register with the primary registrant using the "partners" registration option.

Christopher Switky is a certified dog trainer, founder of Positive Canine Concepts, and a graduate of the Masters’ Program in Dog Training at CATCH Canine Trainers Academy. For more information about Chris and his philosophies on dog training, please visit positivecanineconcepts.com.

May 4 - June 8
Individual | $154
Partners | $199
6 sessions
Grace Epiphany Church, 224 E. Gowen Ave.

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

NEW HOW TO TRAP AND RELEASE STRAY CATS
Sa from 10:00 AM to 11:30 AM
FH01. Did you know there are an estimated 400k stray cats in Philadelphia? Spring is known as kitten season in cat rescue circles because it tends to be when the most kittens are born to unspayed stray females. It’s also an overwhelming challenge for the dozens of neighbors you may not know about who are involved in TnR (trap and release) and stray cat rescue. Many people see homeless cats and even feed them, but without trapping and taking the cat to be neutered, this just helps increase the stray population. Friendly neutered cats can be adopted out, or taken in by the many rescues that operate in the city. If you’d like to get involved in this very worthwhile cause, sign up for our class!

Sandra Wade never really noticed stray cats in her neighborhood until she met a sweet, scrawny little calico living next to the trash bin of her Germantown apartment where she first lived in Philly. She wanted to rescue the cat but had no clue what to do. Fortunately, she found a very active, helpful community of cat rescuers who taught her the ropes. That was 2014, and she’s done a lot of TnR (trap and release) and rescued dozens of strays since then.

May 14-June 11, skipping May 28 | $64
4 sessions
Grace Epiphany Chuch, 224 Gowen Ave.

LEARN TO BAKE DOG BISCUITS

See Page 27
UNDERSTANDING LONG TERM CARE

FH11. 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. April 26 | $24
Tu from 1:00 PM to 3:00 PM
NewCourtland's Germantown Campus
Eisenhardt Bldg., 6950 Germantown Ave.

B. May 5 | Online | $24
Th from 7:00 PM to 9:00 PM
The Comfort of Your Own Home

ONLINE ADVANCE CARE PLANS: CLEARING UP THE CONFUSION

MB21. Creating advance care plans can be confusing. There are many forms to complete and decisions to be made. If you are feeling overwhelmed, you’re not alone! But where do you start? In this workshop, we’ll discuss the many forms, decisions, and preferences involved with advance care planning. This educational event is for anyone seeking to become more confident in navigating this area, including: medical patients, family members, friends, and health professionals. This workshop is not exclusive to those currently making medical care decisions! Anyone seeking more information on the topic is welcome, regardless of your medical journey.

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.

June 6 | $24
The Comfort of Your Own Home

BACKYARD CHICKEN KEEPING

Th from 7:00 PM to 9:00 PM

FH03. Now’s the time to get a flock of your own! Learn the basics of keeping a healthy flock of backyard hens to produce eggs. Topics will include selecting chickens, raising them from chicks, the coop, the care, feeding the chickens, handling the eggs, and some of the challenges that should be considered before keeping backyard chickens.

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

April 28-May 5 | $44
2 sessions
Mt. Airy Axis, 520 Carpenter Lane

LISTING YOUR HOME FOR SALE

Sa from 10:00 AM to 12 N

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

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

June 11 | $24
MALT Office, 6601 Greene St.

“I knew very little about KEEPING CHICKENS before joining the class. Maureen is an extremely KNOWLEDGEABLE and ENGAGING PRESENTER.”
ONLINE UNDERSTANDING MEDICARE CHOICES

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

A. May 9 | $24
   M from 1:30 to 3:30 pm

B. June 9 | $24
   Th from 7:00 to 9:00 pm
**PRACTICAL SCIENCE: KITCHEN CHEMISTRY**

**Sa from 10:00 AM to 12 N**

**KD01.** A course for curious kids and their grown-ups! Through hands-on activities and mini-lectures, we'll explore the basics of kitchen science. This course will focus on the chemical properties of food and the reactions involved in cooking it.

**Anne Hylden** has a Master's degree in chemistry and 10+ years of teaching experience. She has worked with middle and high school-aged students, Ivy-league undergrads, and community college career-changers. She loves science, and enjoys sharing it with others!

**June 25 | $39**

United Lutheran Seminary
7301 Germantown Ave.

This class is perfect for children ages 8 to 12. Kids register and bring an adult for free!

**TEEN HAIR CARE**

**Su from 1:00 PM to 4:00 PM**

**KD14.** Do you struggle with your style? Learn how to manage your mane from root to tip! Using models, you'll start from dry hair and learn how to style your hair. You'll also learn how to properly wash your hair and what to do in the morning to make your routine easier.

**Brianna Redner** has curated a clientele with people from all over the world. Being a traveling hair stylist gives her an opportunity to work with an array of textures. Discovering how to enhance what people already have has become the leading theme of her professional career. With becoming Deva Curl Certified, sculpting wavy, curly, and coiled hair has been a dream come true in her schedule. Everyday celebrating just how unique each and everyone of you are.

**May 22 | $34**

Natural State, 709 Bethlehem Pike, Glenside

**INTRO TO PIANO FOR KIDS**

**W from 6:30 PM to 7:00 PM**

**KD04.** Piano is a wonderful first instrument for children. Easier than many, you just press a key and it sounds great. Plus the layout of white and black keys makes an understanding of the basics of music visually understandable, even to kids. Learn proper posture, hand positions, the musical alphabet, the math of music, basic note reading and much more. Ages 5-11 years old.

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

**May 4 - May 25 | $39**

4 sessions
Chestnut Hill Music Academy
22 E. Chestnut Hill Ave.

**BEGINNING GUITAR FOR KIDS**

**Th from 7:00 PM to 7:30 PM**

**KD05.** Has your child been asking about guitar? All the basic elements of guitar playing will be introduced in this fun class. Work on easy chords, strumming and accompanying all types of music from Rock to Pop to Gospel and Country. Then we'll do a quick intro of note reading and playing so kids can learn what all those little dots mean. Students need to have their own instrument. Ages 5-12 years.

**Chestnut Hill Music Academy**

**May 5 - 26 | $39**

4 sessions
Chestnut Hill Music Academy
22 E. Chestnut Hill Ave.

**BEGINNING VOICE CLASS FOR KIDS**

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

**KD06.** Does your child love to sing? It's never too early to encourage them with a few pointers on how to make beautiful music with their voice. In this easy and fun class, kids will learn about breathing, enunciation, range and the importance of posture. Voice lessons are great since you don't need an instrument or even to read music. The group will sing together and even try a little harmony. Students will go home with exercises and songs to practice. Ages 7-11 years old.

**Chestnut Hill Music Academy**

**May 4 - May 25 | $39**

4 sessions
Chestnut Hill Music Academy
22 E. Chestnut Hill Ave.

$5 materials fee payable to the instructor.
INTRO TO PONY POWER, AGES 7-14
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!

April 29 - May 20, 2022 | $119
4 sessions
Bill Pickett Riding Academy, 2100 Martin Luther King Drive

BEGINNER BALLET FOR 6 TO 8 YEAR OLDS
KD07. Students will learn the positions of the feet as well as arms with proper terminology at both the barre and center floor. They will also learn turning, jumping, leaping and how to do a proper curtsy. This class is both entertaining and fun! Proper attire is required which is pink tights, pink or black leotard and pink ballet shoes (canvas or leather), all of which are available to borrow.

Kim Williams
A. April 23 - June 11 | $104
Sa from 10:00 AM to 11:00 AM
B. April 21 - June 9 | $104
Th from 5:00 PM to 6:00 PM
8 sessions
Mt. Airy Performing Arts, 230 E. Gowen Ave.

TOODLER BALLET/TAP FOR 3 TO 5 YEAR OLDS
KD08. This is a wonderful intro to dance that is both structured and fun! Children will learn basics of both dance forms including rhythm and positions of the feet and arms. We will also explore jumping, turning, creative movement and the experience of a solo performance! MUST be 3+ and potty trained.

Kim Williams has been teaching drama, dance and creative arts for over 35 years in Philadelphia Area after school programs. She is the Artistic and Managing Director of Mt. Airy Performing Arts and is a Theatre Director/Choreographer in many area schools.

A. April 21 - June 9 | $104
Th from 4:00 PM to 4:55 PM
B. April 23 - June 11 | $104
Sa from 9:00 AM to 9:55 AM
8 sessions
Mt. Airy Performing Arts, 230 E. Gowen Ave.
Dress code: Pink or black tights, pink or black leotard or white t-shirt, tap and ballet shoes. All shoes available to borrow.

TODDLER BALLET/TAP FOR 3 TO 5 YEAR OLDS
KD08. This is a wonderful intro to dance that is both structured and fun! Children will learn basics of both dance forms including rhythm and positions of the feet and arms. We will also explore jumping, turning, creative movement and the experience of a solo performance! MUST be 3+ and potty trained.

Kim Williams has been teaching drama, dance and creative arts for over 35 years in Philadelphia Area after school programs. She is the Artistic and Managing Director of Mt. Airy Performing Arts and is a Theatre Director/Choreographer in many area schools.

A. April 21 - June 9 | $104
Th from 4:00 PM to 4:55 PM
B. April 23 - June 11 | $104
Sa from 9:00 AM to 9:55 AM
8 sessions
Mt. Airy Performing Arts, 230 E. Gowen Ave.
Dress code: Pink or black tights, pink or black leotard or white t-shirt, tap and ballet shoes. All shoes available to borrow.
T'AI CHI CH’UAN: BEGINNING
Th from 7:00 PM to 8:00 PM
MB01. Yang style T’ai Chi, as handed down by the T'ai Chi Master Cheng Man Ch'ing, 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.

April 28 - June 30 | $119
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
April 28 - June 30 | $119
10 sessions
Chestnut Hill United, 8812 Germantown Ave.

T'AI CHI - YANG STYLE: BEGINNING
W from 10:00 AM to 11:00 AM
MB03. T'ai Chi (or tai chi ch'uan) is claimed to be the oldest martial art. But it is also a gentle exercise that can provide innumerable health benefits for body, heart and mind. Practiced consistently, it can improve balance, lower blood pressure, reduce anxiety, ease depression, and has even been shown to benefit those with Parkinson’s disease. T'ai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5 ft. square of open space. The Beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes.

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

April 20 - June 22 | $119
10 sessions
Center on the Hill, 8855 Germantown Ave., Presbyterian Church of Chestnut Hill, Widener Hall
T’AI CHI - YANG STYLE: BEGINNING
Tu from 11:30 AM to 12:30 PM

MB07. T'ai Chi (or tai chi ch’uan) is claimed to be the oldest martial art. But it is also a gentle exercise that can provide innumerable health benefits for body, heart and mind. Practiced consistently, it can improve balance, lower blood pressure, reduce anxiety, ease depression, and has even been shown to benefit those with Parkinson’s disease. 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. This Beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes.

Kirsten Erwin
April 19 - June 21 | $119
10 sessions
Grace Epiphany Church, 224 E. Gowen Ave

T’AI CHI - YANG STYLE: CONTINUING
W from 11:30 AM to 12:30 PM

MB04. T’ai Chi (or tai chi ch’uan) is claimed to be the oldest martial art. But it is also a gentle exercise that can provide innumerable health benefits for body, heart and mind. Practiced consistently, it can improve balance, lower blood pressure, reduce anxiety, ease depression, and has even been shown to benefit those with Parkinson’s disease. T’ai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5 ft. square of open space. This 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
April 20 - June 22 | $119
10 sessions
Center on the Hill, 8855 Germantown Ave., Presbyterian Church of Chestnut Hill

T’AI CHI FOR HEALTH
Tu from 7:00 PM to 8:00 PM

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.

April 19 - June 7 | $99
8 sessions
North Light Community Center, 175 Green Lane

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

Contributions from community members like you will allow us to continue to provide affordable educational experiences that connect neighbors, promote personal exploration and growth, and enhance the quality of our community. Thanks to you, MALT will survive and thrive! Donate online or use the registration form. All donations are tax-deductible.
NEW INTRODUCTION TO THE LABYRINTH
Sa from 3:00 PM to 5:00 PM

The labyrinth is a pattern that is walked. It is a symbol that has been in existence for 4,000 years. The earliest labyrinth has been found in Goa, India. In the course, we will learn about the history and the purpose of the labyrinth. We will discuss how to walk the labyrinth by hand, walk it by foot, and how to work with the labyrinth in your daily routine. We'll make a labyrinth with household materials and will learn how to draw the labyrinth for your own usage. We'll experience walking the labyrinth and journaling and sharing your experience.

Athena Dugan is a certified Labyrinth facilitator, trained with Veriditas in 2018. Athena has been a labyrinth enthusiast for 20 years, and is a board member as Volunteers Chair with The Labyrinth Society. She has facilitated, and created temporary labyrinth walks for local venues in Philadelphia, NYC, and NJ communities, and with the Fairmount Park Conservancy for their Summer Solstice celebrations.

April 30 - May 21 | $48
4 sessions
NewCourtland’s Germantown Campus
Eisenhardt Bldg., 6950 Germantown Ave.
$5 materials fee payable to the instructor for clay and other materials that we will use for making a handheld labyrinth.

NEW ONLINE RELAXING QIGONG
W from 10:00 AM to 11:00 AM

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

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

May 4-25 | $54
4 sessions
The Comfort of Your Own Home

NEW WOMEN’S QIGONG AND POETRY RETREAT
Su from 1:00 PM to 4:00 PM

Join with an intergenerational group of women (ages 16 and up) to nourish and nurture our bodies and spirits at this season of renewal and rebirth. We will practice gentle qigong movements for awakening and cleansing the body. We will also share poetry to inspire journaling and reflection.

Moon Smith is a rabbi and spiritual director who loves sacred Hebrew chant and calligraphy. They have been practicing and teaching qigong together for many years. Malkah Binah Klein is a retired nurse midwife and lover of poetry and herbal medicine.

April 24 | $44
Location to be announced, check our website or call our office at 215-843-6333.
YOGA FOR BASIC STRENGTH AND MOBILITY

M from 7:00 AM to 11:00 AM

MB11. This class includes yoga poses and breathing techniques to build strength progressively, increase range of motion around your joints, and to release muscle tension. You’ll “move with breath” as in the Vinyasa tradition, slow things down to feel out your alignment, and hold some passive stretches too. You’ll have the option of using a variety of props to make the practice your own.

Jennifer May has been practicing yoga for almost 20 years, and she is sure that yoga has helped her build a stronger, more balanced physical body; a nervous system that can better handle stress; and an ability to be more present for all the moments of life. Jen has taught high school science, and she loves learning and teaching about the body. After having children, yoga became her profession as well as her passion. She has taken basic and advanced trainings, and she loves to teach beginners and older beginners how to practice in a way that most benefits their daily lives.

April 20 - June 8 | $99
8 sessions
Chestnut Hill United, 8812 Germantown Ave - Please bring your own yoga mat.

YOGA FOR BODY AWARENESS

M from 7:00 PM to 8:00 PM

MB13. This class will offer students some basic information about their anatomy and posture and allow for each student to put that information into practice through movement and breath. Starting with the core and spine, each week will have a body-part centered theme. All the movements in the class will help with a lengthened, relaxed, and aligned posture that can be applied in daily life. For all levels.

Jennifer May

April 18 - June 13, skipping May 30 | $99
8 sessions
Cliveden Carriage House, 6401 Germantown Ave.
Please bring your own yoga mat.

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 with enthusiastically received workshops.

April 26 - May 31 | $79
6 sessions
Summit Presbyterian Church, 6757 Greene St.

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.

May 6 - June 10, skipping May 27 | $74
5 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill

Please register early.

Fewer than 5, the Class takes a Dive!
NEW SOUND HEALING
Th from 7:00 PM to 9:00 PM
MB19. Relax and meditate to soothing sounds, including instrumental recordings, singing bowls, rain stick tempos, and melodic wind chimes. As an option you can join in the fun and play the bowls, chant along or just receive the vibrations. We have a limited supply of sound instruments so as an additional option you may bring your own -- suggestions are tuning forks, flutes, bells, spoons, or whatever else you have at home.
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).
May 26 | $34
Violets in Bloom, 7906 High School Rd, Elkins Park

ONLINE NEW HYPNOTHERAPY AND GENTLE YOGA FOR STRESS REDUCTION
Tu from 9:30 AM to 11:00 AM
MB16. A creative exploration cultivating a sense of meditation, relaxation, physical strength and flexibility using techniques from yoga, Ayurveda, hypnotherapy and massage therapy to help you feel a deeper sense of relaxation. Learn alignment and body mechanics to move more easily in life. Use the power of your mind to make subtle changes to reduce stress, get motivated to live healthier.
Jennifer Merritt is a life long student of alternative medicine. She offers a holistic experience having studied numerous modalities in massage therapy, energy healing, yoga and belief and emotional transformation therapies.
May 3 - June 7 | $84
6 sessions
The Comfort of Your Own Home

YOGA FOR BONE HEALTH
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 & Women’s Hospital proved this sequence supports bone health. Previous experience is helpful but not required.
Linda Kish has over 15 years of leading and teaching various yoga classes including vinyasa, Hatha, restorative and chair yoga. She is a registered Yoga Alliance Yoga Instructor (200 plus hours). Linda has also been a helpline volunteer for Living Beyond Breast Cancer for over 12 years.
A. In Person
B. Online
May 4 - June 8 | $95
6 sessions
Mt. Airy Performing Arts, 230 E. Gowen Ave.

ONLINE YOGA BASICS
Need just a basic breathing & stretching class? New to yoga or just want to take it slow? Have some limitations and need to take it easy? These yoga basics classes are user friendly, to continue to improve the quality of daily life. Wednesday’s class includes foam roller and deep stretching. Sunday’s class focuses on long holds and balance poses.
Bobbi Tighe has been studying and teaching yoga for over 20 years, both in the Philadelphia area and nationally. Bobbi co-founded the Yoga on Main and Main Line Yoga studios, two of the first in Philadelphia. Her Yoga training is in the Vinyoga tradition of TKV Desikchar, emphasizing creative adaptations of yoga poses to meet individuals’ needs.
MB17. April 19 - June 21 | $119
Tu from 6:45 PM to 8:00 PM
MB18. April 24 - June 26 | $119
Su from 10:00 AM to 11:00 AM
10 sessions
The Comfort of Your Own Home
GENTLE YOGA TO PROMOTE GOOD SLEEP
Tu from 6:00 PM to 7:15 PM

MB14. We will cover yoga basics, with an emphasis on connecting breath and movement, alignment, and modifications as appropriate. No prior yoga experience is necessary. Students will come away with knowledge of the basic/classic postures of yoga, an understanding of the importance of the breath, and some of the benefits of each pose.

Linda Kish
May 3 - June 7 | $95
A. In Person
B. Online
6 sessions
Mt. Airy Performing Arts, 230 E. Gowen Ave
Bring a yoga mat and a bath towel or a blanket.

LEARNING TO READ TAROT
Tu from 7:00 PM to 9:00 PM

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

Karen Bruhin is a practicing esoteric and has been reading tarot for over 30 years.
May 3-24 | $64
4 sessions
Wesley Enhanced Living, 6300 Greene St.
Please bring a tarot deck to class (preferably Coleman/Waite a.k.a Rider-Waite) or a deck that you have been using for a while.

NEW REIKI FOR HEALING
Tu from 7:00 PM to 8:30 PM

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

Beth Tuchay Wrobel is a Reiki teacher and healer and had found relief from health problems through her work in this practice.
May 10-31 | $75
4 sessions
Chestnut Hill Friends Meeting, 20 East Mermaid Lane

NEW SELF-COACHING FOR CONSCIOUS GROWTH
Th from 7:00 PM to 8:30 PM

MB22. Learn to coach yourself through any problem. Whether it’s a tricky decision, a relationship that’s bringing you down, or a big and amazing goal you want to reach, self-coaching will help you get clear on what you really want, and what you need to do to get there.

The course will cover the basics of self-coaching. Students will learn why it’s important and how it works, plus a simple but powerful process for coaching themselves anytime they need it.

Sarah Plonski has had five years of experience as a professional life coach and has helped hundreds of people learn the skills of self-coaching to change their lives. She is deeply passionate about conscious personal growth and feels very lucky to get to make her passion her life’s work.
April 28 - May 12 | $39
3 sessions
Chestnut Hill Friends Meeting, 20 E. Mermaid Lane
**NEW BEFRIENDING YOURSELF**

Sa from 2:00 PM to 4:30 PM

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

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

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

May 14 | $29
Private home near Wissahickon Ave. and Stafford St.

**NEW SELF-DEFENSE FOR WOMEN**

M from 6:15 PM to 7:15 PM

**MB28.** Women and teens 15+ are invited to learn practical self-defense and improve overall fitness. Everyone should know the basics of how to protect yourself. Discover how to avoid dangerous situations and what to do if you find yourself in a position where you need to defend yourself. Students will gain confidence and learn martial arts moves that anyone can do. Beginners welcome!

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.

May 2-23 | $44
4 sessions
Action Karate, 11 W Mt Airy Ave.

$30 materials fee payable to the instructor for required uniform.

**ONLINE 10 WAYS FOR FEELING GOOD ABOUT YOURSELF**

W from 7:00 PM to 9:00 PM

**MB24.** Who is your toughest critic? It’s time to proclaim you’re better than all that! 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 appreciate the fine traits you have? 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 exercises.

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

May 11 | $29
The Comfort of Your Own Home
Please have a paper/pen for the exercises.

**UTILIZING CRYSTALS FOR ENERGETIC HEALING**

W from 6:30 PM to 8:30 PM

**MB26.** Crystals are an excellent way to increase your human vibration as well as increase your self-care through meditation, crystal gazing and feng shui. Crystals can help one enhance a loving heart and achieve more loving abundance. Often, people find themselves drawn to spiritual tools like crystals, but, just like an unknown destination, they need a road map to guide them. By bridging the gap between the mystical and the practical, we can discover how to apply spiritual tools in our everyday lives while still having faith in religion. The first section of this class will discuss utilizing crystals for energetic healing, and the second session will focus on meditation using crystals.

Ava Adames

May 11 - 18 | $44
2 sessions
Violets in Bloom, 7906 High School Rd, Elkins Park

Please bring a materials fee of $10 to the first class for a trio pouch of stones.
FOAM ROLLER STRETCHING
W from 7:30 PM to 9:00 PM
MB30. Learn how to ease pain and improve range of motion with foam rolling. Foam rolling is a self-myofascial release (SMR) technique. It can help relieve muscle tightness, soreness, and inflammation, and increase your joint range of motion. This course will help ease muscle tension, improve circulation and may improve sleep.

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.

June 1 | $39
Private Studio on Highland Avenue in Chestnut Hill
$30 materials fee payable to the instructor for foam roller.

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 more than ten years.

A. April 22 | $29
F from 2:00 PM to 4:00 PM
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

B. April 27 | $29
W from 6:00 PM to 8:00 PM
NewCourtland’s Germantown Campus Eisenhardt Bldg., 6950 Germantown Ave.
**NEW ONLINE DEEP RELAXATION: THE KEY TO HAPPINESS**

Tu from 6:30 PM to 7:30 PM

MB36. If you have difficulty sleeping, feel stressed or overworked, are having hard times in your relationships, or feel overwhelmed, come to this restful guided meditation. Experience a deep relaxation, allowing your body to settle into a state of profound rest. Inner peace will be our focus, where all you need to do is follow the instructor’s voice. Each session will be a calming journey designed to reach your subconscious mind and encourage personal empowerment with specific meditations that will focus on different goals, issues and aspirations.

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

April 26 - May 31 | $74

6 sessions

The Comfort of Your Own Home

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**NEW ONLINE ALEXANDER TECHNIQUE: RETURNING TO YOUR EXPANSIVE NATURE**

Tu from 5:00 PM to 6:15 PM

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

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

June 7-21 | $54

3 sessions

The Comfort of Your Own Home

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**NEW ONLINE MINDFULNESS MEDITATION**

Th from 11:30 AM to 1:00 PM

MB37. Mindfulness is a state of active, open attention to the present without judgement. It has been shown to be a powerful tool for enhancing wellbeing. This course provides instruction in the foundations of mindfulness and guidance through a progression of meditations, including: body scan, mindfulness of breathing, mindful movement, loving-kindness and expanding awareness. This course is designed for people with little or no meditation experience but all are welcome.

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.

A. Introduction: May 12 | $20

1 session

B. May 26 - June 30 | $99

6 sessions

The Comfort of Your Own Home

Note: Section A is a one-session introduction to mindfulness meditation; Section B is a 6-week session that includes classwork coupled with home practice (the instructor will provide audios for home use). Each student will leave the class with a grounding in the basic skills needed for a mindfulness meditation practice.
ONLINE MORNING MEDITATION
Tu from 7:00 AM to 7:30 AM

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

Sophie Bernard
April 26 - May 17 | $54

4 sessions
The Comfort of Your Own Home

FACELIFTING 2.0
Tu from 7:00 PM to 8:00 PM

MB52. Nga El is back, helping maturing faces transcend the problems of facial aging through her new and improved holistic face-lifting method, combining the ancient art of vibrational healing tones and facial reflexology into fun and easy facial exercises for you to do anytime, anywhere! You’ll find out how to: improve the natural contour and firmness; reduce bags, wrinkles; achieve better facial symmetry, tighter skin and more youthful contours.

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

May 31 - June 21 | $64
4 Sessions
Cliveden, Carriage House, 6401 Germantown Ave.

ONLINE DEEP STRETCHING FOR SLEEP AND MOBILITY
Tu from 7:00 PM to 8:00 PM

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

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

April 19 - May 10 | $59
4 sessions
The Comfort of Your Own Home

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

Consider taking a class with a friend who lives out of town. We are offering 61 online classes this spring term!
NEW ARTISTIC JOURNALING FOR HEALING AND WELLNESS AFTER ADDICTION  

W from 6:30 PM to 8:30 PM  

MB40. If you have or someone you know has struggled with the traumatizing effects of addiction then this is a class you will want to take. You will be able to ask questions, speak your truth, and be heard. In this class we will learn various ways to cope, share your stories, write, and explore artistic ways of release and healing. This is an opportunity for you to express yourself in a safe environment that will leave you feeling inspired and empowered.  

Lillian Gaffney is a dedicated wife, mother, and grandmother who has written and stitched her way through 31 years of recovery from addiction utilizing two of her greatest skills, journals and creativity.  

May 18 - June 8 | $59  
4 sessions  
Cliveden Carriage House, 6401 Germantown Ave,  

DEBUNKING CURL MYTHS  

Su from 2:00 PM to 4:00 PM  

FH10. Understand the scientific explanation on curls, using a model learn how to care for curls and let the stylists from Natural State answer all your questions about curls! For all curl types, from slight wave to coils.  

Brianna Redner has curated a clientele with people from all over the world. Being a traveling hair stylist gives her an opportunity to work with an array of textures. Discovering how to enhance what people already have has become the leading theme of her professional career. With becoming Deva Curl Certified, sculpting wavy + curly + coiled hair has been a dream come true in her schedule. Everyday celebrating just how unique each and every one of you are.  

June 12 | $34.00  
Natural State, 709 Bethlehem Pike, Glenside  

ALL ABOUT CBD AND MEDICAL CANNABIS  

Th from 7:00 PM to 9:00 PM  

MB60. 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 choose the appropriate medicine for what ails you.  

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

June 2 | $29  
Mt. Airy Axis, 520 Carpenter Lane  

BETTER PEEPERS!  

Sa from 10:00 AM to 12 N  

MB51. Whether you just don’t want to wear glasses, don’t want to go to bifocals or want to get rid of your glasses altogether, come see if exercising your eyes could be the answer for you! Learn eye-strengthening exercises, reflexology and shiatsu pressure points that you can incorporate into your busy schedule to improve your eyesight. (For normal eyeglass wearers.)  

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

April 23-30 | $34  
2 sessions  
Cliveden, Carriage House, 6401 Germantown Ave.  

$10 materials fee payable to the instructor.  
Please wear glasses and not contacts, and remove eye makeup so you can enjoy the eye exercises. Bring 2 washcloths, 2 hand towels, and 2 cereal-size bowls to class.
ROWING AT ROWZONE®
M from 6:30 PM to 7:15 PM

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

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

April 18 - May 23 | $120
6 sessions
RowZone, 4401 Main St, Manayunk
You are encouraged to arrive 15 minutes early.

NEW ROW THE SCHUYLKILL: ALL LEVELS

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

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

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

A. May 31 - July 5 | $220
Tu from 10:00 AM to 11:30 AM

B. May 31 - July 5 | $220
Tu from 5:30 PM to 7:00 PM

6 sessions
Public Dock on Kelly Drive near Strawberry Mansion Bridge and St. Joseph’s Boathouse

Learn to Row on the Schuylkill this summer with Brannon Johnson, above far left.

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Get the most up-to-date news from MALT. Subscribe to our weekly enews by visiting www.mtairylearningtree.org.
PLAYING BRIDGE
M from 1:00 PM to 3:00 PM
SR02. 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.
May 2 - June 20 | $114
8 sessions
Wesley Enhanced Living, 6300 Greene St.

BRIDGE REFRESHER
W from 1:00 PM to 3:00 PM
SR03. If you have taken a Beginning Bridge class and want to learn more, or if you want to improve your skill, or if you played bridge back in the day and want to learn more modern improvements in bridge, then Bridge Refresher is for you. Have fun while you learn. Bring pencil and paper.
Howard Wachtel
May 4 - June 22 | $114
8 sessions
Wesley Enhanced Living, 6300 Greene St.

PING PONG: FROM BASEMENT HOBBY TO CLUB PLAYER
Su from 10:00 AM to 11:30 AM
SR01. Whether you are new to the sport or champion of your basement ping pong game, this class will help you improve. A fun sport that can be enjoyed at any age, table tennis is a great form of exercise that builds hand/eye coordination, reflexes and mental stamina. Improve with the best! Ages: youth to adult. Paddles are available for your use during this class. Please wear sneakers with non-marking soles.
Helen Wilson began playing table tennis during her college years, and has been on staff at the Trolley Car Table Tennis Club since it opened in 2011. She won the women’s singles and women’s doubles events for her age group at the 2018 U.S. Open Table Tennis Championships.
April 24 - May 15 | $64
4 sessions
Trolley Car Table Tennis Club, 3300 Henry Ave.

INTRODUCTION TO CAMPING FOR WOMEN
Sa from 1:00 PM to 4:00 PM
SR07. Ladies, let’s talk about camping! If you love the outdoors like I do, but have never been sure about sleeping outside, join us for a hands-on exploration of what this could look like! We’ll set up a tent, complete with basic amenities, and talk about the pros and cons of ground-dwelling. We’ll also set up a camping hammock together with its comfort amenities, and explore sleeping in trees! (Take note - this is NOT your backyard hammock!) In addition to learning how to set up and take down basic equipment, we will discuss the realities of various camping sites. Whether you are completely at ease doing your business in the bushes or count flush toilets and hot showers as must-haves, you can find an enjoyable camping experience for you. There will also be an opportunity to join an upcoming, organized camping trip. So bring all of your questions, a folding chair and a sense of adventure! See you outdoors!
Rae Whatley is a Jikiden Reiki therapist and wellness coach with a practice in Chestnut Hill. She loves sleeping outside and has been a hammock camper for 8 years. Before that she was a ground-dweller, sleeping in tents on family and Scout camping trips and even in her own back yard.
April 23 | $44
Meeting in Fairmount Park, Mt Airy. Exact location given after registration.
BEGINNER MAH JONGG
W from 1:00 to 3:00 pm
SR12. Have fun learning this ancient Chinese tile game. Using 152 tiles, players form hands and earn points. It's an intricate game that provides an exercise for the mind, an opportunity for social groups to get together, and is played competitively in tournaments throughout the US.

Barbara (Penny) Delp, a local Trust & Estate Attorney, has been teaching American Mah Jongg for over 10 years. She enjoys introducing beginners to the basic rules of the National Mah Jongg League and teaching the finer points and strategies of this challenging game.

April 20 - June 8 | $109
8 sessions
Center on the Hill, Presbyterian Church of Chestnut Hill, 8855 Germantown Ave.

GETTING INTO CROSSWORDS
W from 6:00 PM to 8:00 PM
SR04. 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 will share the history of crosswords, cover the basic elements of these puzzles, discuss the different kinds of clues you’ll encounter, and, most important, we’ll solve a puzzle together. Who knows? You may enjoy the experience so much that you begin doing the crossword daily.

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

April 20 | $29
Wesley Enhanced Living, 6300 Greene St.

HORSEMANSHIP 101
F from 6:00 PM to 8:00 PM
SR05. This is a comprehensive intro to the wonderful world of horses, a must for the person who always wanted to own a horse, ride a horse, or just have the chance to be in its magical presence. We will be developing skills in handling, grooming, saddling and, of course, riding. Learning who the horse is and how he thinks will enable students to enter into a partnership that will make handling and riding an absolute joy!

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

April 22 - May 27 | $219
6 sessions
Bill Pickett Riding Academy
2100 Martin Luther King Dr.
NEW BEGINNER STAND UP PADDLEBOARDING
Sa from 9:30 AM to 12:30 PM
SR15
This class is a beginner introduction to the wonderful world of Stand Up Paddleboarding (SUP). We will review paddling safety and learn the basics of getting out on a board and enjoying yourself. This will include: launching safely from a dock, hand paddling, kneeling paddle, standing and balance, basic forward stroke, falling from a SUP safely, bracing strokes, turning strokes, rescue and more.

The class requires getting wet and fully immersed in the Schuylkill River. Basic Swimming is required. No paddling experience is required – but it is highly recommended. All equipment is provided except swim clothing. You are welcome to bring your own equipment if you prefer. Life jackets are provided and will be required while we are on the water.

Roger Schrading is a long time member of the Philadelphia Canoe Club. He is a Certified Instructor in Stand Up Paddleboarding by the American Canoe Association. Certification includes Wilderness First Aid and CPR. Roger has taught many students this introductory course.

June 18 | $79
4900 Ridge Avenue. The PCC clubhouse is located on the bank of the confluence of the Wissahickon Creek and Schuylkill River.

NEW LEARN TO CANOE
Tu from 5:00 PM to 8:00 PM
SR10
Ever drive along the Schuylkill River and wonder what it would be like to be out on the water? Now is your chance to come out and paddle! This three-hour class is designed for the beginner, no experience necessary. Class is offered for either solo or tandem students (tandem students must come with their partner). You will learn about the features of the canoe and how to control the boat on calm water. We will row together on the Schuylkill River, led by members of the Philadelphia Canoe Club Clubhouse. Join us on the water – you won’t regret it! Class size is limited so be sure to register early.

The Philadelphia Canoe Club (PCC) is one of oldest and most distinguished paddling organizations in the United States, headquartered in an 18th century mill on the picturesque banks of the Schuylkill River.

Loorie Voorhees is the lead instructor. She has a lifetime of paddling experience and is certified by the ACA to teach both flatwater and whitewater canoeing and kayaking and beginner Stand Up Paddleboard

June 21
A. Individual | $59
B. With a partner (tandem) | $118
4900 Ridge Avenue. The PCC clubhouse is located on the bank of the confluence of the Wissahickon Creek and Schuylkill River.
NEW INTRODUCTION TO RECREATIONAL KAYAKING
Tu from 5:00 to 8:00 PM
SR14 Along with simply being a fun and enjoyable activity, kayaking has numerous health and physical benefits! From stress relief to stronger abs, kayaking is good for you, body and soul. This class is designed for the beginner, no experience necessary. You will learn about the features of a kayak and how to control the boat on calm water. It will be taught on the Schuylkill River by the Philadelphia Canoe Club Clubhouse. Class size is limited so be sure to register early.

Course will be taught by ACA (American Canoe Association) certified Instructors from the Philadelphia Canoe Club. Steve Levick is the lead instructor for this class. He has many years of paddling experience and is certified by the ACA to teach recreational kayaking.

June 28 | $59
4900 Ridge Avenue. The PCC clubhouse is located on the bank of the confluence of the Wissahickon Creek and Schuylkill River.

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

May 7 | $49
Chestnut Hill Friends Meeting
20 E. Mermaid Lane

SWORDFIGHTING FOR STAGE & 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.

Kenneth Nicholas
June 4 | $49
Church of St. Martin-in-the-Fields, 8000 St. Martin’s Lane, Chestnut Hill
$10 materials fee payable to the instructor.
ONLINE GERMAN IMMERSION: BEGINNER TO INTERMEDIATE I
Tu from 6:30 PM to 8:00 PM
WM18. Learn basic conversational German and grammar to create a good foundation for interaction. If you are planning a trip or just want to improve what you already know, this is the class for you. This course is suitable for beginner and intermediate students of the German language.

Selma Schlee is a native German and moved to the U.S. in 2002. She is looking forward to sharing her knowledge of her native language.
April 26 - May 31 | $89
6 sessions
The Comfort of Your Own Home

ONLINE CONVERSATIONAL FRENCH
W from 6:30 PM to 8:00 PM
WM17. For intermediate and advanced students of French, perfect your communication skills and have discussion about ideas, values, personal dreams and goals. We’ll explore topics, books and texts picked during our first class. Bring your questions and let’s learn to blend in the French culture, the French countryside and perhaps even learn some French recipes since that is also part of a culture. Use your knowledge of the structure and the tools you acquired, to practice forming ideas and conversing with others.

Sophie Bernard
May 4 - 25 | $89
6 sessions
The Comfort of Your Own Home

NEW ITALIAN FOR BEGINNERS
W from 5:00 PM to 6:30 PM
WM21. Do you enjoy Italian food, wine and culture? Have you traveled or do you plan to travel to Italy and want to be able communicate better with the Italian people? In this course, we will learn basic conversational skills as well as build up a working vocabulary and an understanding of sentence structure. It’s never to late to explore Italian culture through its delightful and expressive language. Ci vediamo!

Rodney Chonka has lived, studied, taught and traveled in both Italy and France. Rodney is fluent in French and Italian and has taught both languages over many years. He has toured wineries throughout Europe and the US and has led wine tastings at MALT since 2009.
May 11 - June 15 | $89
6 sessions
MALT Office, 6601 Greene St.

ONLINE FRENCH FOR BEGINNERS
Th from 7:00 PM to 8:30 PM
WM16. 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 where everyone is invited to participate and go beyond the embarrassment when we feel we don’t speak “perfectly”.

Sophie Bernard grew up in the beautiful suburbs of Paris, France before she moved stateside to study International Commerce. She speaks 5 languages and loves to share her love of her beautiful native language. She has lived in Mt Airy with her family since the late ’90s.
April 21 - May 26 | $89
6 sessions
The Comfort of Your Own Home

Learn a romance language this spring. Now we are offering Italian, and wishing we were visiting Italy!
NEW GREAT SPIRITS: ENCOUNTERS WITH LIFE-CHANGING MUSICAL ARTISTS
Th from 7:00 PM to 8:30 PM

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

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

June 9 - 16 | $42
2 weeks
United Lutheran Seminary, Brossman Center, 7301 Germantown Ave.

NEW INTRODUCTION TO SPANISH
W from 7:00 PM to 8:00 PM

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

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

May 4-25 | $59
4 sessions
North Light Community Center, 175 Green Lane
NEW CONVERSATIONAL SPANISH CAFE
Sa from 11:00 AM to 12:30 PM
WM22. Here’s an opportunity for people with a basic knowledge of Spanish to practice in a relaxed atmosphere. Planning a trip to Latin America? Want to refresh that high school or college Spanish before it’s lost forever? Learn to express yourself in everyday situations using vocabulary relevant to practical life situations. Classes will explore a wide variety of topical themes.

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

April 23 - June 11 | $89
8 sessions
Teens Inc, 105 Bethlehem Pike
$10 materials fee payable to the instructor.

NEW FOR THE LOVE OF SINGING
Sa from 9:30 AM to 11:00 AM, skipping May 28
WM25. Singing is a joyous experience. The sound and feeling of it moves us both physically and emotionally and speaks to us more deeply than most other forms of expression. For the love of singing will explore this joy and also develop your understanding of what it is to sing, develop your vocal range, strength and confidence. Students will sing music as a group and also individually work on songs from a wide range of repertoire as well as vocal warm-ups and diction for singing.

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

April 23 - June 18 | $120
8 sessions
NewCourtland’s Germantown Campus
Eisenhardt Bldg., 6950 Germantown Ave.
$5 materials fee payable to instructor

NEW MUSIC SKILLS FOR SINGERS
Sa from 11:15 AM to 12:45 PM, skipping May 28
WM26. Conquer the basics of the language of music. Now is the time to learn the skills that will give you confidence for choral singing or sharing music with friends. Learn the signs and symbols for reading and interpreting music as well as the vocabulary that gives you specific directions. Music is a language that uses other languages to convey the intent of the composer and artist. Be brave and be ready for homework.

Connie Koppe

April 30 - June 11 | $90
6 sessions
NewCourtland’s Germantown Campus
Eisenhardt Bldg., 6950 Germantown Ave.
$5 materials fee
NEW MOVIE COMEDY TEAMS: PART 2
M from 5:00 PM to 8:00 PM
WM28. A continuation of last semester’s look at movie comedy teams of the past. Included will be films featuring Burns & Allen, Bob Hope & Bing Crosby, Martin & Lewis, The Bowery Boys, and a few surprises. Each movie is accompanied by vintage cartoons and short films of the time period.

Andrew Gilmore has been studying the history of American entertainment since 1995, and has a BA from Arcadia University in Theater and American Recorded Popular Entertainment. April 18 - June 6, skipping May 9 | $74
7 sessions
Private home near Millman St. and Rex Ave. in Chestnut Hill

NEW FRENCH NEW WAVE CINEMA
F from 6:30 PM to 9:30 PM, skipping 5/27
WM09. In the 60s, a group of young French filmmakers broke from mainstream cinematic conventions by crafting movies that felt fresh and uniquely modern. Come explore these breezy, bold, and endlessly inventive films that not only defined Europe’s post-war generation, but transformed cinema forever. Every week we’ll watch a different celebrated and iconic New Wave film, followed by a fun and thoughtful discussion of what we’ve just seen. The course is ideal for both New Wave lovers, as well as beginners to French cinema.

Justin Ahlbach has an MA in Literature with an interest in the modern British novel. May 6 - June 10, skipping May 27 | $89
4 sessions
Presbyterian Church of Chestnut Hill, 8855 Germantown Ave

ONLINE SCREENWRITING
Sa from 1:00 PM to 2:30 PM
WM10. Ever wondered what it takes to write a movie script? Let’s turn your original idea into a spark that will result in you writing your feature-length motion picture screenplay. This course covers the creative process from story development to screenplay structure, and basics of filmmaking to acquiring a literary agent. Extensive coaching and feedback provided throughout the 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. May 21 - June 11 | $74
4 sessions
The Comfort of Your Own Home

NEW INTRO TO IMPROV COMEDY
Th from 11:00 AM to 1:00 PM
WM05. Both brand-new and already-familiar folks are welcome to participate in this introductory improv workshop. Key concepts will be covered through circle games, scenework exercises, and class discussion culminating in a casual graduation show/celebration open to a small audience of the group’s invitation. In a supportive environment, we’ll develop our physical and verbal expression, mental agility, and ability to function as an ensemble. Whether one intends to continue improvisation onwards, or sees it as a spontaneous exploration of the unknown. The natural laughs generated when we vulnerably commit to silliness, hopefully, will help lighten the load of occasionally burden-some reality!

Alexandra Vogelsong is a trauma-informed and trained teaching artist who began improv comedy training about a decade ago to help re-wire her stage fright and social anxiety. As a neurodivergent and disabled individual, she appreciates chances to help coax folks’ connection with themselves and with others. A theater background transitioned into a love of musical improvisation as well, and she enjoys focusing workshop themes. April 21 - May 26 | $89
6 sessions
Grace Epiphany Church, Kline Auditorium, 224 East Gowen Ave.
NEW ONLINE SUBMITTING YOUR WORK FOR PUBLICATION

W from 7:00 PM to 8:30 PM

wm13 Do you have stories, essays, or poems you’d like to share with the world? Are you new to the submission process, and don’t know where to start or how to find submission opportunities? In this 2-part course we will break down the different components and processes involved in a literary submission, practice writing cover letters, and learn where to find journals and magazines to submit to. Participants will leave with greater confidence in submitting their work for publication, and will have the opportunity in class to digitally submit their work to at least one journal or magazine if they so choose. This class is open to anyone interested in learning more about the submission and publication process.

Chelsea Jackson uses their poetry to ask hard questions, 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 Fatal Flaw and 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.

June 1 - 8  |  $44
2 sessions
The Comfort of Your Own Home

LET’S GO TO THE THEATER
Sa from 12 N to 2:00 PM

WM01. Go behind the scenes to explore the components which make for a great theater experience. Participants will gain a cursory understanding of the tools used for playwriting, acting, directing, designing and stage management and will conclude the session by attending a live staged theater play. You will be able to critically analyze and appreciate any staged production from this course onwards!

Angela Cooper is a thespian who has been teaching theater appreciation at the university level for the past 7 years. In addition, she has performed in various acting roles throughout PA and DE, served on arts grant review panels, coached talent segments of pageants and judged poetry contests.

April 23 - May 7  |  $74
3 sessions
United Lutheran Seminary, Brossman Center, 7301 Germantown Ave.

Students are expected to purchase tickets to and attend Crimes of the Heart at The Stagecrafters theater. Confirm details by calling the MAL office.

For more information and to purchase tickets, visit stagecrafters.org or call 215-247-8881

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 Friday between the hours of 9:00 am and 2:00 pm.

Fall Term proposal deadline is June 1st
MEMOIRS: MORE THAN MEMORIES
Sa from 1:00 PM to 4:00 PM

WM11. We often feel an urge to leave an account of our lives for our families or to sort through our life events so we can see them within the whole fabric of our lives. No matter our age or our reason, we must present these life stories in a clear, concise, readable and enjoyable end product - full and focused - so they don’t sit, ignored and never read, in a bottom drawer. Learn how to write, and enjoy writing your memoir or personal essay, through class instruction, writing assignments, exercises and teacher feedback.

Nancy Rasmussen has taught non-fiction writing courses at three universities in addition to her long-running memoir class for MALT. A freelance writer and editor, she has written short pieces for many US magazines and newspapers, including The Philadelphia Inquirer and The Denver Post. Currently, she is writing and compiling her own personal essays in response to prompts she gives her students for their assignments.

April 23 - 30 | $64
2 sessions
United Lutheran Seminary, Brossman Center, 7301 Germantown Ave.
$6 materials fee payable to the instructor.

ONLINE POETIC APPROACHES TO JUMPSTART YOUR WRITING
Th from 7:00 PM to 9:00 PM

WM12. Carve out time to work on your craft! Throughout this class students will: gain new knowledge of poetic and literary methods; read and respond to a rich variety of work; and have space to not only write, but give and receive feedback. Each week students will learn a new method, and workshop pieces inspired by that approach. Part discussion group, part lecture series, and part writing workshop, this class is open to all writing levels, and though the primary focus will be on poetry, writers of all styles are welcome to join.

Chelsea Jackson
April 28 - May 19 | $64
4 sessions
The Comfort of Your Own Home

WRITING + DRAWING PICTURE BOOKS FOR CHILDREN
Tu from 7:00 PM to 8:30 PM

WM14. Learn how to write and draw a children’s picture book! Geared towards traditional publishing, we’ll go over topics, page count, illustration tips, how to create a dummy of your book and how to pitch to agents and editors.

Please bring your ideas or a work in progress to critique! We’ll have a critique session each class and present revisions the following week.

Sarah Claxton has worked in the photo industry as a photo editor, agent and producer. She worked for national magazines, corporations and nonprofits and owned a business managing photographers and assisting artists and companies in telling their own stories. She has self-published two picture books and is currently working on 5 manuscripts. She is actively querying literary agents and working towards traditionally publishing her next book.

June 8 - 22 | $69
3 sessions
United Lutheran Seminary, Brossman Center, 7301 Germantown Ave.

RENAISSANCE LUTE
Sa from 10:00 AM to 11:00 AM

WM02. The lute was the icon of grace, beauty, and sophistication for centuries. During its heyday it found a home both in stately courts and in raucous consorts!

In this course you will learn the fundamentals of Renaissance Lute music and techniques through a careful blend of modern and ancient instruction techniques. By the end of the course you will know the basics of solo play and have a firm grasp of playing alongside your fellow musician. The instructor has lutes available for rental, however, students will get by just as well with a guitar (the tuning difference is easily accounted for with a capo and one half-step change).

Theodore Cheek holds Master’s degrees in Lute Performance and Musicology from Peabody Conservatory (2017) and has performed regularly up and down the East Coast, from Charleston, SC to Boston, MA. He has been a regular Masterclass instructor with the Temple University Early Music Program since 2018.

May 14 - June 4 | $140
4 sessions
Grace Epiphany Church, 224 E. Gowen Ave.
ONLINE PLAY THE UKULELE
W from 6:30 PM to 7:30 PM
WM07. This is a beginner’s level workshop covering 10 basic chords, how to tune the uke, how to hold it and some basic strumming patterns. Music choices are flexible but include folk, classic rock, blues and standards. Anne will provide information about ukulele resources.
Anne Stevenson Smith began playing ukulele in 2010, was the leader of the Philadelphia Mainline ukulele meetup group. and has taught uke workshops for beginners at the Philadelphia Folk Festival, with her trio, Lord Jake and the Ukuleladies. In 2014, she began teaching professionally, focusing on basic chords and best practices, and has taught uke workshops for the Philadelphia Folksong society.
April 27 - June 1 | $79
6 sessions
The Comfort of Your Own Home
$2 materials fee payable to the instructor.

PLAY THE UKULELE - NEXT STEPS
W from 6:30 PM to 7:30 PM
WM08. This course is designed for those who are comfortable with basic chords and are looking to improve technique and expand repertoire. One session will introduce participants to chord melody style, another will focus on fingerpicking, and other sessions will address how to add some pizzazz to your playing.
Anne Stevenson Smith
June 8-22 | $59
3 sessions
Chestnut Hill Friends Meeting House, 20 East Mermaid Ln.
$2 materials fee payable to the instructor.

ONLINE BEGINNER’S HARMONICA FOR ADULTS AGES 16+
M from 6:30 PM to 7:45 PM
WM03. Learn to play simple traditional folk songs and elementary blues on one of America’s most popular, portable instruments, the harmonica. Practice basic techniques such as bending, trilling, tongue-blocking, vibrato and “wah-wah.” Individual attention is given to each student. No musical background is required.
Seth Holzman (BA Music, Syracuse University) has been playing harmonica since 1965, teaching since 1975, and has performed with Muddy Waters, Koko Taylor, Ronnie Earl, Roomful of Blues, Magic Slim & The Teardrops and many others. Seth was inspired to play by (and eventually studied with) the great blues harmonica player Sonny Terry. He currently plays regularly with Stevie and the Bluescasters (and occasionally with other musicians).
April 18 - June 13, skipping May 30 | $94
8 sessions
The Comfort of Your Own Home
$10 materials fee will be added automatically to your cart. Students will also need to bring a 10-hole diatonic key of C-major harmonica (such as the Hohner Special 20 or Hohner Marine Band Model 1896) on the first night of class.
GLASSBLOWING - DRINKING GLASS WORKSHOP
Th from 12:00 N to 3:00 PM
AC26. Curious about glass blowing but don't know where to start? Dip your toes in during this one day workshop designed for the total beginner at East Falls Glassworks! Participants will learn through direct interaction - with the aid of an instructor of course - with molten glass to create their very own drinking glass! Cost includes materials.

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

May 20 | $100
East Falls Glassworks, 3510 Scotts Ln.
East Falls

GLASSBLOWING - ORNAMENTS AND CANDY DISH WORKSHOP
W from 12:00 N to 5:00 PM
AC27. Join the talented instructors at East Falls Glassworks for a one-day workshop to create two beautiful glass pieces! Learn how to blow glass into delicate ornaments and a beautiful colorful candy dish. Keep your pieces or give them as thoughtful handmade gifts. No experience necessary; this class is great for beginners. Cost includes materials.

East Falls Glassworks
June 1 | $125
East Falls Glassworks, 3510 Scotts Ln.
East Falls

SHAKEN, STIRRED AND STRAINED: GIN 101
Th from 7:00 PM to 9:00 PM
CK08. Welcome to the world of gin, small batch distilling and the art of cocktail creation. Like many other spirits, gin began life in the alchemist’s workshop as a medicinal cure-all, a link it would retain as a mainstay of European battlefields and colonial outposts. Learn how to make gin-centric cocktails to impress your friends, make parties spirited and satisfy yourself after a long work week. Tastings are included, as are pro-tips and take-home recipes. For ages 21+.

Katy and Walter Palmer are co-owners of Palmer Distilling Company, a small craft distillery in Manayunk making Award winning Liberty Gin & Manayunk Moonshine.

A. April 21 | $29
B. May 19 | $29
Palmer Distilling Company, 376 Shurs Ln.
$5 materials fee payable to the instructor.
NEW INTRODUCTION TO SPANISH
W from 7:00 PM to 8:00 PM
WM15. Vamonos! You know you’ve been wanting to learn a new language for ages! Think of the places you can visit, the business relations you can improve, the restaurants you can have the insider scoop on! This small, entertaining instructor-led course will give you a jump start on speaking Spanish right away. It’s so much more effective and organic than those language apps. Take the plunge!

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

May 4-25 | $59
4 sessions
North Light Community Center, 175 Green Lane

MAKE WATER KEFIR - KOMBUCHA’S COUSIN
Tu from 6:00 to 8:00 pm
CK21. 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 that includes everything you need to start your own batch (except the water).

Dorothy Bauer See her bio on pg. 28.
June 7 | $29
Henry Got Crops, 7095 Henry Ave.
$15 materials fee payable to the instructor.

ROWING AT ROWZONE ®
M from 6:30 PM to 7:15 PM
22SSR22. The RowZone(R) workout is a unique blend of conventional rowing and full body toning exercises. Change your routine today and see results tomorrow. Besides burning 600-800 calories, the RowZone(R) workout is low impact so you can get all of the benefits of running, squatting, and lifting without the wear and tear on your body. Feel better and live better.

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

April 18 - May 23 | $120
6 sessions
RowZone, 4401 Main St, Manayunk, please arrive 15 minutes early.

T’AI CHI - YANG STYLE: BEGINNING
Tu from 11:30 AM to 12:30 PM
MB07. T’ai Chi (or tai chi ch’uan) is claimed to be the oldest martial art. But it is also a gentle exercise that can provide innumerable health benefits for body, heart and mind. Practiced consistently, it can improve balance, lower blood pressure, reduce anxiety, ease depression, and has even been shown to benefit those with Parkinson’s disease. Tai chi requires no special equipment and can be practiced anywhere there is a flat surface and a 5 ft. square of open space. This Beginning class is open to anyone who is interested. Wear loose, comfortable clothing and flat, flexible shoes.

Vicki Mehl View her bio on page 46.
April 19 - June 21 | $119
10 sessions
North Light Community Center, 175 Green Lane

PING PONG: FROM BASEMENT HOBBY TO CLUB PLAYER
Su from 10:00 AM to 11:30 AM
SR01. Whether you are new to the sport or champion of your basement ping pong game, this class will help you improve. A fun sport that can be enjoyed at any age, table tennis is a great form of exercise that builds hand/eye coordination, reflexes and mental stamina. Improve with the best! Ages: youth to adult. Paddles are available for your use during this class. Please wear sneakers with non-marking soles.

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

April 24 - May 15 | $64
4 sessions
Trolley Car Table Tennis Club, 3300 Henry Ave.
NEW CLASSIC R&B LINE DANCING!
T from 1:00 PM to 2:00 PM
DA16. These dances go back to the days of Dick Clark, The Geater and The Guy with the Goods. We’ll groove to the music of the 60’s & 70’s learning the line dances from that same period, some of which are still enjoyed in clubs! This class is designed to focus on memory and sequencing, and is low to medium impact.

Marck “Flaco” Best. See his bio on pg. 33.
April 26 - June 14 | $104
8 sessions
Northlight Community Center, 175 Green Lane, Manayunk

NEW I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!
Sa from 12:00 N to 2:00 PM
CK09. Let’s get your freezer full of healthy, delicious, and nutritious treats to pull out when you need them. No added sugar or processed ingredients will be used. Trying to eliminate dairy from your diet? We got your back! This class covers flavor, gluten & dairy free, and low glycemic index. We will include ice cream pie, ice cream cake, sandwiches, popsicles, fudgesicles, chocolate or carob covered frozen bananas on a stick and more! Don’t forget your appetite or a container for samples to go!

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.

June 25 | $29
Henry Got Crops, 7095 Henry Ave.
$20 materials fee payable to the instructor.

The Gift Everyone Will Love!
MALT has over 230 classes in our Winter term Online and In Person
MALT classes in cooking, yoga, pilates and dancing will give you and your healthier bodies all year long. Our classes in financial planning 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

Staff Picks!
★ CAEHLIN’S PICKS
- Yoga for Body Awareness (p. 49)
  Jen’s classes are great! And I’m excited to start my week with her on Mondays!
- Gardening for the Planet in Your Own Backyard (p. 6)
  Looking forward to learning how to optimize my yard with gardens for pollinators and good bugs.

★ SARAH’S PICKS
- Clutter Tonic (p. 40)
  Spring cleaning! I just moved so it’s the perfect moment to get rid of everything.
- Sound Healing (p. 50)
  I love sound healing. It’s relaxing for your whole body.

★ JANET’S PICKS
- Journey to Chanticleer (p. 5)
  Love this pleasure garden and can’t wait to learn how they create so much beauty with their gorgeous plants.
- Coffee Time! (p. 25)
  One of my favorite coffee shops, so happy they are teaching with us! Yum!
Memberships Start at $120/Month
Offices Start at $700/Month
Day Passes
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520 Carpenter Lane
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United Lutheran Seminary

Interested in pursing 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
Sometimes, diet and exercise aren’t enough to help you lose the weight. Chestnut Hill Hospital clinicians understand the difficulties that come with losing weight and keeping it off for good. Whether you need medical weight management assistance or are considering minimally invasive weight loss surgery, we’re here to help.

**Weight Loss Support Group**

*First Wednesday of each month from 6–7 p.m.*

Join us each month for an evening of education, support and lively exchange of information and ideas to help achieve your weight loss goals. Topics include lifestyle modification, nutrition, and exercise. Guest speakers provide expert advice on related topics. Support Group is held virtually. Call program coordinator Jocelyn, 215-248-8520, to receive a link to the session.

**Weight Loss Surgery**

If your attempts to lose weight have been unsuccessful, surgery may be the best option. Our experienced surgeons can help you enjoy a healthier life. To learn if weight-loss surgery is the right choice for you, schedule a private consultation today. Call 215-248-8520.
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### 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>Adelie Coffee</td>
<td>6610 Germantown Ave. Philadelphia, PA 19119</td>
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<tr>
<td>Attic Brewing Co.</td>
<td>137 Berkeley Street Philadelphia, PA 19144</td>
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<tr>
<td>Bella Mosaic Art Studio</td>
<td>6780 Germantown Ave. Philadelphia, PA 19119</td>
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<tr>
<td>Chanticleer</td>
<td>786 Church Rd Wayne, PA 19087</td>
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<tr>
<td>Chestnut Hill Friends Meeting House</td>
<td>20 E Mermaid Ln Philadelphia, PA 19118</td>
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<tr>
<td>Center on the Hill Presbyterian Church of Chestnut Hill</td>
<td>8853 Germantown Ave. Philadelphia, PA 19118</td>
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<tr>
<td>Chestnut Hill United Church</td>
<td>8812 Germantown Ave. Philadelphia, PA 19118</td>
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<tr>
<td>East Falls Glassworks</td>
<td>3510 Scotts Ln. Philadelphia, PA 19129</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>224 East Gowen Ave. Philadelphia, PA 19119</td>
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<tr>
<td>Henry’s Got Crops</td>
<td>7095 Henry Ave Philadelphia, PA 19128</td>
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<tr>
<td>Jacob’s Northwest</td>
<td>7165 Germantown Ave Philadelphia, PA 19119</td>
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<tr>
<td>Rest 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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<td>NewCourtland’s Germantown Campus</td>
<td>Eisenhardt Bldg. 6950 Germantown Ave.</td>
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<td>Northlight Community Center</td>
<td>175 Green Lane Philadelphia, PA 19127</td>
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<td>Palmer Distilling Company</td>
<td>376 Shurs Ln. Philadelphia, PA 19127</td>
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<tr>
<td>Philadelphia Canoe Club</td>
<td>4900 Ridge Ave Philadelphia, PA 19127</td>
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<tr>
<td>St. Martin-in-the-Fields</td>
<td>8000 St. Martin’s Lane Philadelphia, PA 19118</td>
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<tr>
<td>Summit Presbyterian Church</td>
<td>6752 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>Violet’s in Bloom</td>
<td>7506 High School Rd, Elkins Park, PA 19047</td>
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<tr>
<td>Wesley Enhanced Living at Stapley</td>
<td>6500 Greene Street Philadelphia, PA 19144</td>
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<tr>
<td>Whittemarsh Foundation</td>
<td>Dixon Meadow 548 Flourtown Rd. Lafayette Hill, PA 19444</td>
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<tr>
<td>Woodmere Art Museum</td>
<td>9201 Germantown Ave Philadelphia, PA 19118</td>
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MALT General Policies

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

Code of Conduct
It is the responsibility of all MALT instructors and students to:
1. Foster an education community supportive of continued learning;
2. Maintain the safety and welfare of all members in our MALT community; and
3. Respect the rights of others, engage in civil discourse, and refrain from harassment or discrimination.
MALT reserves the right to remove instructors and students who engage in any disruptive, disrespectful, and/or unlawful behaviors.

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

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

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

What To Do If You Witness Or Are Subject To Unacceptable Behavior
• If you are a MALT student or instructor and witness or are subject to unacceptable behavior, or have any other concerns, please notify the MALT office as soon as possible: (215) 843-6333

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

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

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

Below is a list of fully accessible MALT locations:
• Center on the Hill
• Chestnut Hill Friends Meeting
• Grace Epiphany Church
• NewCourtland-Germantown Campus, Eisenhardt Building
• Mt. Airy Axis
• Presbyterian Church of Chestnut Hill
• Summit Church (gym only)
• United Lutheran Seminary
• Wesley Enhanced Living
• Whitemarsh Foundation
• Dixon Meadow
We are committed to the health and safety of our teachers, students and community, and are carefully monitoring COVID-19.

We have considered the advice from the CDC, as well as the Philadelphia Health Department, and we have developed the following safety measures for all of our classes and events.

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

On March 2, the City of Philadelphia dropped its Mask Mandate. The CDC updated their guidelines and is now providing Community Level Assessment. Since we hold classes in over 20 locations each term we are also staying up-to-date on location requirements and some classes may have stricter guidelines. We appreciate your patience. The most recent information for each class will be in the class's online description.

Effective April 1, 2022

When registering for indoor classes adult students will be reminded of our policy and asked to bring their vaccination card, or a photo of their vaccination card, to the first session of each class. A MALT teacher or staff member will check them in.

Indoor classes. For our Spring term, all of our teachers of indoor classes are vaccinated.

Fully vaccinated and unvaccinated students will be able to participate in our indoor classes and activities.

Wearing a mask is optional for vaccinated teachers and students.

Unvaccinated students may attend class but are required to wear two masks while indoors and around others.

For our indoor kids classes, (ages 18 and younger), all of our teachers will be vaccinated. Students and teachers will be required to wear masks regardless of vaccination status. Students under age 18 do not have to share vaccination status.

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

In addition, MALT will:

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

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

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

Withdrawals
If you cannot attend a course, you can receive a refund, less $5 registration fee, by notifying us 2 days (48 hours) before the first class begins.

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

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

Returned Check Policy
We must charge students $15 for returned checks.

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

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

For In-Person, Adult Classes
Bring your vaccination card, or a photo of your card on your phone, to show the teacher or MALT staff member. We cannot offer a credit or refund if you forget your card.

Withdrawals
If you cannot attend a course, you can receive a refund, less $5 registration fee, by notifying us 2 days (48 hours) before the first class begins.

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

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

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

Tips from the Tree

Make Your MALT Class a Satisfactory Experience

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

name

address

city  zip code

day tel. #  eve. #

e-mail

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

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

1.

2.

3.

4.

Subtotal:

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

Optional donation to the Fern Bell Scholarship Fund

Optional donation for Strengthen Our Roots Campaign

For Indoor Adult Classes - I will bring my vaccination card to show the teacher or MALT staff.  ☐

Make check payable to MALT.

I hereby authorize the use of Mastercard/Visa:

name on card

card #  exp. date  CCV

billing zip code

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

Questions: call MALT at 215.843.6333

Don’t forget to write start dates and locations on your calendar!  We do not send reminders.
Don’t wait to get your loved ones the care they need.

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

The Senior Behavioral Health Program offers:
- Individual and Family Therapy
- Anger and Stress Coping Skills
- Family Education
- Group and Activity Therapy
- Medication Education

FOR MORE INFORMATION ON INPATIENT CARE
CALL: 215-248-8117
VISIT: CHBehavioralHealth.com

Chestnut Hill Hospital
Tower Health