

SPRING 2020

# MALT

## MT. AIRY LEARNING TREE



**NEIGHBORS  
TEACHING  
NEIGHBORS**



MT. AIRY  
LEARNING TREE

250+ COURSES  
**APRIL.MAY.JUNE**

# DIRECTOR'S NOTE

Spring is the season of new growth, and the signs of change are all around us – flowers are popping up in parks and lawns, the days are longer, brighter and warmer, and our emotions are lifted. Here at MALT, we are embracing the season, and you will see our commitment to purposeful growth and change throughout this new and improved edition of our course catalog!

We are grateful to our talented Board Member, Caren Goldstein, owner of the branding and graphic design firm Concept Factory Design, and our catalog's Graphic Designer Annette Aloe, for working together to design and implement a 'new outfit' for our organization. And just like a haircut or new dress doesn't change the person underneath, our organization's mission and methods remain the same — we are just as committed as ever to bringing our diverse community together through shared experiences and common interests.

How would YOU like to grow and change this spring season? With over 250 classes in the catalog, we hope that MALT can help!

Stephanie Bruneau  
**Executive Director**

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**On the cover:** Clockwise from top left: Pony Power (p.42), The Perfect Hand-Tied Bouquet (p. 30), KaribbeanKraze (p. 39); Birding at Houston Meadows (p. 64).

### MALT Mission Statement

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

### STAFF

**Executive Director**  
Stephanie Bruneau

**Technical Director**  
Nicki Toizer

**Program Director**  
Nima Koliwad

**Graphic Designer**  
Annette Aloe

**Special Projects**  
Sarah Claxton

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## 2020 HIDDEN GARDENS TOUR: ROXBOROUGH, MANAYUNK!

SAT: 10:00 am to 3:00 pm

**Two1.** Enjoy a self-paced tour of Roxborough's delightful home 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 Roxborough's unique green spaces that are pleasing to the eye and the environment!

Registrants can begin their morning adventure by picking up a brochure and map identifying the garden destinations at Gorgas Park from 10 am to 12:00 noon. Gardens will remain open until 3 pm.

This year's tour is a collaboration with the **Roxborough Manayunk Conservancy**. The Conservancy's mission is to preserve and improve the environmental, watershed, historical, recreational, and open space assets in the Roxborough/Manayunk area. Learn more: [roxboroughmanayunkconservancy.org](http://roxboroughmanayunkconservancy.org).

**June 13 | \$25.00, \$30.00 at the door**

Gorgas Park, 6300 Ridge Ave.

Pick up a map & brochure at the MALT Office (6601 Greene St.) or Gorgas Park (6300 Ridge Ave., Roxborough) from 10 AM to 12:00 noon. Same day registration available at MALT Office only. Gardens will remain open until 3 pm. Heavy rain date: Sunday, June 14.



Thank you to our sponsors



**Loretta Witt**  
Associate Broker

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## MAKE A PIECED QUILT: CHOOSE YOUR OWN ADVENTURE!

TUE: 7:00 pm to 9:00 pm

**ACo1.** Have you ever wanted to make a quilt but didn't know where to start? Learn the essentials of quilt making and create a small baby quilt or wall hanging (approximately 27" x 33"). This is a pieced quilt workshop where you will be cutting up fabric and sewing it together into quilt blocks (not hand sewing or applique). Choose from four classic patterns (Broken Dishes, Rail Fence, BowTie or String). Learn how to use a rotary cutter and mat, play with color, and have the option to finish your quilt by tying the layers together or doing simple quilting with a sewing machine. Hand quilting will be demonstrated for those who prefer this method. If you have never sewn using a machine, you will learn how to sew simple 1/4" seams as you create your quilt. A good class for learning to use a sewing machine!

**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.

**April 28 - June 2 | \$104.00**  
6 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview

Materials needed: Cotton fabric, quilt batting, thread (specifics will be sent to students when they enroll), rotary cutter, quilter's ruler and mat, sewing machine in good working order. Feel free to attend the first session without supplies and do your shopping afterwards.

## DRAWING AND PAINTING FOR ADULTS & TEENS

**ACo2.** It's never too late to learn realistic drawing and painting! Work from observation to make drawings or paintings of things you choose yourself, with as much guidance as you would like. Learn to use classical techniques of simplifying shapes and using light and shadow to create pictures that really look three-dimensional. Painters will use either acrylic paint or oil paint, which are both very forgiving materials that allow you to make as many changes as you need to. Come enjoy the magic of realism!

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

**A: April 21 - June 2 | \$189.00**  
7 sessions  
TUE: 9:00 am to 12 noon

**B: April 22 - June 3 | \$126.00**  
7 sessions  
WED: 7:00 pm to 9:00 pm

\$15 materials fee payable to the instructor if you want to use instructor's paint and materials. Additional dates and sessions available; contact the studio for more information.



Discover the **JOY** of painting with watercolors! This class is geared towards beginners, but includes tips and techniques any artist would enjoy.



## DRAWING THE FIGURE FROM LIFE

THU: 6:30 pm to 9:00 pm

**ACo3.** "Drawing the human figure is the basis of all other art" stated Vincent van Gogh. This course will offer the basic ways to draw the human body in its natural life form. Participants with all levels of experience are welcome to engage in various techniques in a relaxed, supportive studio environment. Direct drawing of the nude model, using select media, will be conducted by a seasoned art professional who will offer guidance as needed.

**Susan Rodriguez** is an author, professor, international museum art lecturer and is an exhibiting artist. She has five popular art books in print. Susan is "devoted to the universe that is the human form" and maintains an active studio with professional figure models in Chestnut Hill.

**April 30 - May 21 | \$144.00**

4 sessions

Allens Lane Art Center  
601 W. Allens Lane

## WATERCOLOR & DRAWING

SAT: 1:30 pm to 3:30 pm

**ACo4.** 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 18 - May 16 | \$89.00**

5 sessions

Allens Lane Art Center  
601 W. Allens Lane

Supply kit available at Artists and Craftsman, in Chestnut Hill. Contact MALT office for Marcia's number before purchasing.

## SMARTER PHONE PHOTOGRAPHY

TUE: 7:00 pm to 9:00 pm

**ACo5.** Anyone can be a photographer! Want to be a better one? Learn some technological fundamentals, photographic tips and develop a critical eye so you can take AMAZING pictures, no matter what kind of smartphone you have. No photography experience or special equipment is necessary - just bring your phone!

**Sarah Claxton** has worked in the photo industry as a photo editor, agent and producer. She worked for national magazines, corporations and non-profits and owned a business managing photographers and assisting artists and companies in telling their own stories. Sarah now focuses on her own artwork, and helping others with theirs.

**May 19 | \$24.00**

Mt. Airy Nexus, 520 Carpenter Lane

## DIGITAL CAMERAS: SLRS

**ACo6.** 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** is the Technical Director at MALT. She has loved photography for more than 20 years and enjoys teaching others how to use their cameras.

**A. May 4-18 | \$64.00**

3 sessions

**MON: 7:00 pm to 9:00 pm**

**B. May 28 - June 11 | \$64.00**

3 sessions

**THU: 7:00 pm to 9:00 pm**

MALT Office, 6601 Greene St.

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

## FLOWER POT DECORATING WORKSHOP

**SAT: 10:00 am to 12 noon**

**ACo7.** Create and design decorative clay flower pots that will surely enhance and beautify your home, garden and patio! Learn simple drawing techniques to create faces, abstract and/or floral designs on your flower pot. Using acrylic paint will give your flower pot a bright, bold and exciting look that can withstand any weather. No need to worry about color running or fading. Accessorize your flower pots with buttons, earrings, stones, fabric, etc.

**Danielle Wilson** has degrees in Fashion Design, Fashion Merchandising, and Business. She loves showing others how to create new and exciting things from clothes to household decor.

**May 9 | \$20.00**

Wesley Enhanced Living

6300 Greene St.

\$12 materials fee payable to the instructor.

## FABRIC COLLAGE WALL HANGING

**SAT: 1:00 pm to 3:00 pm**

**ACo8.** Create gorgeous fabric collages that will look stunning when you frame and hang them. Choose from an array of beautiful 100% cotton batiks to make these wonderful hand-made wall hangings. Make one for yourself or as a personalized gift which will charm any recipient.

**Karoline Wallace** has taught fabric collage workshops to groups for the past 9 years, and has been an art quilt-maker for over 20 years.

**April 25 | \$34.00**

Project Learn School

6525 Germantown Ave.

\$10 materials fee payable to the instructor for fabric. Optional \$10 fee for a frame as available.

## NEW! HANDBUILDING & THROWING

**ACo9.** Gain skills and fluidity with a variety of clay approaches by learning both handbuilding and wheel (or choose just one and delve into it)! Beginners learn new techniques and all levels experiment at their own pace.

**Marge Neff** is a retired educator and a member of the Six Senses Potter's Guild. She has experience in both hand-built and wheel-thrown pottery creation.

**Nicole Nicola** is a skilled educator and crafts-woman. She gently nudges her students to welcome mistakes/surprises.

**A. Marge Neff**

**April 22 - June 10 | \$180.00**

8 sessions

**WED: 10:00 am to 12:30 pm**

**B. Nicole Nicola**

**April 22 - June 10 | \$180.00**

8 sessions

**WED: 7:00 pm to 9:30 pm**

Outlaw Arts- Six Senses Clay Studio

20 E. Mt. Airy Ave

\$75 materials fee payable to the instructor.



## HANDBUILDING WITH CLAY

MON: 7:00 pm to 9:00 pm

**AC10.** Learn to work with clay using pinch, coil, and slab techniques. You will start with a simple pinch pot, learn about the basic nature of clay, and garner some important ceramic skills. Experimentation is encouraged as you complete independent projects. All tools, materials and equipment are provided. For all levels.

**Meri Adelman** is a vibrant visual artist with years of teaching experience. Equally at home with a paint brush, pastel, or coil of clay, Meri is an approachable, informative instructor, who cultivates a lively, friendly class experience.

**April 27 - June 22 (no class 5/25) | \$180.00**  
8 sessions

Outlaw Arts- Six Senses Clay Studio  
20 E. Mt. Airy Ave

\$75 materials fee payable to the instructor.

## FACE & FORM: INTRODUCTION TO CLAY SCULPTING

TUE: 7:00 pm to 9:00 pm

**AC11.** Learn about sculpting with clay, the human form, and the tools and equipment necessary to put it all together. Work with terra cotta, listen to jazz, enjoy the company and conversation of other art enthusiasts. This class is therapeutic and informative. You will complete more than one beautiful and lifelike pieces.

**June Terrell** has been enthusiastic about art her entire life. Her degree and career in Occupational Therapy has enhanced her art as well as her teaching approach. June shows her artwork in galleries locally.

**April 28 - June 16 | \$180.00**  
8 sessions

Outlaw Arts- Six Senses Clay Studio  
20 E. Mt. Airy Ave

\$75 materials fee payable to the instructor.

## NEW! JEWELRY: FABRIC AND TEXTILES

SAT: 11:00 am to 1:00 pm

**AC12.** Fabric and textiles jewelry is one of the simplest ways to start you on your jewelry journey. Create wearable fashionable jewelry using fabric that we will paint, cut, sew, glue and knot. Also learn how to make cloth flowers, tassels and bows. We will channel our creativity by using these techniques for a unique layered necklace and earrings.

**Erica Smith** is a visual artist and jewelry designer. She has been making jewelry since 2013 and an online business since 2015 selling her jewelry line and handmade crafts.

**June 6 | \$29.00**

MALT Office, 6601 Greene St.

\$5 materials fee payable to the instructor.

## DESIGN YOUR OWN JEWELRY - BEGINNERS WORKSHOP

SAT: 1:30 pm to 4:00 pm

**AC13.** 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 20 | \$39.00**

MALT Office, 6601 Greene St.

\$29 materials fee payable to the instructor.

Nichole will help you experience the multi-sensory **DELIGHT** of working with beeswax.



## MAKING BEESWAX CANDLES

THU: 7:00 pm to 9:00 pm

**AC16.** Candle making is a craft as old as civilization itself. Discuss the history, tools, and common early methods of candle making. Learn how to make small batch candles with organic and local ingredients. Whether a seasoned artisan or a budding enthusiast, this workshop offers something for everyone interested in the art of making candles. Take home a pair of hand dipped beeswax tapers.

**Nicole Gerding** is the owner of Thankful Sage Farm School where she provides education on heritage skills and incorporating them into a modern lifestyle, as well as manufacturing small batch soaps and candles.

June 11 | \$24.00

Wesley Enhanced Living  
6300 Greene St.

\$10 materials fee payable to the instructor.

## FUN WITH WATERCOLOR TECHNIQUES

MON: 7:00 pm to 9:00 pm

**AC14.** 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** 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.

May 4 - June 8 (no class 5/25) | \$104.00  
5 sessions

Allens Lane Art Center  
601 W. Allens Lane

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

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“This was a very relaxing way to spend my time and get an introduction to watercoloring. This was exactly what I was looking for.”

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## CREATING A STILL-LIFE

TUE: 7:00 pm to 9:00 pm

**AC15.** Learn how to create a successful still-life composition. Beginning with drawing a single subject such as an apple, students will eventually complete an entire drawing and/or painting from life. Students will see demos using pencil, color pencils, oil pastels and watercolors and choose whatever medium they like for their final work of art.

**Rebecca Hoenig**

May 5-26 | \$99.00  
4 sessions

Allens Lane Art Center  
601 W. Allens Lane

## COLD PROCESS SOAP MAKING

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

**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. She is also a registered nurse for more than 30 years and uses her science and math skills in her cold process soap making classes.

**June 6 | \$44.00**

Project Learn School  
6525 Germantown Ave.

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

## 30 MINUTE JEWELRY CRAFTS

SAT: 9:30 am to 12:30 pm

**AC18.** While roaming a big craft store you see a string of beads that just calls to you - and you don't have a clue how to turn them into JEWELRY...this class can take care of that! Learn to put together earrings, pendants, bracelets, key chains, and wine glass charms using beads, stones, charms, and wires available at most craft stores. We'll even make a wrapped wire ring!

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

**April 25 | \$34.00**

MALT Office, 6601 Greene St.

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

## BASIC CALLIGRAPHY

**AC19.** Add some flair to your signature, some pizzazz to your greeting cards! Don't worry - we're not going to recreate an ancient manuscript! Learn how to use a calligraphy cartridge ("fountain") pen, basic strokes, shapes, and formats. Students will do some practice exercises then develop their own alphabet. Each student will take home a pen set, instruction book, and exercise sheets.

**Bea Quindlen**

**A. May 9 | \$24.00**

SAT: 10:00 am to 12 noon

**B. May 9 | \$24.00**

SAT: 12:30 pm to 2:30 pm

MALT Office, 6601 Greene St.

\$5 materials fee payable to the instructor.

Forget items being cranked out by the thousands at a factory — make your **OWN** jewelry, exactly how you like it!



## DUST OFF YOUR SEWING MACHINE!

SAT: 9:30 am to 12:30 pm

**AC20.** Do you have a sewing machine you inherited or bought years ago but never opened? Maybe you're thinking of getting one? Here's your chance to learn to the basics of a sewing machine: threading, tension, needles, thread, and basic maintenance. We'll address simple clothing repairs such as hemming, re-stitching a seam, and making a patch as well as make an easy pillow cover. Please bring your own portable machine (there will be three sewing machines available for sharing if yours isn't portable). Needles, thread, scissors, and fabrics will be provided.

**Bea Quindlen**

**May 30 | \$29.00**

MALT Office, 6601 Greene St.

\$5 materials fee payable to the instructor.

## DUST OFF YOUR SEWING MACHINE AGAIN

SAT: 1:00 pm to 4:00 pm

**AC21.** Following up on "Dust off Your Sewing Machine," we've cleaned our machine and done some basic sewing. Now let's move on to a few more stitches and techniques! Class tote bag project will incorporate a simple zipper, French seams, a pocket and buttonhole, straps, and simple applique.

**Bea Quindlen**

**May 30 | \$29.00**

MALT Office, 6601 Greene St.

\$10 materials fee payable to the instructor.

## CARVE A WOODEN SPOON

SAT: 10:00 am to 12:30 pm

**AC22.** Green woodworking is undergoing a renaissance, and carving a wooden spoon is a great introduction to this craft. Learning this skill can be the first step to a new hobby and carving a spoon yourself can be a creative addition to your kitchen!

**Karl Newman** is a master cabinetmaker and green woodworking expert.

**May 2 | \$50.00**

Morris Arboretum,

100 E. Northwestern Ave., Visitor Ctr

Recommended but not required: bring a good knife (suggested Mora straight knife #106) and a gouge or curved knife (suggested Mora curved knife #164).

## CERAMIC TOUCHSTONES

SAT: 10:30 am to 12:30 pm

**AC23.** Working in air dried clay, make and paint a bas-relief ceramic "touchstone". This particular project involves creating small paperweight-sized ceramic objects to function as reminders, something to keep or to give away as a reminder of what truly matters: love, friendship, hope, aspirations. No experience is necessary.

**Karen Singer** owns and operates Karen Singer Tileworks, a nationally known company that specializes in highly custom donor recognition for non-profits. A ceramic sculptor who has worked with people of all ages, Karen specializes in students who believe they are "not creative."

**May 16 | \$20.00**

Karen Singer Tileworks, 90 E. Church Ln.

\$10 materials fee payable to the instructor.



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## NEW! PRECIOUS METAL CLAY

SAT: 12 noon to 3:00 pm

**AC24.** Soft and clay-like out of the package, Precious Metal Clay (pmC) can be shaped, textured or molded. After it is dry, it is fired in a kiln to produce a metal that is 99.9% fine silver. You will leave this class with several pieces of fine silver jewelry, of your own design!

**Beatrice (Bebe) Batt-Behar** is an artist with a Level I Certificate in Precious Metal Clay. She is a retired high school ESL teacher who started making jewelry for her teacher friends thirty years ago. Her work has appeared in many local shops and craft shows around Philadelphia for many years.

May 9-16 | \$120.00

2 sessions

\*Private Home Studio,  
Shawmont Ave. off Ridge Ave.

\$50 materials fee payable to the instructor.

## NEW! MAKE YOUR OWN MALA BEADS

THU: 7:00 pm to 9:00 pm

**AC25.** Would you like to start a meaningful meditative mantra practice using your own prayer beads? Come and learn about the many different types of worry, prayer and mala beads while you create one for yourself. No experience needed. We will listen to popular mantras and chants while stringing beads and gemstones.

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

June 4 | \$24.00

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

\$15 materials fee payable to the instructor.

## NEEDLE FELTING BASICS

THU: 6:30 pm to 9:30 pm

**AC26.** Needle felting is an easy to learn technique of sculpting wool fibers using barbed needles. Learn the basics and unique techniques of wrapping wool roving around wire to sculpt an expressive and relatable doll or animal. No need to "be an artist" to create something you feel wonderful about; playing with the wool is very forgiving and empowers everyone at whatever level to reconnect with your inner artist/ creative side.

Age 8+ and all levels welcome. Intergenerational pairs such as parent-child, grandparent-grandchild are especially encouraged. Price includes thoughtfully sourced materials (no additional materials fees).

**Sonia Gordon-Walinsky** has taught adults and children in a variety of media: paper, clay, and fabric to name a few. Follow her art journey on Instagram @soniagordonwalinsky.

May 7-21 | \$155.00

3 sessions

Wild Hand, 606 Carpenter Lane

## AFRICAN PRINTED JEWELRY

SAT: 10:30 am to 1:00 pm

**AC27.** Do you enjoy unique, fun, fashionable jewelry? Learn four different techniques to create jewelry using African printed fabric. We will create a pair of post earrings, a pair of hoops, a pair of fishhook style earrings and a bangle. Add these stylish pieces to your collection, or give them away as gifts. All materials are included in the course fee.

This class is offered in conjunction with Woodmere Art Museum's exhibit, Africa in the Arts of Philadelphia, which brings together the work of three visual artists, exploring their collaborative cross-fertilization of ideas and assertions of African and African American cultural identity. An optional guided tour of the exhibit will be offered following the class!

**Cheri Skipworth** has been making and selling handmade products since 1992. She has been facilitating crafting workshops including paint nights, glitter ornaments, cake decorating, beaded jewelry, scrapbooking and card making since 2006.

April 25 | \$40.00

Woodmere Art Museum  
9201 Germantown Ave.

## INTRODUCTION TO COMPUTERS/WINDOWS 10

TUE: 10:00 am to 12:30 pm

**CCo1.** This basic PC (not Apple/Mac) course covers: working with desktop icons; managing and organizing files and directories/folders; copying, moving and deleting files and directories/folders; using search features and simple text editing tools. No experience is necessary, and the class is 100% hands-on. You'll definitely feel more comfortable with computers by the end of the course!

**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.

**May 5-26 | \$104.00**  
4 sessions

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

Students will use laptops with Windows 10.

## INTERNET & EMAIL

TUE: 10:00 am to 12 noon

**CCo2.** An excellent follow-up to Introduction to Computers, this class explores the Internet and email in-depth. Find valuable resources on the Internet, learn how to make purchases online, use search engines to locate anything, protect yourself and others while online, create a free email account and learn how to use it. Students are encouraged to bring their email logins to class if they already have one. No experience necessary.

**David Grauel**

**June 9-16 | \$44.00**  
2 sessions

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

Students will use laptops with Windows 10.

Gain **CONFIDENCE** using computers with David Grauel.



## INTRODUCTION TO MICROSOFT EXCEL

THU: 7:00 pm to 9:00 pm

**CCo3.** The spreadsheet is the tool for anyone who has to manage numbers. Learn to create, save, modify and print spreadsheets. Begin using formulas and functions, and format your own worksheets to make them more understandable and easier to read.

**David Grauel**

**June 4-18 | \$89.00**  
3 sessions

Presbyterian Church of Chestnut Hill  
8855 Germantown Ave.

Students will use laptops with Windows 10, Office 2010.

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“I loved David; he was so patient and knowledgeable.”

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## MICROSOFT WORD & POWERPOINT

THU: 7:00 pm to 9:00 pm

**CCo4.** 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, has been an Accounting instructor for over 20 years. In her role as property manager and bookkeeper for JTS Real Estate, she uses Microsoft Office on a regular basis.

**April 30 - May 21 | \$89.00**

4 sessions

Presbyterian Church of Chestnut Hill  
8855 Germantown Ave.

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

## QUICKBOOKS FOR BEGINNERS

TUE: 7:00 pm to 9:00 pm

**CCo6.** 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**

**May 12-26 | \$99.00**

3 sessions

Mt. Airy Nexus, 520 Carpenter Lane

\$40 materials fee payable to the instructor.  
(online access for additional 4 months).

Students should bring their laptop to class.

## NEW! WRITING CODE IN GOOGLE DRIVE

TUE: 7:00 pm to 8:30 pm

**CCo5.** Learn to create Macros and write code in your Google Drive, so that your documents and spreadsheets can do more for you. Add functions and menu. Do you wish you had a button that did several steps with one click? Learn how to create such a button. It's easier than you think it is. Learn to do some tasks that you didn't even think you could do. Learn how to make something happen each time you open a particular document. Learn to write a little bit of code to make your documents or spreadsheets or email do more.

**Edward Pratoski** has a Master's Degree in Math Education, and has been writing code in Google Drive for years. He loves creative projects involving code, and wants to share that with his students.

**May 5-26 | \$89.00**

4 sessions

MALT Office, 6601 Greene St.

Please bring your laptop to class: PC, Mac or Chromebook.



give the gift of

**MALT**

### MALT has over 250 classes and every one of them will keep on giving.

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

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

## GETTING TO KNOW YOUR IPAD

WED: 10:00 am to 12 noon

**CC20.** What can you do with an iPad? Should you buy one? Discover some of the wonders of the iPad and learn how to become more productive and more comfortable with this technology. Students with an iPad should bring it to class and are encouraged to discuss their favorite apps.

**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.

May 13-20 | \$44.00

2 sessions

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

## GETTING TO KNOW YOUR IPHONE

WED: 10:00 am to 12 noon

**CC21.** 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.

**Nina Epstein**

May 27 - June 3 | \$44.00

2 sessions

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

Designed for iPhone 5 or newer.

## GETTING TO KNOW YOUR IPHONE...BETTER

WED: 10:00 am to 12 noon

**CC22.** This course is designed for anyone who has a basic understanding of the iPhone and wants to learn more. This interactive, fun class will cover tips, tricks, music, photography, apps and more! Designed for iPhone 5 or newer (exception: iPhone X Series).

**Nina Epstein**

June 10-17 | \$44.00

2 sessions

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

## GETTING TO KNOW YOUR ANDROID PHONE

SAT: 10:00 am to 11:30 am

**CC23.** Explore how to navigate through your Android phone step-by-step. Save contacts, connect email accounts to your phone, send a text message, download apps, adjust sounds and ringtones and so much more. No experience necessary. Bring your newer model Android to class.

**Sederia Brown** enjoyed teaching people how to use technology as a hobby, and now it's her business — helping people use their cell phones, tablets and computers.

May 9-16 | \$44.00

2 sessions

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

Touchscreens only (no flip phones).

Fewer than 5,  
the Class takes  
a Dive!

Please  
register  
early.



"The instructor has GREAT TASTE in wine and introduced me to some varietals I had not tried before. Enjoyed the snacks."



## CHEESE 101: A TASTE OF PENNSYLVANIA

THU: 7:00 pm to 9:00 pm

**CKo1.** The American artisan cheese industry is growing and Pennsylvania is one of the top dairy-producing states in the country. Within just a few hours of Philadelphia come dozens of unique cheeses reflecting the terroir of the area and creativity of local cheesemakers. Join us for a guided tasting, where you'll learn how to describe, taste, and pair cheese. We'll cover the major cheese styles and dive into the cheesemaking process, history of cheese and tips for storing and serving. The class will feature a selection that you can find at Weaver's Way and other local cheese shops.

**Lauren Housman**, a cheese lover, left a career in finance to pursue a passion for curd! Working for Murray's Cheese, an iconic NYC cheese shop, Lauren learned about the art and science of affinage in their cheese caves. She then spent time as a cheesemonger at Murray's flagship Greenwich Village shop and taught cheese education classes before moving to Mt. Airy.

June 11 | \$29.00

Mt. Airy Nexus, 520 Carpenter Lane

\$15 materials fee payable to the instructor.

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

**CKo2.** Anyone can spend \$100 on a bottle of wine and expect it to be of high quality, but for the discriminating buyer on a budget, how do you choose among the thousands of labels to find good quality wines at bargain prices? Join us as we sample some favorites that are easy on the wallet but do not disappoint. Learn how to separate the plonk (cheap, mass-produced wine) from choice wines at very reasonable prices!

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

A. May 26 | \$29.00

TUE: 7:00 pm to 9:00 pm

B. June 2 | \$29.00

TUE: 7:00 pm to 9:00 pm

Cliveden Carriage House  
6401 Germantown Ave., rear

\$12 materials fee payable to the instructor.

## NEW! WINE AND CHEESE TASTING: THE PERFECT PAIRING?

TUE: 7:00 pm to 9:00 pm

**CKo3.** Combining the expertise of a professional cheese monger and a veteran wine instructor, we are pleased to offer a unique pairing of artisan cheeses and fine wines, highlighting the characteristics and origins of each to complement and enhance the gustatory experience. We'll dive into the cheese-making process, history of cheese, and how terroir and seasonality impact flavor as well as learn about wine tasting techniques. Join us for a guided tasting of a selection of wines & cheeses, where we'll learn about the major cheese styles and principles for pairing wine and cheese.

**Rodney Chonka**

**Lauren Housman**

May 19 | \$29.00

Cliveden Carriage House  
6401 Germantown Ave., rear

\$15 materials fee payable to the instructor.

## KIMCHI & KOMBUCHA

SUN: 3:00 pm to 4:30 pm

**CKo4.** This is a hands on lesson in making your own kimchi, sauerkraut and kombucha. Learn how to harness the power of naturally occurring beneficial bacteria to make delicious food and drink that strengthen your intestinal flora. We will learn how to make kombucha (a fermented tea), and mix up a basic recipe for kimchi, which will give you the tools to go on and develop your own art of fermentation geared to your own taste buds. Children who participate well in the kitchen are welcome.

**Rachel Kriger** has been captivated by the art of fermenting since the early 2000s when she was working on organic farms in PA, CT and CA. She loves teaching others how simple and beneficial this activity is for us.

**April 26 | \$29.00**

\*Private home on Wises Mill Road off Henry Ave.

\$5 materials fee payable to the instructor. Students may opt to purchase a handmade ceramic pickling crock from Nick Corso of Wisahickon Pottery.

## SHAKEN, STIRRED AND STRAINED: GIN 101

**CKo5.** 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 & Walter Palmer** are co-owners of Palmer Distilling Company, a small craft distillery in Manayunk making Award winning Liberty Gin & Manayunk Moonshine.

**A. April 30 | \$20.00**

THU: 7:00 pm to 9:00 pm

**B. May 7 | \$20.00**

THU: 7:00 pm to 9:00 pm

Palmer Distilling Company, 376 Shurs Ln.

\$5 materials fee payable to the instructor.

## MAKE WATER KEFIR (KOMBUCHA'S COUSIN)

WED: 7:00 pm to 9:00 pm

**CKo6.** 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.

**April 29 | \$29.00**

Mt. Airy Nexus, 520 Carpenter Lane

\$20 materials fee payable to the instructor.

## LOW GLYCEMIC, DAIRY & GLUTEN-FREE DESSERTS

WED: 7:00 pm to 9:00 pm

**CKo7.** Ditch the undesirable ingredients and replace them with health-promoting, nutrient-dense REAL food that will kick those twinkies to the curb! We'll make a cheesecake that folks won't believe is dairy and gluten free but they'll keep coming back for more. Feel free to contact the instructor with any food allergies or intolerances.

**Dorothy Bauer**

**May 13 | \$29.00**

Mt. Airy Nexus, 520 Carpenter Lane

\$15 materials fee payable to the instructor.

Bring containers for leftovers.



Students always leave Dorothy's classes with something **HEALTHFUL** and **delicious** in hand.

## WHAT TO DO WITH ALL OF THIS ZUCCHINI?

WED: 7:00 pm to 9:00 pm

**CK10.** Learn some delicious new and old stand-ins to enjoy and utilize ALL your squash abundance! Expect to transform the lovely shades of green and yellow into pasta, hummus, cake, crackers, fakin' bacon, and more. We will spiralize, blend and cut to transform this prolific garden standby into healthy deliciousness. Don't forget to bring a to-go container for samples! Please reach out with any food allergies or concerns.

**Dorothy Bauer**

July 29 | \$29.00

Mt. Airy Nexus, 520 Carpenter Lane

\$20 materials fee payable to the instructor.

## TAKE THE NUTS OUT OF COCONUTS

WED: 7:00 pm to 9:00 pm

**CKo8.** Learn how to crack open a young Thai coconut like a pro! Students will drain the fresh coconut water, harvest the "spoon meat" and learn yummy and uber nutritious ways to incorporate it into recipes that include dreamy non-dairy yogurt, fakin' bacon, Bavarian cream, ricotta cheese, coconut kefir and more! The ultimate non-dairy substitute.

**Dorothy Bauer**

May 27 | \$29.00

Mt. Airy Nexus, 520 Carpenter Lane

\$20 materials fee payable to the instructor.  
Bring containers for leftovers.

## I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

WED: 7:00 pm to 9:00 pm

**CKo9.** 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 10 | \$29.00

Mt. Airy Nexus, 520 Carpenter Lane

\$20 materials fee payable to the instructor.

## PLANT-BASED COOKING MADE SIMPLE

**CK11.** We'll make delicious food without using any meat! Sign up for as many or as few classes as you like. Brunch: chickpea scramble "eggs", toast, no dairy pancakes, and fruit compote. Lunch: tacos (we will make plant-base "meat" from mushrooms), salad, and agua fresca. Dinner: includes a grain, veggies, plant-based protein, and plant-based mac and cheese.

**Shayla Dorsey** is a community-based chef trained by Just Foods and The Free Philadelphia Library. She started her own personal chef/catering business, Shayla's Savour, in April, 2018.

**A. Brunch: May 9 | \$29.00**

SAT: 1:00 pm to 3:00 pm

**B. Lunch: May 30 | \$29.00**

SAT: 1:00 pm to 3:00 pm

**C. Dinner: June 13 | \$29.00**

SAT: 12:30 pm to 2:30 pm

Wesley Enhanced Living  
6300 Greene St.

\$15 materials fee payable to the instructor.

## NEW! EATING FOR A HEALTHY MICROBIOME

WED: 7:00 pm to 9:00 pm

**CK12.** Our gut is made up of trillions of bacteria, fungi and other microbes which play an important role in the health of our body and its digestive functioning. Learn how to feed those critters so that they are happy and you are healthy. Consider the benefits of some dietary interventions to help improve gut health including theWhole30®, Paleo, Keto, Candida/SIBO and FODMAP programs. Dianne will demonstrate how to make some gut friendly foods. Taste the results and take home gut-healthy recipes.

**Dianne Dillman** graduated from the Culinary Institute of America in Hyde Park, New York in their first class to admit women. She's been a chef at three and four star restaurants, a caterer, a food purchaser and a baker. She has written on food for Weaver's Way Shuttle.

April 22 | \$29.00

Unitarian Society of Germantown  
6511 Lincoln Drive

\$20 materials fee payable to the instructor.  
Bring containers to take food home with you.

## HOW TO GET A KID TO EAT THEIR VEGGIES AND FRUITS

TUE: 7:00 pm to 9:00 pm

**CK13.** They're good for your mind and body but lots of kids don't get enough fruits and vegetables. Find out how to make these essential foods more appealing using creative ways to prepare and present them. Several foods will be sampled/shared, including red velvet cake made with beets, cauliflower mac n' cheese, sweet potato biscuits and a special yogurt.

**Dianne Dillman**

May 12 | \$29.00

Mt. Airy Nexus, 520 Carpenter Lane

\$20 materials fee payable to the instructor.

## VEGAN SAUSAGE MAKING

WED: 6:30 pm to 8:30 pm

**CK14.** Learn how to make vegan Italian sausage (yes, vegan sausage!), an oil free, soy free, cholesterol free alternative to beef, chicken or pork. Transform simple ingredients into healthy, nutritionally dense, guilt-free sausage. We'll hand mix, roll, cook, and then eat what we create. Be prepared for great vegan/plant-based conversation, good food and take home a recipe packet plus a few other cool vegan goodies.

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

May 6 | \$29.00

Unitarian Society of Germantown  
6511 Lincoln Drive

\$10 materials fee payable to the instructor.

## NEW! WINEMAKING FOR BEGINNERS

SAT: 1:00 pm to 3:00 pm

**CK15.** Learn the fundamentals of making your own wine at home: fermentation, equipment necessary and unnecessary, siphoning, bottling, mistakes to avoid, and ingredients outside of the fruit. You will get a recipe to make a small batch of wine with a fruit of your choice.

**Jamie Grundy** learned wine making from her late father, who learned from his father, who learned from his father's brother who was a well-known bootlegger in the 20s and 30s. Wine-making is a passion and it's very satisfying to see and taste the end result.

May 16 and June 13 | \$54.00

2 sessions

Mt. Airy Nexus, 520 Carpenter Lane

\$100 materials fee payable to the instructor.  
Class meets May 16 and June 13 only.

Register by  
April 30 for any class  
marked **NEW!** and receive  
10% off the course fee.

Online, please enter code **NEW2oS**.  
Cannot be combined with any other  
offer or discount. Must be requested  
at time of registration.



Students take Dancing with Soul time and time again. In one student's words: "Great instruction and great exercise. FUN class and fun group of people!"

## DANCING WITH SOUL

WED: 6:30 pm to 7:30 pm

**DAo3.** Soul Line Dancing incorporates the mind for memorization, the body for movement and the spirit for excitement and enthusiasm. This is great exercise, and everyone is welcome: men and women of all ages, new and beginning students, and those with past experience in classes. With all the energy that this instructor brings to the table, you will be joining a class where there is enthusiasm and support. We learn NEW dances every term!

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

**April 22 - June 17 (no class 4/29) | \$94.00**  
8 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview

\$10 materials fee payable to the instructor.  
\*Class will be held in the Gym, 2nd floor.  
Enter from Westview St.

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“The time and tempo of the class was great!”

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## BEGINNING BELLY DANCE WITH ZOE (AKILI) BROWN

WED: 7:00 pm to 8:00 pm

**DAo1.** This ancient dance is performed in countries bordering the Mediterranean from Northern Africa to Turkey. Students will learn basic hip and arm movements, traveling steps and a short choreography. Belly dancing is a great way to have fun while toning the abdominal muscles and arms. Wear comfortable clothes and bring a scarf to tie around your hips.

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

**April 22 - June 10 | \$96.00**  
8 sessions

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

## BALLROOM DANCING: THE BASICS

THU: 7:45 pm to 8:40 pm

**DAo4.** Experience the thrill of swirling around the dance floor with a partner in time to fabulous big band and Latin American music! Ballroom dancing is always in style. People of all ages can enjoy the rhythm of togetherness on the dance floor. Included in the class will be the smooth waltz and foxtrot, and the rhythmic rumba and swing. Don't miss out on this popular introductory course that will help you build the confidence you need to get out on the dance floor during all those special occasions!

Partners recommended; an adult dance partner must accompany students under age 18. We change partners for faster group learning and to get to know one another.

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

**April 30 - June 18 | \$89.00**

8 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview

\$10 materials fee payable to the instructor. No make-ups will be offered for missed sessions unless cancellation is by instructor or MALT.

\*Class will be held in the Gym, 2nd floor.

Enter from Westview St.



## BALLROOM DANCING: BEYOND THE BASICS

THU: 8:45 pm to 9:40 pm

**DAo5.** 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.

Partners recommended. We occasionally change partners for faster group learning. This is a continuing beginner level course. 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.

**Debra Klingler**

**April 30 - June 18 | \$89.00**

8 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview

No make-ups will be offered for missed sessions unless cancellation is by instructor or MALT.

\*Class will be held in the gym, 2nd floor.

Enter from Westview St.

## INTERMEDIATE BALLROOM DANCING

THU: 6:45 pm to 7:40 pm

**DAo6.** 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 foxtrot and Lindy-style swing. 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. Partners recommended. This is an advanced-beginner level course. 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.

**Debra Klingler**

**April 30 - June 18 | \$89.00**

8 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview

No make-ups will be offered for missed sessions unless cancellation is by instructor or MALT.

\*Class will be held in the gym, 2nd floor.

Enter from Westview St.

## NIA HOLISTIC DANCE

FRI: 9:30 am to 10:30 am

**DA07.** Nia is a tool for accessing the universal human need to move in ways that are joyful and healing using a blend of dance, martial-arts, yoga and other mind-body energy-aligning practices. It is highly adaptable for people of all fitness levels, ages, genders and body types. Every body has a place to discover their joy on this dance floor! We use both guided movements and free dance to notice our patterns and become aware of how we move. Nia is playful and sweaty, done to soulful world music which will take you on a beautiful journey within your home for life: your body.

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

**April 24 - May 15 | \$44.00**

4 sessions

Allens Lane Art Center  
601 W. Allens Lane

## BACHATA!

SAT: 4:00 pm to 5:00 pm

**DA08.** Bachata is a very beautiful partners dance and is quite popular on the Latin dance scene right now. Easier than Salsa, and as sexy as Tango. You're going to love this dance.

**Marck "Flaco" Best** 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 18 - June 13 (no class 5/23) | \$94.00**

8 sessions

St. Paul's Episcopal Church  
22 E. Chestnut Hill Ave.

Nia works with your **BODY, MIND** and **SOUL**, combining dance, martial arts and mindfulness!



photo by Mike Batchelor

## BEGINNING SALSA

SAT: 7:00 pm to 8:00 pm

**DA09.** 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**

**April 18 - June 13 (no class 5/23) | \$94.00**

8 sessions

St. Paul's Episcopal Church  
22 E. Chestnut Hill Ave.

## BOP I

SUN: 6:00 pm to 7:00 pm

**DA10.** Philly Bop is hot right now, and MALT has its hottest teacher. Begin with the basic steps of jitterbug at a slightly slower tempo and with more graceful and fluid movements. Then learn the more challenging part of improvisation. Bringing a partner is optional but always encouraged. This is the real deal, ladies and gents. The success rate of students in this class is astounding! Try it for yourself. You won't believe your feet.

**Marck "Flaco" Best**

**April 19 - June 14 (no class 5/24) | \$94.00**

8 sessions

St. Paul's Episcopal Church  
22 E. Chestnut Hill Ave.

Karen will get you moving  
with GRACE at any age.

## CORE FUSION: BARRE & MAT

TUE: 7:15 pm to 8:15 pm

**DA11.** This full body workout will build your core, work on balance, breath, flexibility, and toning. Working from barre, center floor, and mat utilizing ballet and modern dance techniques. This class will empower your physical and spiritual strength. \* Some dance experience or previous student.

**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, Opera Company of Philadelphia, and a former musical theater choreographer at Germantown Friends School. She holds 9 Zumba® licenses and is a certified Silver Sneaker Boom Mind Instructor.

**May 5 - June 23 | \$120.00**

8 sessions

Allens Lane Art Center  
601 W. Allens Lane

Wear comfortable exercise clothing, bring yoga/exercise mat, socks or bare feet, and bottled water.

## CORE FUSION: DANCE

WED: 7:00 pm to 8:00 pm

**DA12.** Core Fusion: Dance takes you from the Barre, to the Mat and center floor with progressions (dance movement across the floor), and choreography to current, theater, and classical music. Class combines ballet, modern dance, Jazz and Afro-Caribbean dance styles and techniques. This is a full body workout set to great music. No experience required, just a love for dance. \* No dance experience required.

**Karen Taylor Young**

**May 6 - June 24 | \$114.00**

8 sessions

Free to Be Dance  
6757 Greene St. enter on Westview

Bring bottled water, wear soft no treads shoes (jazz sneaker or shoe) for class, comfortable clothing, towel, and cover for after class.

## SENIOR BALLET CLASS: PINK & SILVER SLIPPERS

FRI: 10:30 am to 11:30 am

**DA13.** 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**

**May 1 - June 19 | \$79.00**

8 sessions

Studio of Danse4Nia  
143 W. Walnut Ln. #106 rear bldg

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



 mtairylearningtree

 mtairylearningtree

## TAHITIAN/HULA DANCE CARDIO

TUE: 6:00 pm to 7:00 pm

**DA14.** 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 21 - May 26 | \$59.00**

6 sessions

Chestnut Hill United, 8812 Germantown Ave.

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

## DANCE-IT-OUT! FUN FITNESS

WED: 7:00 pm to 8:00 pm

**DA15.** Stressed? Dance-it-Out! Overwhelmed? Dance-it-Out! Need a fun workout? Dance-It-Out! We'll do Zumba, Retro, a little Hip-Hop and Line — four dance styles in one fun-filled hour. Burn calories, tone, reduce stress and feel energized. You'll have a blast while blasting away those stubborn pounds and stress. No dance experience necessary in this encouraging environment. Wear sneakers and comfortable clothing, so you can "Get Down Tonight." **WARNING:** This class will create lots of smiles and laughter.

**Gayle Herbert Robinson**

**April 22 - May 27 | \$59.00**

6 sessions

Chestnut Hill United, 8812 Germantown Ave.

Bring a bottle of water and towel.



## Spring 2020 Staff Picks!

### ★ Steph's picks:

- **Produce Center Gleaning** (p. 11)

Getting a peek into the Philadelphia Produce Center seems so interesting to me!

AND the chance to rescue food from the landfill? Sign me up!

- **'Prisons Then and Now' at the Eastern State Penitentiary** (p. 55)

This is sure to be an engaging and meaningful afternoon.

### ★ Nima's picks:

- **Wine Tasting: Quality Wines for \$12 or Less** (p. 52)

Cannot wait to take this class! Very excited!

- **Writing Code in Google Drive** (p. 55)

How to make Google work for me? Now that sounds very interesting.

### ★ Nicki's picks:

- **Enjoying Butterflies** (p. 12)

Learn more about butterflies and how to attract them to your garden.

- **Quenching Your Wanderlust: Tips on Travel Planning** (p. 44)

Get tips & tricks on planning that dream vacation.

Smile your way through Gayle's fun, **JOYFUL**, and effective workouts!

# DAY TIME CLASSES

## MONDAY THROUGH FRIDAY

### **DRAWING AND PAINTING FOR ADULTS & TEENS**

**A. TUE:** 9:00 am to 12 noon  
April 21-June 2 page 4

### **INTRODUCTION TO COMPUTERS/WINDOWS 10**

**TUE:** 10:00 am to 12:30 pm  
May 5-May 26 page 12

### **INTERNET & EMAIL**

**TUE:** 10:00 am to 12 noon  
June 9-June 16 page 12

### **GETTING TO KNOW YOUR IPAD**

**WED:** 10:00 am to 12 noon  
May 13-May 20 page 14

### **GETTING TO KNOW YOUR IPHONE**

**WED:** 10:00 am to 12 noon  
May 27-June 3 page 14

### **GETTING TO KNOW YOUR IPHONE...BETTER**

**WED:** 10:00 am to 12 noon  
June 10-June 17 page 14

### **NIA HOLISTIC DANCE**

**FRI:** 9:30 am to 10:30 am  
April 24-May 15 page 21

### **SENIOR BALLET CLASS: PINK & SILVER SLIPPERS**

**FRI:** 10:30 am to 11:30 am  
May 1-June 19 page 22

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

**A. THU:** 1:30 pm to 3:30 pm  
May 14 page 26

### **UNDERSTANDING LONG TERM CARE 101**

**A. TUE:** 1:00 pm to 3:00 pm  
May 5 page 26

**D. TUE:** 1:00 pm to 3:00 pm  
August 11 page 26

### **SPECIAL NEEDS BENEFITS AND PLANNING**

**A. TUE:** 1:00 pm to 3:00 pm  
April 28 page 27

### **CHAIR YOGA, DANCE, AND MAT**

**A. TUE:** 11:00 am to 12 noon  
April 28-May 26 page 38

**B. TUE:** 11:00 am to 12 noon  
June 2-June 30 page 38

### **FIT POSSIBILITIES**

**A. MON:** 9:00 am to 10:00 am  
April 20-June 15 (no class May 25) page 40

**B. FRI:** 9:00 am to 10:00 am  
April 24-June 12 page 40

### **STRETCH 4 LIFE FOR SENIORS**

**A. MON:** 10:00 am to 10:45 am  
April 20-June 15 (no class May 25) page 41

**B. FRI:** 10:00 am to 10:45 am  
April 24-June 12 page 41

### **ZUMBA GOLD®**

**TUE:** 10:30 am to 11:20 am  
May 5-June 23 page 41

### **BOXING FITNESS ACTION**

**B. TUE:** 11:00 am to 11:50 am  
May 26-June 23 page 41

### **YOGA, A CHAIR AND YOU**

**FRI:** 11:30 am to 1:00 pm  
April 24-May 22 page 46

### **SELF-DEFENSE FOR OLDER ADULTS**

**THU:** 12:00 pm to 1:15 pm  
May 21-June 11 page 46

### **T'AI CHI - YANG STYLE: LEVEL ONE**

**A. TUE:** 10:00 am to 11:00 am  
April 21-June 30 (no class May 19) page 47

**B. WED:** 10:00 am to 11:00 am  
April 22-July 1 (no class May 20) page 47

### **T'AI CHI - YANG STYLE: LEVEL TWO**

**WED:** 12:30 pm to 1:30 pm  
April 22-July 1 (no class May 20) page 47

### **T'AI CHI - YANG STYLE: LEVEL THREE**

**WED:** 11:15 am to 12:15 pm  
April 22-July 1 (no class May 20) page 47

### **INTRODUCTION TO THE WORLD OF REIKI**

**B. MON:** 11:00 am to 12:30 pm  
July 20 page 53

### **ROW THE SCHUYLKILL: ALL LEVELS**

**8A. TUE:** 8:30 am to 10:00 am  
May 12-June 16 page 60

**9A. TUE:** 8:30 am to 10:00 am  
July 14-August 18 page 60

### **BIRDING AT HOUSTON MEADOWS**

**THU:** 8:00 am to 11:00 am  
May 7 page 64

## NEW! TOOLS FOR TIME MANAGEMENT

MON: 7:00 pm to 9:00 pm

**FHo1.** Does time always get ahead of you? Are you often late with assignments, for appointments and meetings? Learn the key tools necessary to help manage your time, scheduling things on your calendar, and actually being able to accomplish them without feeling rushed or hurried. So whether it's for work or personal use, get better at prioritizing, discover successful scheduling techniques, and tips to be and stay on time.

**Jeffrey Jones** is the Senior Consultant for GDA Consulting, an agency aimed directly at helping people to improve their performance in order to reach their maximum purpose in every area of their life. He is also an author, "Words Of Encouragement" and the host of Community Voice Radio Talk Show on 106.5 FM.

April 27 | \$29.00

MALT Office, 6601 Greene St.

## POSITIVE CANINE CONCEPTS: BASIC MANNERS FOR DOGS

WED: 7:00 pm to 8:00 pm

**FHo2.** Discover how dogs learn and communicate both with us and with each other. Using positive reinforcement training techniques, establish a foundation for teaching basic manners and obedience behaviors (responding to hearing their name, cues such as Watch, Touch, Sit, Down, Stay, Leave It). We'll also talk about how to be effective leaders in the human-dog relationship. Non-aggressive dogs only. Dogs should be 22 weeks or older at the beginning of the course.

**Christopher Switky** is a certified dog trainer, founder of Positive Canine Concepts, and a graduate of the Masters' Program in Dog Training at CATCH Canine Trainers Academy. For more information about Chris and his philosophies on dog training, please visit [positivecanineconcepts.com](http://positivecanineconcepts.com).

April 29 - June 3 | \$154.00

6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

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

## NEW! USING NVC IN RELATIONSHIPS

WED: 7:30 pm to 9:00 pm

**FHo3.** Are you interested in learning how to use Non-Violent Communication (NVC) skills? We'll focus on primary, intimate relationships. Learn how Embodied NVC can be used to have mature relationships. Students are encouraged to bring in their real world challenges, so that through role-play, class discussion, exercises, readings and theory presentations we can learn how to use NVC in the kinds of challenges which come up in the day-to-day process of sharing our deepest selves with those we love.

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

\*NVC and Non-Violent Communication are trademarks of CNVSESSION C:org and Marshall Rosenberg.

May 6-27 | \$59.00

4 sessions

Rivers Mediation, 500 Telner St.

"Loving Conflict" by Max Rivers will be used as the text.



Make time to learn and bond with your **BEST FRIEND**. You won't regret it!

## MAKING NATURAL BODY BUTTER

SAT: 9:00 am to 12:00 noon

**FHo5.** Make your own natural body butter using organic ingredients such as shea butter, coconut oil and essential oils. Learn the benefits of natural ingredients and find out which toxic ingredients to avoid in your skincare.

**Lena Hines** is the creator and owner of Lee-Bee's Natural, a natural and organic bath and body business. She has been researching and making natural bath and body products for 5 years. Lena enjoys teaching and demonstrating her products at workshops, vendor events and home parties.

**May 30 | \$39.00**

Wesley Enhanced Living  
6300 Greene St.

\$24 materials fee payable to the instructor.

## ADVANCED DIRECTIVES AND LIVING WILLS

TUE: 7:00 pm to 9:00 pm

**FHo6.** What if you can no longer speak for yourself? How do you want to spend the last weeks, days, or hours of your life? We will review a standard Living Will/Advanced Directive form, go over terminology, and explanations. By the end of class you should be able to have a conversation with your loved ones about end of life and quality of life concerns, and complete your own living will.

**Martha From** is a Palliative Care Nurse Practitioner at Abington Jefferson Health and has been doing this work with patients and families for the last five years.

**June 9 | \$20.00**

Presbyterian Church of Chestnut Hill  
8855 Germantown Ave.

\$5 materials fee payable to the instructor.

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

## UNDERSTANDING MEDICARE: A GUIDE TO THE CHOICES

**FHo7.** Medicare has gone from a single choice — turn 65 and enroll in Medicare — to a multiple choice challenge. Medicare eligibles face choices of a traditional plan, supplemental plans, Medicare managed care, and Medicare fee-for-service. Unscrupulous marketing techniques can prey on the unwary. This course will provide a basic introduction to the choices available to Medicare eligible persons and will provide resources for further information. It will be very interactive and tailored to the needs of students in the class.

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

**A. May 14 | \$20.00**

THU: 1:30 pm to 3:30 pm

Mt. Airy Nexus, 520 Carpenter Lane

**B. June 9 | \$20.00**

TUE: 7:00 pm to 9:00 pm

Chestnut Hill Hospital, 8835 Germantown Ave.

\$5 materials fee payable to instructor.

## UNDERSTANDING LONG TERM CARE 101

**FHo8.** 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. May 5 | \$20.00**

TUE: 1:00 pm to 3:00 pm

**B. June 4 | \$20.00**

THU: 7:00 pm to 9:00 pm

**C. June 20 | \$20.00**

SAT: 11:00 am to 1:00 pm

**D. August 11 | \$20.00**

TUE: 1:00 pm to 3:00 pm

Wesley Enhanced Living  
6300 Greene St.

\$8 materials fee payable to the instructor.



Erica's supportive and **WARM** presence makes a difficult but important topic easier to confront.

## **NEW! SPECIAL NEEDS BENEFITS AND PLANNING**

**FH09.** Government benefits programs provide critical monthly income and medical insurance for people with chronic disabilities; however, many of these programs require recipients to have very little money — as little as \$2,000. Learn legal strategies family members and people receiving disability benefits can use to set aside additional money without affecting needed benefits. Discover which benefits have financial criteria, and how strategies such as purchases of noncountable assets, special needs trusts, and ABLE accounts can make the most of gifts, awards and settlements, inheritances, and excess savings.

**Anna Sappington, Esq.** is an attorney in Jenkintown, PA. Her practice areas include special needs planning, guardianship, and estate planning. She is the author of the Pennsylvania Special Needs Planning Guide: A Handbook for Attorneys and Trustees of Special Needs Trusts.

**A. April 28 | \$20.00**

**TUE: 1:00 pm to 3:00 pm**

Mt. Airy Nexus, 520 Carpenter Lane

**B. May 27 | \$20.00**

**WED: 7:00 pm to 9:00 pm**

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301

## **STEWARDS OF CHILDREN**

**SAT: 3:00 pm to 5:00 pm**

**FH10.** Stewards of Children® is a two-hour training that uses real people and real stories to show you how to protect children. The framework of the training is built on years of research and development in order to create a highly impactful and supportive training process for adults seeking to protect their children and the children of others in their community. This training uses a combination of video, workbook and group discussion to deepen participants' understanding of how to proactively protect children and how to respond responsibly to a child experiencing sex abuse. This class provides nationally recognized CEUs for many professions.

**Erica Warshawer, LCSW,** has worked for 16 years helping youth and adults by supporting and guiding them through their therapeutic process. Currently, Erica owns and operates a private practice in the heart of Chestnut Hill where she works with adults, children, teens and families. Additionally, Erica trains clinical social workers across the Mid-Atlantic region and has taught at the University of Pennsylvania Graduate School of Social Work. Learn more at [www.AlpenglowCenter.com](http://www.AlpenglowCenter.com)

**May 16 | \$20.00**

Alpenglow Center

8504 Germantown Ave, 2nd fl

\$10 materials fee payable to the instructor.

## **NEW! FUNERAL PRE-PLANNING**

**MON: 7:00 pm to 9:00 pm**

**FH11.** When is the best time to plan your funeral? Anytime, but at the time of your death! Why leave the ultimate celebration of your life until the last minute? Here's your opportunity to ask a funeral director anything; no question is too little or silly. We will also present the Federal and Pennsylvania laws associated with burial, cremation and making a funeral purchase.

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

**May 11 | \$20.00**

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301

## HOW TO BUY A HOUSE

TUE: 7:00 pm to 9:00 pm

**FH16.** Thinking about buying a home? Walk through the home-buying process step-by-step and discuss the current trends in the real estate market. Uncover how to get started applying for a mortgage, searching for homes, home inspections and the home-buying contract. Whether you're a first time homebuyer or re-entering the market, buying a home is a BIG deal. Come get your questions answered.

**Susan Cotteta** is a licensed realtor, and has been teaching with MALT since 2002. She works with buyers and sellers in Philadelphia, Delaware, Chester and Montgomery Counties.

**May 5 | \$20.00**

Mt. Airy Nexus, 520 Carpenter Lane

## LISTING YOUR HOME FOR SALE

SAT: 10:00 am to 12 noon

**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. She is also a registered nurse for more than 30 years and uses her science and math skills in her cold process soap making classes.

**May 30 | \$20.00**

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

\$5 materials fee payable to the instructor.

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“Dora is very knowledgeable about real estate especially the Seller's side of the deal.”

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## SO YOU WANT TO FLIP A HOUSE?

SAT: 10:00 am to 12 noon

**FH18.** We all enjoy watching the HGTV shows centered around flipping houses and seeing the huge profits that can be earned. Discussion topics will include research, networking, knowing the market, negotiations, financing, 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. She is also a registered nurse for more than 30 years and uses her science and math skills in her cold process soap making classes.

**April 18 | \$20.00**

MALT Office, 6601 Greene St.



## SPEED CLEANING

WED: 7:00 pm to 9:00 pm

**FH19.** Want to spend less time cleaning the house, get it done faster, better, and with less effort? No matter how many years you've been cleaning, you'll be amazed at what you'll learn!

**Leslie Robison** has provided coaching and organizing services 1999. She is passionate about helping you achieve more ease, credibility and satisfaction at home and at work. Master your day, master your life: [www.MasteryConsulting.net](http://www.MasteryConsulting.net).

**May 13 | \$24.00**

Presbyterian Church of Chestnut Hill  
8855 Germantown Ave.

## UNDERSTANDING CHRONIC DISORGANIZATION

WED: 7:00 pm to 8:30 pm

**FH20.** Do you wonder why some people have a harder time keeping things together? We'll talk about the fundamentals and underlying causes of chronic disorganization, as well as techniques and strategies to help those challenged by this common issue to make positive changes in their lives and relationships. Receive numerous resources for continued learning and support.

**Leslie Robison**

**May 27 | \$20.00**

Presbyterian Church of Chestnut Hill  
8855 Germantown Ave.

## DO-IT-YOURSELF HOME REPAIR

SAT: 10:00 am to 2:00 pm

**FH21.** Gain a basic understanding of carpentry, electrical and plumbing systems of the average house. Learn about hand tools, power tools and construction materials. Each week will have a project. We'll start with building a small wall. Learn how to measure, cut, lay out and join wooden studs. Next, install an electrical circuit through the studs and install a receptacle, wall switch and light fixture. Finally, install drywall, apply tape and joint compound/spackle.

**Paul Plevakas** is a PA licensed remodeling contractor and is knowledgeable in all aspects of home repair and remodeling. He has over 30 years of experience in plumbing, electrical, carpentry, painting, masonry, and other home repair concerns.

**June 13-27 | \$250.00**

3 sessions

\*Private home near Paper Mill +  
Cromwell Rds., Wyndmoor

\$25 materials fee payable to the instructor.

## SEEDS TO LIVE BY: CONTAINER GARDENING

SAT: 12 noon to 2:00 pm

**FH30.** You don't need a large garden space to create a productive garden. There's a side variety of produce that can be grown very effectively in containers. Learn how to use traditional and creative containers to make a very healthy garden.

**Ellen Russell** works as a tax preparer. When not preparing taxes, you can find Ellen knee-deep in mud with her vegetable garden.

**May 30 | \$20.00**

Project Learn School, 6525 Germantown Ave.  
\$25 materials fee payable to the instructor.

## BACKYARD CHICKEN KEEPING

TUE: 7:00 pm to 9:00 pm

**FH31.** 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 21-28 | \$39.00**

2 sessions

Mt. Airy Nexus, 520 Carpenter Lane



## NEW! ALL ABOUT COMPOST!

SAT: 10:00 am to 11:30 am

**FH32.** Are you unsure what to do with your kitchen, garden, and yard scraps? Would you like natural, home-made compost for your lawns and gardens in the spring? Local compost guru, Scott Blunk, will give participants a tour of the large-scale compost operation that he runs at W.B. Saul High School in Roxborough, and talk about how to turn your yard waste and food scraps into a valuable resource for your garden.

**Scott Blunk** is the Compost Manager at Henry Got Compost, the composting operation at the Weavers Way Farm at Roxborough's Saul Agricultural High School. Scott turns manure from the Saul dairy barn and Philadelphia Zoo, vegetable waste from Bennett Compost and Weavers Way Co-op, and coffee grounds from High Point Cafe into high-quality compost for the farm fields and for resale.

May 16 | \$20.00

Henry Got Crops, 7095 Henry Ave.

## THE PERFECT SPRING

WED: 7:00 pm to 8:30 pm

**FH33.** Design your own colorful basket with a living bouquet of early spring blooms: such as tulips, crocus, hyacinth, hellebores, primrose for the upcoming growing season.

**Potted Perfection** is a family owned green design consultation and install company 'Designing For A Better Tomorrow.' We do anything and everything design using sustainable practices because we feel that everything right in this world comes from nature.

April 29 | \$20.00

Unitarian Society of Germantown  
6511 Lincoln Drive

\$25 materials fee payable to the instructor.

Register by  
**April 30** for any class  
marked **NEW!** and receive  
10% off the course fee.



**Online, please enter code NEW20S. Cannot be combined with any other offer or discount. Must be requested at time of registration.**

## THE PERFECT HAND-TIED BOUQUET

THU: 7:00 pm to 8:30 pm

**FH34.** Learn how to design and make your very own hand-tied bouquet from fresh cut flowers from our garden. Plants are locally and sustainably grown in Philadelphia.

**Potted Perfection**

June 11 | \$20.00

Unitarian Society of Germantown  
6511 Lincoln Drive

\$23 materials fee payable to the instructor.

## DIVIDING PERENNIALS

SAT: 11:00 am to 1:00 pm

**FH38.** Many garden perennials, such as hosta, daylilies, and iris can benefit from being divided into multiple plants that can be spread out within your garden or shared with neighbors. This outdoor workshop is for novice gardeners or those who would simply like to learn more about what's happening below ground so they can reinvigorate their perennial plants and multiply them without spending any money. Students will have the opportunity to do some digging and potting of plants themselves with tools and materials courtesy of the Friends of Ned Wolf Park. Take home at least 2 plants.

**Eric Sternfels** is an architect/designer/artist who also works as a professional Garden Coach. He has helped develop the gardens at Mt. Airy's Ned Wolf Park and his own personal gardens to win several first prize awards from the Pennsylvania Horticultural Society.

April 25 | \$29.00

Ned Wolf Park  
SW corner of Ellet and McCallum Sts.

Rain date for the class is 4/26.



## STOCKS AND BONDS 101

WED: 7:00 pm to 8:00 pm

**FC01.** Interested in the stock market but not sure where to start? Both stocks and bonds can play a major role in helping you reach your long-term financial goals. Learn the basics of stocks and bonds and the value they can bring to your long-term financial strategy. Whether this is an introduction or a refresher, leave this class with valuable information on how you can make your money work for you.

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

June 10-17 | \$24.00

2 sessions

Edward Jones, 7151 Germantown Ave.

## VALUES-BASED INVESTING

TUE: 7:00 pm to 8:30 pm

**FC02.** Investing with your values in mind is not a new concept. Yet many investors are unaware that they can do so. We'll go over the types of values-based investing and how certain corporations are showing that it's not only good business, but it's good for business. What to look for in an investment to help ensure it aligns with your goals will also be discussed.

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

April 28 | \$20.00

MALT Office, 6601 Greene St.

## WHAT IS YOUR SOCIAL SECURITY STRATEGY?

THU: 7:00 pm to 9:00 pm

**FC03.** Social Security is fairly simple provided you worked long enough to earn the required number of quarters and were never married. However, when you add two-income couples and/or divorce into the mix, both historically high among baby boomers, the decisions become very complicated. Making the wrong choices can result in less income for the rest of your life. We'll walk you through common, but surprisingly complex situations and provide strategies to maximize your benefits.

**Eric Dean**

May 21 | \$24.00

MALT Office, 6601 Greene St.

Eric can teach you how to select investments that match your BELIEFS and VALUES.





Rachael can help you make a **PLAN** to meet your financial goals.

## ABCs OF ESTATE PLANNING

TUE: 6:45 pm to 9:00 pm

**FCo4.** 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 5 | \$20.00**

United Lutheran Seminary  
7301 Germantown Ave.  
Brossman Center Room 301

## MILLIONAIRES IN TRAINING

THU: 7:00 pm to 9:00 pm

**FCo5.** Learn the tools and principals millionaires use to make something out of nothing and maintain their success when it comes to finances. These include budgeting in categories, shopping around for service prices (insurance, etc.), and putting as much money into retirement savings as possible. Discuss the importance of having multiple streams of income and create individual plans to reach your short term and long term financial goals. You can achieve financial freedom by making wise money decisions!

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

**June 4 | \$24.00**

Mt. Airy Nexus, 520 Carpenter Lane

## RETIREMENT PLANNING TODAY®

**Co6.** 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. May 4-11 | \$49.00**

2 sessions

**MON: 6:30 pm to 9:15 pm**

Community College of Philadelphia  
1700 Spring Garden St.  
Winnet Building, room S2-03

**B. May 12-19 | \$49.00**

2 sessions

**TUE: 6:30 pm to 9:15 pm**

Temple University, 1515 Market St, Suite 215

Course fee includes \$25 materials fee for a 225-page illustrated textbook.

## WEALTH CREATION TODAY®

**FCo7.** This class takes a comprehensive, objective approach, giving you indispensable tools to avoid mistakes and recognize smart solutions for your personal financial wellness. Learn how to avoid common investment mistakes, prioritize which debts to pay off first, maximize employer benefit plans, compare types of insurance, and so much more. Ideal for working professionals, age 35-50.

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

**A. May 7-14 | \$49.00**

2 sessions

**THU: 6:30 pm to 9:00 pm**

**B. May 13-20 | \$49.00**

2 sessions

**WED: 6:30 pm to 9:00 pm**

Temple University, 1515 Market St, Suite 215

Course fee includes \$25 materials fee.

## MONEY BASICS: THE MONEY FORMULA

**SAT: 1:00 pm to 3:00 pm**

**FCo8.** This is a fundamental course that teaches students the 3 basic principals of money: earn, save, and invest. Learn how the basic principals of money work together to create generational wealth, increased cash flow, and little to no debt. The principals work for every income range and all education levels. Take control over your financial future and feel like an expert. If you stick to the principals, you will notice an immediate change in your finances.

**Rochelle Thomas** has 10 years of experience working with local non-profits as a consultant and personal financial counselor. She earned a Bachelor of Business Administration & Management with a concentration in Economics along with several other professional certifications in financial literacy, homeownership, and foreclosure prevention.

**June 13 | \$34.00**

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301

\$5 materials fee payable to the instructor.

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“Very, very informative. Deric knows & understands the business. His book was helpful!”

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

**SAT: 9:00 am to 12 noon**

**FCo9.** If you're in the market to buy an automobile, you don't want to miss this class! Purchasing a car is often the second most expensive purchase of a person's life (buying a home being number one). It's important to understand the car buying process and avoid the rip-offs and scams. We'll share some of the top 10 secrets that can help save you thousands of dollars and avoid buying a clunker.

**Deric Dandridge** is a business owner with 20 years in the credit repair business and 23 years in the auto sales industry. He is now sharing his experiences across the country through Dandridge Seminars Training Group.

**June 6 | \$39.00**

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301

\$10 materials fee payable to the instructor.



 [mtairylearningtree](#)

 [mtairylearningtree](#)

## TOP 10 TOOLS FOR FINANCIAL SUCCESS

WED: 7:00 pm to 9:00 pm

**FC10.** Saving and investing tools are different from the ones our parents used. Today's foundational tools require more understanding and proactive choices to secure our financial futures. We'll cover the emergency fund, budget and net worth statements, employer retirement plans, credit scores, index and life cycle funds, IRA options, and health savings accounts in detail. Bring questions you have about any of these. Leave with an action plan to enhance your financial health along with a customizable personal finance workbook.

**Vanessa Lowe** has been hosting personal finance workshops for more than 25 years. She's worked in community development finance for more than 20 years and has an MBA from the Wharton School.

June 3-10 | \$59.00

2 sessions

Mt. Airy Nexus, 520 Carpenter Lane

\$10 materials fee payable to the instructor.

## DEBT-FREE LIVING

TUE: 7:00 pm to 9:00 pm

**FC11.** Are you ready to free yourself from the burden of debt? Receive 2 simple, but critical, tools needed to develop a debt payoff plan: the budget and the net worth statement. With these you'll compile and prioritize your debts, and then create a budget that shows how much you can apply to your debt burden each month. Between classes compile your data and fill in the worksheets. Then we'll discuss a variety of paydown strategies, challenges, and hear insights you've had after compiling your financial statements. Walk away with a debt payoff plan and financial tools for life.

**Vanessa Lowe**

June 16-23 | \$44.00

2 sessions

Mt. Airy Nexus, 520 Carpenter Lane

\$10 materials fee payable to the instructor.

## \$50 WEALTH BUILDER

SAT: 10:00 am to 12:30 pm

**FC12.** Safely invest with as little as \$50! Learn how you can grow money even in this tough market. In one information-packed session you can learn how to wisely and profitably begin building your own financial empire as a small investor. This seminar was created specifically to meet the needs of the low- and middle-income investor. Safely buy high-potential stocks for as little as \$50 a month (with no commissions!) while minimizing risk; buy gold and silver for as little as \$50; start a high-powered financial portfolio for \$100; invest in mutual funds; and virtually guarantee \$1 million for your retirement!

**Paul Mladjenovic** is a Certified Financial Planner, teacher, author of "Stock Investing for Dummies" and "Precious Metals Investing for Dummies" and is the editor of the Prosperity Alert newsletter at ProsperityNetwork.net.

May 30 | \$59.00

United Lutheran Seminary  
7301 Germantown Ave.  
Brossman Center Room 301

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

## ULTRA-INVESTING USING OPTIONS

SAT: 2:00 pm to 4:30 pm

**FC13.** 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**

May 30 | \$59.00

United Lutheran Seminary  
7301 Germantown Ave.  
Brossman Center Room 301

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

## GETTING PAID TO TALK: AN INTRODUCTION TO PROFESSIONAL VOICE-OVERS

THU: 6:30 pm to 9:00 pm

**FC16.** Have you ever been told that you have a great voice? Explore numerous aspects of voice-over work for television, film, radio, audio books and the Internet in your area. We will cover all the basics, including what voices are in demand, how to build success part time, and how to prepare the all-important demo. This class is informative and a great first step for anyone interested in voice acting professionally. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! As with any career, expect to invest in additional training and equipment beyond this workshop.

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

**June 4 | \$34.00**

United Lutheran Seminary  
7301 Germantown Ave.  
Brossman Center Room 301

## 10 STRATEGIES FOR JOB HUNTING OVER 50

WED: 7:00 pm to 9:00 pm

**FC17.** Are you 50 or better and frustrated or discouraged by your job search? You will leave these sessions with strategies and tips to energize your job search. Learn how to get past the bots by modernizing your search strategy, resume and interview skills. These are interactive sessions so come ready to explore and discover!

**Robin Wilson-Tolbert** is a certified professional coach who has 25+ years of HR and business experience spanning many industries and functions, from non-profits to Fortune 500s. As a career coach, Robin works with clients from across the globe and from many disciplines (technical to creative).

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

2 sessions

Work Mt. Airy  
6700 Germantown Ave., Lower Level

\$10 materials fee payable to the instructor.

## NEW! NETWORKING FOR SUCCESS

MON: 7:00 pm to 9:00 pm

**FC18.** Do you have to attend several social or networking gatherings for your company or to get exposure for your organization? Do you become anxious and uncomfortable having small talk with new people you meet not knowing how to properly share your thoughts and ideas? Gain tips and tools on how to increase your confidence in social gatherings, grow your social capital and network for success.

**Jeffrey Jones** is the Senior Consultant for GDA Consulting, an agency aimed directly at helping people to improve their performance in order to reach their maximum purpose in every area of their life. He is also an author, "Words Of Encouragement" and the host of Community Voice Radio Talk Show on 106.5 FM.

**June 1 | \$29.00**

MALT Office, 6601 Greene St.



## FOLLOW YOUR PASSIONS IN AN ENCORE CAREER

THU: 6:30 pm to 8:30 pm

**FC19.** This course is for people approaching the conventional retirement age who want a more exhilarating and purposeful next chapter of their lives. An "encore" career - making a difference while making a living - can be that next chapter. People with a higher sense of purpose have been found to have half the mortality rate of those with a lower sense of it and are 2.4 times less likely to develop Alzheimer's. Use "design thinking" to reflect on your passions and interests, imagine what your encore career possibilities might look like and begin developing a strategy for exploring them.

**Yosaif August,** ACC, has had several encore careers since turning 50: certified life coach, workshop leader, inventor, NIH-funded researcher, published author, speaker, composer and leader of men's retreats. See more at: [www.yestolifecoaching.com](http://www.yestolifecoaching.com).

**June 18-25 | \$44.00**

2 sessions

Wesley Enhanced Living  
6300 Greene St.

\$15 materials fee payable to the instructor.

## NON-PROFIT START-UP MADE EASY

WED: 7:00 pm to 9:00 pm

**FC20.** Are you thinking about starting a non-profit? Find out how Mt. Airy Community Services Corporation (MACSC) can make it easy to obtain the 501(c)(3) status, by-laws, other organizing documents, and insurance you might need in order to become a legal non-profit. Gain the information about the processes needed for incorporation whether you choose to join MACSC or incorporate independently. [MACSC is the umbrella for the Mt. Airy Learning Tree and other organizations serving Northwest Philadelphia.]

**Bob Rossman** is President of Mt. Airy Community Services Corporation, treasurer of MALT, and active in a variety of other community organization.

**Pam Pittenger** is the administrator of Mt. Airy Community Services Corporation.

**May 20 | \$29.00**

United Lutheran Seminary  
7301 Germantown Ave.  
Brossman Center Room 301

## PUBLIC SPEAKING FOR EVERYONE

TUE: 7:00 pm to 9:00 pm

**FC21.** Do you hate getting up to make a speech? Join the crowd — but wait, you can't... you're the speaker! Public speaking is often the stuff of nightmares, but you will see that it can be fun. Moreover, learning to give a speech (formally and informally) can help you advance causes you care about as well as your career. Learn to speak with power and poise, how to write a speech quickly and ways to combat nerves. Join us in a supportive atmosphere to learn this empowering skill.

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

**May 12-19 | \$49.00**

2 sessions

United Lutheran Seminary  
7301 Germantown Ave.  
Brossman Center Room 301

\$10 materials fee payable to the instructor.

"This class helped me to get over my fear of public speaking and gain **CONFIDENCE** in my ability to speak."



## KNOW YOUR RIGHTS AT WORK

WED: 7:00 pm to 9:00 pm

**FC22.** Some companies say "we're one big family," but I don't remember my parents ever downsizing my brothers for lower-salaried siblings... The workplace has changed, from a relationship built on loyalty to one that is at arm's length and legalistic. Learn the rules of work, and how to survive and thrive. Protect yourself from discrimination and "workplace bullying," and maximize opportunities in good and bad times, including dealing with severance and non-compete agreements.

**Brian Foley**

June 3 | \$20.00

Mt. Airy Nexus, 520 Carpenter Lane

## PROBLEM SOLVING TECHNIQUES TO ACHIEVE GOALS IN WORK AND LIFE

SAT: 11:00 am to 1:00 pm

**FC23.** Learn how to break through creative blocks or launch your entrepreneurial ideas from a wide variety of experts including authors, entrepreneurs, athletes, artists, and scientists. Learn and try out problem solving strategies such as lateral thinking, oblique strategies, mind mapping, brainstorming, role play, and other tools. These techniques can help you streamline your business and up your performance at work, think up new products, services, and customer bases, save time and money, make art, and have more fun. We will work as a class, individually, and break out into groups. This will be a fast-paced learning experience!

**Geoff Keston** is an Adjunct Assistant Professor at Temple University and is currently pursuing a Master's degree in Critical and Creative Thinking at the University of Massachusetts Boston.

**Brian Foley**

April 25 | \$24.00

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

\$5 materials fee payable to the instructors.



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

## TEACH YOUR PASSION THROUGH MALT!

WED: 7:00 pm to 8:30 pm

**FC28.** Do you have a passion or expertise you are interested in sharing with your neighbors? Come and learn more about what it takes to teach with MALT. MALT offers 800+ classes each year, and course ideas are limited only by our collective imagination. Our teachers are people like you - people who want to share their passions with other adults and who believe in community-oriented exchange. This FREE event will include a short presentation as well as Q&A with MALT staff and current teachers, all about how to become a MALT instructor.

May 6 | **FREE!** Pre-registration requested.

Lovett Library, 6945 Germantown Ave.

## FIERCE AND FIT OVER 40

WED: 6:00 pm to 7:15 pm

**EX03.** We will use small weights (low impact) to sculpt the arms and the back, some specific exercises to strengthen the core, and a series of muscle confusion workouts to firm up and shape the glutes.

**Sophie Bernard** has been doing yoga for nearly 18 years. In 2007, she obtained her 200 hour yoga certification in Inner Fire Yoga from Yoga on Main. She is also a Reiki Master. Her website is: [www.voilawellness.com](http://www.voilawellness.com).

**April 22 - May 27 | \$74.00**

6 sessions

\*Private home near Westview St. and Germantown Ave.

Wear comfortable clothes, bring a small towel, your own yoga mat and hand weights (2 or 3 lb is usually sufficient) or rent them for a small fee of \$2 for a mat and \$3 for the pair of weights payable to the instructor at each class.

## CHAIR YOGA, DANCE, AND MAT

**EX01.** Improve mobility and cardiovascular health with an invigorating yoga sequence using a chair as a support, before challenging your body AND brain (memory) with a choreographed dance sequence. Then come down onto the mat for stretching and deep relaxation. Ideal for older adults or those with injuries or limited abilities.

**Jeni Smith**, RYT-200, has been teaching yoga throughout Northwest Philadelphia since 2014. She is the owner of Good Wolf Studio in Germantown.

**A. April 28 - May 26 | \$59.00**

5 sessions

TUE: 11:00 am to 12 noon

**B. June 2-30 | \$59.00**

5 sessions

TUE: 11:00 am to 12 noon

Good Wolf Yoga, 228 W. Harvey St.

Shape your **STRONG** and beautiful body with Sophie's help.



## ZUMBA® WITH ZOE BROWN

THU: 7:00 pm to 8:00 pm

**EX02.** 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 exotic movements! Please dress comfortably and bring non-marking, indoor sneakers.

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

**April 23 - June 11 | \$96.00**

8 sessions

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

## FACE-LIFT!

TUE: 7:00 pm to 8:00 pm

**EXo4.** Face-LIFT is a holistic technique to tighten the skin, reduce wrinkles, brighten the eyes, and change features of the face WITHOUT money, surgeries, or scars! Learn Nga's 60-second Face-LIFT Method, and other face-sculpting techniques in this fun and user-friendly introductory course.

**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. Follow Nga on Instagram @holisticnga.

**May 12 - June 2 | \$54.00**

4 sessions

Wesley Enhanced Living  
6300 Greene St.

## '80S AEROBICS

MON: 6:45 pm to 7:45 pm

**EXo5.** Remember when exercise was fun? It can be again. Experience this moderate level traditional, '80s style aerobics class. The easy-to-follow routine is choreographed to a FABULOUS eclectic mix of music. This one-of-a-kind class is fun and energizing in a supportive and inclusive environment. The philosophy of this moderate level class is to encourage exercisers to work at their own pace and within their own challenges.

**Lisa Klauder** has been a fitness instructor for more than 30 years. She has taught corporate and public classes including kids and senior fitness classes. Lisa has a certification in Group Exercise from the Aerobics and Fitness Association of America (AFAA).

**April 20 - June 15 (no class 5/25) | \$79.00**

8 sessions

Chestnut Hill United, 8812 Germantown Ave.

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

Fewer than 5,  
the Class takes  
a Dive!

Please  
register  
early.



## POLE DANCE AND FITNESS

SAT: 11:00 am to 12 noon

**EXo6.** Your pole dance journey begins here! Beginners will learn various pole, dance and fitness moves. You will also learn how to incorporate these moves, which tighten and tone your body, into a routine. All levels are welcome, and no experience is required.

**Tara Johnson** began taking pole classes as a hobby in 2014 and immediately fell in love. She became an instructor in 2015 and taught all levels of pole classes in Maryland before moving back to Philadelphia in 2018. Tara launched her own pole business, Pole Empress, LLC, in January 2019.

**April 18 - June 6 (no class 5/9) | \$79.00**

6 sessions

Pole Empress, 216 Apsley St.

ALLERGY WARNING: There is a cat that wanders through the space. ATTIRE: t-shirt, tank top or sports bra; leggings, capris, or shorts (shorts are preferred). For shoes, heels are optional or go barefoot. For your safety and others, please DO NOT WEAR any jewelry, soaps, oils or lotions to class. Pole Empress does not offer child care and children are not permitted in the studio during class.

## KARIBBEANKRAZE

THU: 7:00 pm to 8:00 pm

**EXo7.** KaribbeanKraze is a Caribbean dance fitness program teaching you step-by-step Caribbean dance moves to afro beats with total body exercises. This workout is for all fitness levels that will strengthen, tone, build stamina, and shred fat! Be prepared for parties, weddings, and carnivals while learning original Caribbean Style line dances called KrazelLine.

**Marcia Moore** is a certified PKFit instructor and HiYo aqua HIIT certificate holder. She has taken her journey, love for dancing, and her Jamaican culture and created a fitness program to promote health and wellness for all fitness needs and levels.

**May 21 - June 25 | \$74.00**

6 sessions

Waldorf School of Philadelphia  
6000 Wayne Ave.

Optional materials to bring to class: mat, belly dancing hip scarf, light weights.

## HULA HOOP DANCE CARDIO

MON: 7:00 pm to 8:00 pm

**EX08.** Who says fitness can't be fun? Hula hooping can burn up to 600 calories per hour. It tones while creating lots of smiles and laughter. We'll hula-hoop to hot contemporary and retro music with the hoop on and off our bodies. Get a great workout, whether you're a newbie or experienced. De-stress and spend a fun hour off-the-grid - you deserve it.

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

**April 20 - June 1 | \$64.00**

6 sessions

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

You'll need an adult hula-hoop with grip taping, 38" (petite) to 42" in diameter, 3/4" tubing and 160 psi. Or measure floor to belly button for diameter. Affordable hoops are available online starting at \$18 from Katie Sunshine Hoops or Hoop Mamas.



## KICKBOX DANCE CARDIO: FUN FITNESS!

TUE: 7:15 pm to 8:15 pm

**EX09.** Boxing is like a powerful dance. You bob and weave. You glide and slide. You punch and prance. And yes, you sweat and dance. Add a few kicks and some basic footwork. Now watch your coordination and balance improve. You'll move from high energy to a slower speed in intervals and at your own pace. It combines kickboxing with cardio dance moves — grooving to contemporary and retro beats. Spend your fun fitness hour melting away calories and that nasty thing called stress, while tightening and strengthening your mind and body.

**Gayle Herbert Robinson**

**April 21 - May 26 | \$64.00**

6 sessions

Chestnut Hill United, 8812 Germantown Ave.

Bring a towel and plenty of water.

## FIT POSSIBILITIES

**EX10.** For beginners to intermediate fitness enthusiasts, whether you have never exercised or exercise regularly. The goal is to improve flexibility, balance, joints, core strength and overall ability to be more efficient in your daily activities. The doable, essential exercises will also improve cognition and the overall function of the body systems. This is not for extreme athletes. There will be options to sit or stand throughout the class.

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

**A. April 20 - June 15 (no class 5/25) | \$79.00**

8 sessions

MON: 9:00 am to 10:00 am

**B. April 24 - June 12 | \$79.00**

8 sessions

FRI: 9:00 am to 10:00 am

Grace Epiphany Church, 224 E. Gowen Ave.

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

## STRETCH 4 LIFE FOR SENIORS

**EX11.** 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.

**Yvonne Ferguson-Hardin**

**A. April 20 - June 15 | \$89.00**  
(no class 5/25)

8 sessions

**MON: 10:00 am to 10:45 am**

**B. April 24 - June 12 | \$89.00**

8 sessions

**FRI: 10:00 am to 10:45 am**

Grace Epiphany Church, 224 E. Gowen Ave.

Wear comfortable clothes and shoes and bring a water bottle.

## FERGIE'S FIT BOOTCAMP

**SAT: 6:45 am to 7:45 am**

**EX12.** Come and participate in a fun, extreme workout comparable to crossfit and P90X. The format will vary with jogging, sprinting, lunges, squats, pushups, partner exercises, and much more. We'll vary the routines with challenging bouts of cardio and strength moves. Participants will be encouraged to pace themselves but challenge their bodies. This class is for all levels.

**Yvonne Ferguson-Hardin**

**April 25 - June 20 | \$89.00**

9 sessions

Northwestern Stables

120 W. Northwestern Ave.

Bring water and a small towel.



## ZUMBA GOLD®

**TUE: 10:30 am to 11:20 am**

**EX13.** The Zumba Gold program combines the enticing world rhythms of Zumba with the strength-training techniques of the Zumba Toning Program, creating an easy-to-follow, health boosting dance-fitness program for the active older adult as well as beginners. You are welcome to bring your own 1-2 lbs weights to build strength and tone all the target zones. Class includes a great chair workout for those who want it. \*No dance experience required.

**Karen Taylor Young** is a retired professional dancer with over 35 years of experience who currently teaches and choreographs. She is a founding member of Philadanco, Opera Company of Philadelphia, and a former musical theater choreographer at Germantown Friends School. She holds 9 Zumba® licenses and is a certified Silver Sneaker Boom Mind Instructor.

**May 5 - June 23 | \$74.00**

8 sessions

Kappa Achievement Center  
5521 Germantown Ave.

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

## BOXING FITNESS ACTION

**EX14.** Do you need stress relief? Looking for fitness that gives you a happy high? Put on boxing gloves and do a fun, challenging workout guided by a National Golden Gloves champion. Learn how to throw a real punch and get in some strong kicks. Boxing is considered by researchers to be one of the most effective workouts you can do for overall toning, strength and conditioning. All levels of fitness.

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

**A. May 20 - June 17 | \$60.00**

5 sessions

**WED: 7:30 pm to 8:20 pm**

**B. May 26 - June 23 | \$60.00**

5 sessions

**TUE: 11:00 am to 11:50 am**

Action Karate, 11 W Mt Airy Ave.

\$49 materials fee payable to the instructor for boxing gloves and a t-shirt.

Why not try boxing?  
It's a **FUN** and  
**CHALLENGING**  
workout that works  
your whole body.

## INTRO TO PONY POWER, AGES 7-14

FRI: 4:30 pm to 6:00 pm

**KDo1.** 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 for over 15 years. She has also been riding competitively since her early teens. She loves teaching riding and is passionate about helping riders to reach their personal goals.

**April 24 - May 15 | \$119.00**

4 sessions

Bill Pickett Riding Academy  
2100 Martin Luther King Dr.

If you have any questions prior to the class, please call Misty at (267) 997-9220.

## TODDLER BALLET/TAP, AGES 3-5

**KDo2.** This is a wonderful intro to dance that is both structured and fun! Children will learn basics of both dance forms including rhythm and positions of the feet and arms. We will also explore jumping, turning, creative movement and the experience of a solo performance! MUST be 3+ and potty trained.

Offered by the **staff of Mt. Airy Performing Arts** under the Artistic and Managing Director, Kim Williams. For more information go to: [mtairyperformingarts.org](http://mtairyperformingarts.org).

**A. April 18 - June 13 | \$96.00 (no class 5/23)**

8 sessions

**SAT: 9:00 am to 9:55 am**

Performance on June 14.

**B. April 23 - June 11 | \$96.00**

8 sessions

**THU: 5:00 pm to 5:55 pm**

Performance on June 13.

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 items available to borrow.

## BOYS' TAP/HIP-HOP/STEP/BREAKDANCING, AGES 7-16

**MON: 6:00 pm to 7:00 pm**

**KDo3.** This exciting, energetic, crazy class is just for boys. There's a little taste of everything while learning rhythm and basic moves. Students learn a dance routine with all the elements included, making them the coolest kids in town. Tap shoes are supplied.

Offered by the **staff of Mt. Airy Performing Arts**.

**April 20 - June 15 (no class 5/25) | \$96.00**

8 sessions

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

Performances on June 13 and 14.



## ART FOR CHILDREN, AGES 5 AND UP

SUN: 9:00 am to 10:30 am

**KDo4.** Children will learn solid art skills, and each one will get to express his or her unique vision. Each series includes 2D projects, like drawing and painting, and 3D projects, like sculpture or sewing. These projects are developmentally appropriate, so they are challenging without being frustrating. Our classes together will be fun and inspiring!

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

**April 19 - June 14 (no class 5/24) | \$136.00**

8 sessions

Mindy Flexer Art School, 5225 Greene St.

\$10 materials fee payable to the instructor.

## BEGINNING GUITAR FOR KIDS, AGES 5-12 YEARS

MON: 7:00 pm to 7:30 pm

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

Offered by the **staff of Chestnut Hill Music Academy** under director Mickey Leone - a full service school in Chestnut Hill providing training on all instruments and voice to all ages. Info at [www.chestnuthillmusic.com](http://www.chestnuthillmusic.com).

**May 4 - June 1 (no class 5/25) | \$39.00**

4 sessions

Chestnut Hill Music Academy  
22 E. Chestnut Hill Ave.

Music lessons build confidence, cultivate patience and discipline, encourage creative expression, and are FUN!



## INTRO TO PIANO FOR KIDS, AGES 5-11 YEARS OLD

WED: 6:00 pm to 6:30 pm

**KDo6.** 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.

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

**May 6-27 | \$39.00**

4 sessions

Chestnut Hill Music Academy  
22 E. Chestnut Hill Ave.



 [mtairylearningtree](https://www.facebook.com/mtairylearningtree)

 [mtairylearningtree](https://www.instagram.com/mtairylearningtree)

## BROGA

SAT: 9:00 am to 10:00 am

**MB01.** Are you a man interested in practicing yoga, but have always felt "not flexible enough"? Then Broga is the course for you! Designed specifically for the beginning male practitioner, this series will take you through all of the fundamental yoga poses, building strength, balance, flexibility, and focus. Appropriate for all fitness levels, modifications and hands-on adjustments will be given, when needed.

**Jeni Smith**, RYT-200, has been teaching yoga throughout Northwest Philadelphia since 2014. She is the owner of Good Wolf Studio in Germantown.

**April 18 - May 16 | \$59.00**

5 sessions

Good Wolf Yoga, 228 W. Harvey St.

Bring your own yoga mat, if you have one.

## YOGA/PILATES MIX

MON: 7:00 pm to 8:00 pm

**MB02.** Stretch the muscles of the core with yoga, then strengthen the muscles with Pilates. This is a great combination for the body and mind. Suitable for those familiar with yoga and athletic beginners. Bring a mat.

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

**April 20 - June 15 (no class 5/25) | \$79.00**

8 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview

\*Class is held in the Gym, 2nd floor.

## INTRO TO EIGHT LIMBS OF YOGA

SUN: 10:00 am to 11:00 am

**MB03.** Each class will provide an introduction to the 8 limbs of yoga principles, with gentle yoga posture sequences. You will learn how each of the principles, breath and yoga postures are connected.

**Linda Kish** is a Reiki level II practitioner, has ryt 200 hours plus yoga alliance and 20 years' experience in healthcare and oncology research. She has been leading and teaching various yoga disciplines for 15 years and is a helpline volunteer for Living Beyond Breast Cancer for 10 years.

**April 19 - June 7 (no class 5/10, 5/24) | \$76.00**

6 sessions

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

Mat, towel or blanket required and notebook (optional).

## YOGA FOR BONE HEALTH

WED: 5:45 pm to 6:45 pm

**MB04.** 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**

**April 22 - May 27 | \$76.00**

6 sessions

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



MALT has a yoga class  
for **EVERY BODY.**

## NEW! MAT PILATES WITH THE MAGIC CIRCLE

MON: 7:00 pm to 8:00 pm

**MBo5.** This Mat Pilates class combines the traditional weight bearing Pilates exercises with highly effective tension release moves using the small props such as the magic circle. Benefits include improved posture, better coordination and balance, increased lung capacity, improved concentration and focus, increased body awareness, stress management, and injury prevention.

**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).

April 20 - May 18 | \$59.00

5 sessions

Violets in Bloom

7906 High School Rd, Elkins Park

## YOGA FOR BEGINNERS AND ALL

WED: 5:30 pm to 6:30 pm

**MBo6.** Transition into your evening with a meditative all-levels yoga flow to build strength, open your body, get energy flowing, and calm your mind. Great for beginners and all bodies. You are welcome here, exactly as you are today, to reduce stress and give self-love to your body.

**Mary DiMeglio (Mare Bear)** is founder and director of Mishana Yoga & Wellness in East Falls, Philadelphia. She is a Yoga Alliance Registered Teacher (500 hours), Certified in Yoga for Recovery, a SpiritDance SoulSong Certified Teacher, Certified Life Coach, and Reiki Master. Learn more on [www.mishanayoga.com](http://www.mishanayoga.com).

April 29 - May 27 | \$49.00

5 sessions

Mishana Yoga + Wellness, 3300 Henry Ave.

## FUNKY YOGA DANCE

TUE: 6:00 pm to 7:00 pm

**MBo7.** Funky Yoga Dance combines guided dance moves and classic yoga poses to great music on vinyl records. Each class will be a unique experience as the different types of music — funk, jazz, rock, reggae, hip-hop, soul, Afrobeat, disco and Indian Bhangra music — inspire us to move our bodies in different ways. The class is super fun and playful. Great for beginners, this is the yoga and dance for Every Body. Why vinyl? We hear music with our entire body. It has electromagnetic energy. Greater spectrum of sound frequencies, analog sound feels better than digital.

**Mary DiMeglio (Mare Bear)**

May 5 - June 9 | \$59.00

6 sessions

Mishana Yoga + Wellness, 3300 Henry Ave.

## QIGONG FOR HEALTH AND WELLNESS

TUE: 7:00 pm to 8:00 pm

**MBo8.** QiGong has roots in ancient China, where adepts explored the inter connectedness of all creation. Developing a system of postures and breathing, they advanced a method known as QiGong - the practice of working with Qi (energy/life force). Regular practice of QiGong has a long history of benefits for the physical, emotional, mental and spiritual aspects of life. QiGong can be adapted to meet anyone's needs; practice can be done in a bed, sitting or standing; all movements can be modified to accommodate any ability.

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

April 21 - May 26 | \$64.00

6 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview

\*Class will be held downstairs in the Common Room.

## RADIANT LOTUS WOMEN'S QIGONG

THU: 7:00 pm to 8:30 pm

**MB09.** Learn gentle, yet powerful exercises for loving and caring for your body, reducing tension, and developing your intuition and personal power. Radiant Lotus Women's Qigong was developed by Daisy Lee, based on practices passed down to her by Chinese, Tibetan, and western master teachers. Qigong (literally, cultivating energy) is an ancient Chinese system for healing and spiritual development. In contrast to general Qigong classes, these exercises are specifically designed to support women's bodies and hormonal systems. Open to new and returning Radiant Lotus qigong students.

**Moon Smith** is a nurse midwife who has been studying qigong with several master teachers for more than ten years and integrates Qigong practice into the support and healing of the female body.

**Malkah Binah Klein** is a rabbi who has been studying and teaching qigong and other practices for transforming energy, including sacred chant, for over 10 years.

**April 23 - May 28 | \$89.00**

6 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview

\*Class will be held downstairs in the Common Room.

## YOGA, A CHAIR AND YOU

FRI: 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.

**April 24 - May 22 | \$74.00**

5 sessions

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

## SELF-DEFENSE FOR OLDER ADULTS

THU: 12:00 pm to 1:15 pm

**MB11.** Adults age 55+ are welcome 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 21 - June 11 | \$44.00**

4 sessions

Action Karate, 11 W Mt Airy Ave.

\$39 materials fee payable to the instructor for required uniform.

## T'AI CHI AND ART AT WOODMERE

SUN: 10:00 am to 11:00 am

**MB13.** Enjoy t'ai chi on the grounds of the Woodmere Art Museum. Vicki will give a demonstration of the Cheng Man Ch'ing Short Form and teach some warm-up exercises that utilize the primary t'ai chi principles. No prior t'ai chi experience needed. After the workshop enjoy a free visit to the museum and explore their exhibits.

**Vicki Mehl** has studied the Cheng Man Ching Yang Style Short Form since 1995. She stuck with T'ai Chi because it has innumerable physical and mental health benefits and there is always more to learn.

**April 5 | \$20.00**

Woodmere Art Museum  
9201 Germantown Ave.



## T'AI CHI - YANG STYLE: LEVEL ONE

**MB14.** Yang style t'ai chi, in the style of Cheng Man Ching, is a low impact exercise that can also be considered a moving meditation. It has a wealth of benefits for physical and mental health, including the improvement of balance, reflexes and strength, boosting the immune system, lowering blood pressure and stress levels, improving focus and resilience. This class is for those who are new to t'ai chi, or have recently begun to learn the Yang Style short form. Wear loose, comfortable clothing and flat-soled shoes.

**Kurt Findeisen** has studied T'ai Chi Ch'u'an 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.

**Vicki Mehl** has studied the Cheng Man Ching Yang Style Short Form since 1995. She stuck with T'ai Chi because it has innumerable physical and mental health benefits and there is always more to learn.

**A: Vicki Mehl**

**April 21 - June 30 (no class 5/19) | \$109.00**

10 sessions

**TUE: 10:00 am to 11:00 am**

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

**B: Vicki Mehl**

**April 22 - July 1 (no class 5/20) | \$99.00**

10 sessions

**WED: 10:00 am to 11:00 am**

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

**C: Kurt Findeisen**

**April 30 - June 25 | \$99.00**

9 sessions

**THU: 7:00 pm to 8:00 pm**

Chestnut Hill United, 8812 Germantown Ave.

## T'AI CHI CH'UAN: CONTINUING

**THU: 8:00 pm to 9:00 pm**

**MB15.** Continue the study of T'ai Chi Ch'u'an 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 30 - June 25 | \$99.00**

9 sessions

Chestnut Hill United, 8812 Germantown Ave.

## T'AI CHI - YANG STYLE: LEVEL TWO

**WED: 12:30 pm to 1:30 pm**

**MB16.** See Level One description. Level Two is for students who have learned the First Third of the Cheng Man Ch'ing Short Form, or by permission of the instructor.

**Vicki Mehl**

**April 22 - July 1 (no class 5/20) | \$109.00**

10 sessions

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

## T'AI CHI - YANG STYLE: LEVEL THREE

**WED: 11:15 am to 12:15 pm**

**MB17.** Level Three is for students who have completed Level II and/or have permission of the teacher. We will delve more deeply into the development of chi, the internal energy that is the true source of power in t'ai chi. Classes will include on-going form correction and holding postures to develop root, softness, flexibility and flow.

**Vicki Mehl**

**April 22 - July 1 (no class 5/20) | \$109.00**

10 sessions

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

Meditation in motion!  
Feel your feet on the  
earth as you practice  
**T'AI CHI** on Woodmere's  
beautiful grounds.

## T'AI CHI FOR HEALTH

TUE: 7:30 pm to 8:30 pm

**MB18.** 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.

May 12 - June 23 (no class 6/2) | \$69.00  
6 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

## ALEXANDER TECHNIQUE: RETURNING TO YOUR ESSENTIAL NATURE

SUN: 4:00 pm to 6:00 pm

**MB20.** In today's world, it's easy to get pulled away from the very support and balance needed to get through the day, resulting in unnecessary tension and fatigue. The Alexander Technique is a practice of self-care that engages and unifies mind and body to support optimal health. It not only reduces tension and pain, but also improves performance, skill, coordination, flexibility and breathing. Using light touch, the instructor invites you to explore the relationship between your thoughts and your physical body, helping release restrictive habits and embody confidence and a sense of well-being.

**Anne Johnson**, a Certified Teacher of the Alexander Technique and Art of Running instructor, has been teaching for MALT since 1995. She teaches individuals and groups in her Mt. Airy studio and surrounding areas, as well as at the Boyer College of Music at Temple University. Anne travels worldwide teaching this rich body of work to people of all ages, professions, skill levels and diverse backgrounds.

May 3 | \$34.00

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



## RUNNING AND THE ALEXANDER TECHNIQUE

SUN: 3:30 pm to 6:00 pm

**MB21.** This one-day workshop teaches you how to access your inner spring when running. Using the body-mind awareness of the Alexander Technique, learn to run efficiently and safely. We will practice dynamic warm up and technique drills that will help prevent injuries and raise your performance. Utilizing hands-on work and video analysis, Anne will address common problems, helping you understand and experience the power of good running form. All levels of runners are welcome.

**Anne Johnson**

May 31 | \$34.00

New Covenant Church Campus  
7500 Germantown Ave.

Please come in your running gear.

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“Anne is a great source of knowledge connecting running to the Alexander technique. She was kind, patient, funny, and really made it personal for each participant.”

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## CHANGE YOUR POSTURE, CHANGE YOUR PAIN

**MB22.** Pain is a symptom of a larger problem, and that problem is often our posture. When we experience pain, that is the body's way of telling us that we are off balance and misaligned. Learn about posture therapy, a proven method that gets to the root of your chronic pain by returning your body to proper alignment. Pain-free living begins when you stop treating the symptom and start treating the cause.

**Nicole Rodriguez** is a certified Postural Alignment Specialist. She worked as a Posture Therapist at Egoscue of Philadelphia before opening Pain Free Philly. She was disabled in a car accident and a chronic pain sufferer for years until she was healed by this type of posture therapy.

**A. May 6 | \$20.00**

**WED: 7:00 pm to 8:30 pm**

**B. June 3 | \$20.00**

**WED: 7:00 pm to 8:30 pm**

United Lutheran Seminary  
7301 Germantown Ave.  
Brossman Center Room 301

## LEARNING TO READ TAROT

**WED: 7:00 pm to 9:00 pm**

**MB30.** 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 6-27 | \$49.00**

4 sessions

MALT Office, 6601 Greene St.

Please bring a tarot deck to class (preferably Coleman/Waite a.k.a Rider-Waite) or a deck that you have been using for a while.

## DREAM BIG! THE GLITZ AND GLAM VISION BOARD PARTY

**THU: 7:00 pm to 9:00 pm**

**MB31.** Create a "glitz and glam" vision board beyond your wildest dreams, using rhinestones, glitter, feathers, powerful words and images. New to vision boarding? No worries. It's a creative and fun way to reclaim your passion, with a daily reminder to "Dream Big" while staying focused on your dreams and goals. We will also introduce you to how the power of visualization, crystals and goal setting can be used to transform your life. So grab a friend and let's get this party started where dreams take flight!

**Jojo Gass**, "the girl with the big dreams," placed on her vision board in 2019, a trip to New Orleans. Before she knew it, her bags were packed and she was playing a tambourine in the streets with a local jazz band, biting into a beignet and sight seeing in the French Quarter.

**Christina Sharay** is a vibrational stylist and was one of the featured guest speakers at Style New York, hosted by Lord and Taylor. She is also a certified law of attraction coach who uses crystals, sound mediation and aromatherapy.

**June 18 | \$20.00**

MALT Office, 6601 Greene St.

\$10 materials fee payable to the instructors.

Optional: bring your favorite picture of yourself to include on your vision boards. Music and refreshments will be provided.



## DRAWING AS MEDITATION

THU: 7:00 pm to 9:00 pm

**MB32.** This is a lesson in learning to see, combined with a series of guided meditations. Learn to focus on a subject and observe things you've never noticed before. Discover how drawing can actually be a form of meditation, and how meditating can enhance your observational skills. Anyone interested in these two subjects is welcome. No previous experience in either is required.

**Debra Kapnek** is a professional artist who has been painting for over 40 years. She has taught drawing in high school, community college and privately. Having studied and practiced meditation for many years, Debra developed the concept of Drawing as Meditation gradually through her own experience. You can see her work at [www.kapnekfinearts.com](http://www.kapnekfinearts.com).

**May 7 | \$24.00**

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

Bring your own pencil and drawing pad.

## EXPLORE CRYSTAL MINERALS AND THEIR ENERGY

THU: 7:00 pm to 9:00 pm

**MB33.** Crystals are powerful conduits of energy and light that can enhance us physically and mentally while nurturing our spirits. Beautiful and mysterious, crystal minerals have been used for thousands of years for adornment, protection and healing. Learn about the history and formation of crystal mineral structures then dive into how they can be utilized for energy enhancing and balance. We will also discuss color theory and how the colors of the rainbow can electrify our inner beings and stimulate the world around us. All students will receive a bag with several crystals to take home with them.

**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).

**April 30 | \$20.00**

Violets in Bloom  
7906 High School Rd, Elkins Park



## MEDITATING WITH ROSE QUARTZ CRYSTALS

THU: 7:00 pm to 8:30 pm

**MB34.** Using rose quartz crystals is an excellent way to boost compassion as well as increase your self-care through meditation. Rose quartz can help one enhance a loving heart and achieve more loving abundance. Receive a rough rose quartz crystal (yours to keep) and be led through a semi mantra scripted journey with the ability to instantly use the crystals.

**Ava Adames**

**May 7 | \$24.00**

Violets in Bloom  
7906 High School Rd, Elkins Park

\$10 materials fee payable to the instructor.

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“Ava's class was . . . Interesting and provided a lot of information on things I knew nothing about. Very enthusiastic teacher and peers.”

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## NEW! METHODS OF MEDITATION

THU: 7:00 pm to 8:30 pm

**MB35.** Effective meditation depends on choosing, from many different methods, the technique and intensity of practice that is right for you. Explore the various ways in which a meditation practice can be personalized. Is your goal spiritual growth or stress reduction? If you need external aides, do you favor audio or visual input? Learn about and experience mantra, visualization, breathing, and basic movement methods, and engage in introspection to determine how you can best maintain a practice.

**David Low**, MS PhD is a "semi-retired" counselor, dreamworker and meditation teacher. See more about him at [davidlowmsphd.com](http://davidlowmsphd.com).

**May 14 - June 11 | \$74.00**

5 sessions

Summit Presbyterian Church  
6757 Greene St. at Westview

Bring a notebook and cushion to class.

\*Class will be held upstairs in the parlor.

## DEEP RELAXATION: THE KEY TO HAPPINESS

MON: 6:30 pm to 7:30 pm

**MB36.** If you have difficulty sleeping, feel stressed or over worked, 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. She is also a Reiki Master. Her website is: [www.voilawellness.com](http://www.voilawellness.com).

**April 20 - June 1 (no class 5/25) | \$74.00**

6 sessions

\*Private home near Westview St.  
and Germantown Ave.

The Instructor will provide a pillow, a mat and a blanket. You are welcome to bring your own. Please wear clothes that will not restrict your comfort as you will be laying down for a minimum of 45 minutes.

## NEW! EMOTIONAL COURAGE

WED: 7:00 pm to 9:00 pm

**MB37.** Based on a wonderful TED talk by Susan David called "The Gift and Power of Emotional Courage," we'll watch the TED talk and follow with a discussion. When have you had the courage to speak your truth? What were the benefits of speaking the truth and the pitfalls? What gets in the way of speaking your truth? Learn strategies for future truth telling.

**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 13 | \$20.00**

\*Private home near Wissahickon Ave.  
and Stafford St.



## LIBERATE THE POWER OF YOUR VOICE

SAT: 10:00 am to 1:00 pm

**MB38.** We use our voices every day, all day, and take them entirely for granted. We feel that if we were only more assertive, actualized or enlightened we would find a way to express our true selves. Voicework, when done with the intention of encouraging expansion of the person, opens up the areas we have been silencing for so many years and allows us to hear the fullness of ourselves. We will practice voice-work techniques that encourage full expression as well as explore the voice and our thoughts and feelings about it in a safe and stress-free environment. The purpose of this work is not to create a 'beautiful voice' but to create freedom in your voice so that you can discover and enjoy its beauty and power.

**Deborah Crane** has been helping clients "find their voice" for more than 15 years. She is experienced in Voice Movement Therapy, an expressive arts therapy which focuses on the voice as an instrument of self-expression. Her approach to voice is not based in either singing or speaking, but in helping her clients expand their voice for the purpose of living a more expressive and fulfilling life.

**May 16 | \$39.00**

United Lutheran Seminary  
7301 Germantown Ave.  
Brossman Center Room 301

## 10 WAYS FOR FEELING GOOD ABOUT YOURSELF

WED: 7:00 pm to 9:00 pm

**MB39.** How is your self-checklist for: recognizing your positive qualities, appreciating your body, extending compassion if you mess up, celebrating your completions? 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!, LLESSION C: 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. The website is [www.creatingpositive.net](http://www.creatingpositive.net).

**May 6 | \$20.00**

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

Please bring paper/pen for the exercises.

## NEW! CRITICISM UNCOVERED

WED: 7:00 pm to 9:00 pm

**MB40.** Is criticism a friend or foe? How do you react to it? Is there a brighter side to it? Join us to explore how we can view criticism and respond to it, internally and externally. We can also look at ways to neutralize and make use of the criticism that comes into our lives. Class includes discussion, group sharing, experiential exercises.

**Jan Collins**

**May 20 | \$20.00**

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

Please bring paper/pen for the exercises.

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



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“So interesting! Loved the whole experience.”

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## INTRODUCTION TO THE WORLD OF REIKI

**MB41.** Reiki is one of the best-known holistic techniques for balancing the interaction of mind, body, and spirit. It is even being used in some hospitals as a supplement to other medical treatments. This introductory overview does not require physical contact or previous knowledge, but does include basic information, fun interaction with others, and a no-nonsense look at some of the science and medical research being done with regard to reiki.

**Natalie Bliss** is a Reiki Master Teacher in the Usui Shiki Ryoho lineage and also teaches and works with sound and music for wellness. She is certified as a Holistic Healer by the American Association of Drugless Practitioners and is ordained with the PhD.SH in non-denominational spiritual healing ministry. See more about Natalie and her work at <https://nataliebliss.weebly.com>.

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

**WED: 7:00 pm to 8:30 pm**

\$5 materials fee payable to the instructor. For those who take this class, Natalie will offer \$24 off either Usui Reiki Level 1 certification training or one full private session with her through June 30.

**B. July 20 | \$24.00**

**MON: 11:00 am to 12:30 pm**

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

\$5 materials fee payable to the instructor. For those who take this class, Natalie will offer \$24 off either Usui Reiki Level 1 certification training or one full private session with her through August 31.

## ANGEL CARD READING FOR SKEPTICS AND CYNICS

**WED: 7:00 pm to 9:00 pm**

**MB42.** An enjoyable way to simplify your own decision-making, or start conversations. This class will show you how to read a card for situational clarity, without psychic ability, using easy talking points, simple meditation, and dream interpretation references. No superpowers required!

**Natalie Bliss**

**June 3 | \$24.00**

\*Private home near Germantown Ave. and McPherson St.

Class held in instructor's home. Must be comfortable with 2 flights of stairs and an indoor cat.

## SINGING BOWLS FOR WELLNESS

**TUE: 7:00 pm to 9:00 pm**

**MB43.** Explore the origins of legends, facts, and fiction that surround the beautiful sounds and healing potential of singing bowls. Try your hand at getting them to sing. Bring your own bowl, or use instructor's bowls to experiment. Debunk common marketing mythology before you purchase; learn how to use sound to stimulate your body's natural healing processes.

**Natalie Bliss**

**July 21 | \$29.00**

\*Private home near Germantown Ave. and McPherson St.

Class held in instructor's home. Must be comfortable with 2 flights of stairs and an indoor cat.



## DREAMS

WED: 7:00 pm to 9:00 pm

**MB44.** Every night, dreams bring you a tailor-made video! When those images are enlivened, we enter into a whole new relationship with ourselves and our lives. Learn about dream narratives, images and the living symbol. This class is appropriate for all who are curious: beginners, pros and even folks who "don't dream."

**Etja Ruth** works with dreams and Tarotpy®, along with other non-traditional modalities to facilitate organic processes of change or creativity. She is an Embodied Imagination® Coach, a Continuum Practitioner and a Tarotpy® Practitioner.

**April 22 - 29 | \$39.00**

2 sessions

MALT Office, 6601 Greene St.



## NEW! WHOLE HEALTH WELLNESS

THU: 6:00 pm to 8:00 pm

**MB49.** We are all complete humans surrounded by peace, joy and love. Yet sometimes we experience life differently. Are you ready to embrace yourself as whole and complete exactly as you are? Explore what whole health wellness means for you; transform your relationship to your health; and create new practices to keep you thriving. We will have questions prepared to provoke transformative thinking; will teach breathing exercises, body movement and acupressure points; and include healthy food samples and recipes to share

**Rachel Kriger** is an acupuncturist, who loves to help individuals, families and children achieve and maintain wellness. Learn more at [PointsOfReturnAcupuncture.com](http://PointsOfReturnAcupuncture.com). Rachel will be joined by three other local practitioners trained in holistic care.

**April 30 | \$24.00**

\*Private home near W. Walnut Lane and Wayne Ave.

## HOW TO LOWER YOUR BLOOD PRESSURE NATURALLY IN 21 DAYS

SAT: 1:00 pm to 2:30 pm

**MB50.** Learn how to reduce blood pressure without drugs using diet, exercise, and nitric oxide therapy. These options could give you the results you want without medicinal side effects. Learn about heart-healthy food options and how they play a key role in improving heart and circulatory health. We'll discuss the beneficial impact of aerobic exercise along with the type, intensity and duration of exercise, to elicit favorable and healthy cardiorespiratory outcomes. Discover ProArgi-9, a nitric-oxide therapy that causes blood vessels to relax and repair the endothelium cell lining over time.

**Michael Armstrong** has been in the fitness and wellness industry for 17 years. He became an exercise specialist, worked in corporate wellness, later became a licensed health professional, and a certified health coach. He currently designs programs for people to achieve their weight loss goals.

**April 18 | \$20.00**

United Lutheran Seminary  
7301 Germantown Ave.  
Brossman Center Room 301



 [mtairylearningtree](https://www.facebook.com/mtairylearningtree)

 [mtairylearningtree](https://www.instagram.com/mtairylearningtree)

## NEW! EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT MENOPAUSE

WED: 7:00 pm to 9:00 pm

**MB51.** Did you know some symptoms can start as early as 35 (sometimes earlier) and last until death? The impact menopause has on your quality of life are often disregarded by health care providers. Self-image, sexual desire, sex drive, sexual pleasure, and your relationship with self and others, are all affected by hormonal imbalance. Various self-care procedures, along with the most up-to-date Western, Eastern and alternative treatments will be presented. For women only.

**Susana Mayer, PhD** is a board-certified sexologist and author of "Does Sex Have an Expiration Date?" She specializes in typical adult life-span sexuality changes and challenges. Susana is widely respected for her holistic approach to menopausal, and age/health related sexual issues.

June 3 | \$20.00

Work Mt. Airy  
6700 Germantown Ave., Lower Level  
\$20 materials fee payable to the instructor.

## AGE LIKE A PRO

THU: 7:00 pm to 9:00 pm

**MB52.** Thrive into your later years! Learn how to greatly improve your health at any age and prevent and treat today's most common "age-related" chronic diseases. Discover the powerful health-giving effects of food, exercise, and emotional well-being techniques and how to easily implement these healthier habits into your life. Plant-based recipes, sample exercise routines, and stress management techniques will be provided. Goal setting, challenges, and group discussion will help you discover your fullest potential.

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

May 14-21 | \$49.00

2 sessions

Work Mt. Airy  
6700 Germantown Ave., Lower Level



## NEW! DOMINATE DIABETES

THU: 7:00 pm to 9:00 pm

**MB53.** Did you know that type 2 diabetes can be halted and even reversed? The main cause of this disease, although found on your dinner plate, may not be the culprit you expected. Discover how to establish a plant-based eating pattern that can treat the underlying cause. A success kit will be provided including a sample grocery list, recipes, sample menu, tips for success, and more. Achieve your best blood sugars yet!

**Colleen Montgomery**

June 4-11 | \$49.00

2 sessions

Work Mt. Airy  
6700 Germantown Ave., Lower Level  
\$5 materials fee payable to the instructor.

Register by  
**April 30** for any class  
marked **NEW!** and receive  
10% off the course fee.

**Online, please enter code NEW20S.  
Cannot be combined with any other  
offer or discount. Must be requested  
at time of registration.**



## APPROACHING AUTOIMMUNE CONDITIONS WITH NUTRITION AND HERBAL MEDICINE

THU: 7:00 pm to 8:30 pm

**MB54.** Autoimmune conditions affect more than 23.5 million people in the US and that number is continually growing. We'll discuss possible underlying imbalances that may contribute to autoimmunity as well as nutritional and herbal approaches to help with symptoms and support remission. Learn about the role of inflammation, gut health and diet in autoimmunity, what foods can help bring balance into the body, and discover herbs to support immune balance.

**Wendy Romig**, DCN is a Doctor of Clinical Nutrition and owner of Sage Integrative Health Center in Mt. Airy where she sees a wide range of chronic health issues using functional medicine, nutrition and herbal medicine.

**April 23 | \$20.00**

Sage Integrative Health Center  
538 Carpenter Lane

## BUILDING YOUR HOME HERBAL MEDICINE CABINET

THU: 7:00 pm to 8:30 pm

**MB55.** Herbal medicine has been used for thousands of years to address all kinds of conditions. One great way to incorporate herbs into your life is to build your very own herbal medicine cabinet stocked with healing remedies to help some of the most common ailments. Learn which herbs to keep on hand for many common ailments. Grow your herbal knowledge base with a better understanding of herbal healing properties. Learn the best ways to administer herbal remedies (tinctures, teas, salves, etc).

**Wendy Romig**

**May 7 | \$20.00**

Sage Integrative Health Center  
538 Carpenter Lane

## EMPOWER YOURSELF WITH HOLISTIC MEDICINE

THU: 7:00 pm to 8:30 pm

**MB56.** We'll focus on the five most common health concerns: cancer, diabetes, heart disease, pain and weight loss, and how being proactive can prevent, diminish and even reverse the course of chronic disease. Learn how holistic therapies such as acupuncture, plant-based nutrition and naturopathy (combining the best of Eastern and Western medical knowledge) can empower you to dramatically improve and sustain your health.

**Elise Rivers**, Esq., M.A.C., has been practicing Chinese medicine for more than 20 years and is the founder of Community Acupuncture of Mt. Airy (CAMA), serving the community since 2005.

**Kirsten Puskar**, RN, a nutritionist at CAMA, specializes in helping people reclaim their health with a whole foods plant-based diet.

**May 14 | \$20.00**

Community Acupuncture of Mt. Airy  
6782 Germantown Ave.

Attendees will receive a coupon for \$10 off your first CAMA visit.

## AROMATHERAPY FOR HEALTH

TUE: 7:00 pm to 9:00 pm

**MB61.** Have you ever used essential oils only to get a headache, rash or an upset stomach? Learn the difference between perfume grade and high quality, therapeutic essential oils that can eradicate environmental sensitivity and health problems from your life. Pure grade oils carry oxygen into the cells, clean receptor sites in the brain, help the nose and lungs to open and breathe! These "good to you" smells actually get rid of headaches, migraines, sinusitis, asthma, digestive complaints, skin disorders and immune deficiencies. Come and smell your way to better health!

**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.

**June 16-23 | \$34.00**

2 sessions

MALT Office, 6601 Greene St.

\$5 materials fee payable to the instructor.

## ADULT AND PEDIATRIC FIRST AID/CPR/AED

SAT: 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.

**June 6 | \$114.00**

Wesley Enhanced Living  
6300 Greene St.

Course fee includes \$35 materials fee for certificate, printed materials and first aid kit.

## EAT RIGHT, DRINK WELL, STRESS LESS

WED: 7:00 pm to 9:00 pm

**MB58.** Learn how stress affects your health and nutritional status. Find out what nutrients we need more of when stressed, and foods/supplements that can help with stress. Discover what cortisol is and how elevated levels affect your health and weight status.

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

**April 22 | \$20.00**

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

\$5 materials fee payable to the instructor.

## NEW! HEART HEALTHY EATING

**MB59.** The first class will review cardiac risk factors, lifestyle modifications that positively impact the risk of heart disease, exercise guidelines and dietary fat, fiber and nutrient review. Discover what changes will decrease hypertension, cholesterol and minimize plaque build ups. In the second session, learn healthy breakfast, lunch, dinner and snack options to help lower cholesterol, hypertension and heart disease risks and taste some foods. Register for either session or both!

**Nicole Schillinger**

**A. May 4 | \$20.00**

MON: 6:30 pm to 8:30 pm

\$5 materials fee payable to the instructor.

**B. Recipes**

**May 11 | \$20.00**

MON: 6:30 pm to 8:30 pm

Wesley Enhanced Living  
6300 Greene St.

\$5 materials fee payable to the instructor.

## NEW! WEIGHT LOSS

**MB60.** We'll review current trends with eating, ideal body weights, proven ways to aid in weight loss, discuss what derails weight loss goals and how to stay on track with out regaining the weight back in the first session. Come to the second session to review healthy lower calorie choices for all three meals, lower carb options and snacks, plus taste some great recipes.

**Nicole Schillinger**

**A. June 10 | \$20.00**

WED: 7:00 pm to 9:00 pm

\$5 materials fee payable to the instructor.

**B. Recipes**

**June 17 | \$20.00**

WED: 7:00 pm to 9:00 pm

Wesley Enhanced Living  
6300 Greene St.

\$5 materials fee payable to the instructor.

## RUNNING FOR BEGINNERS

SAT: 9:00 am to 11:45 am

**SR01.** Get acquainted with your inner runner! Learn proper form and breathing technique as you gain strength and cardiovascular conditioning. Students who register receive 10% discount at Philadelphia Runner located on Main Street in Manayunk. Please, no cell phones, iPods, or MP3 players. Students should check with a physician before beginning any exercise program.

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

**May 9 - June 27 (no class 5/23) | \$99.00**  
7 sessions

United Artists Main Street Theatre  
3720 Main St.

Please arrive on time!

## HORSEMANSHIP 101

FRI: 6:00 pm to 8:00 pm

**SR02.** 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 for over 15 years. She has also been riding competitively since her early teens. She loves teaching riding and is passionate about helping riders to reach their personal goals.

**April 24 - May 29 | \$219.00**  
6 sessions

Bill Pickett Riding Academy  
2100 Martin Luther King Dr.

If you have any questions prior to the class, please call Misty at (267) 997-9220.

## PING PONG: FROM BASEMENT HOBBY TO CLUB PLAYER

SUN: 10:00 am to 11:30 am

**SR03.** 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 26 - May 17 | \$64.00**  
4 sessions

Trolley Car Table Tennis Club  
3300 Henry Ave.

Want to have fun while improving HAND-EYE coordination, mental alertness, and concentration? Try ping-pong!



## ROWING AT ROWZONE®

WED: 7:30 pm to 8:15 pm

**SRo4.** 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® 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 22 - May 27 | \$120.00**

6 sessions

RowZone, 4401 Main St, Manayunk

You are encouraged to arrive 15 minutes early.

## INTRODUCTION TO BOOMERANG THROWING

SAT: 10:00 am to 11:30 am

**SRo5.** Once you've mastered the basics, boomerangs can be a lot of fun to throw and watch. They're not toys, however; you are the target! Learn the history, aerodynamics, etc. of boomerangs, along with safety issues and some practice throwing foam and mini-rangs at the first class. The second session is outdoors, with the real thing! We'll go over safety techniques again before any throwing. Boomerangs provided.

**David Low**, MS PhD, made his living as a circus performer (mostly juggling) for his first two years out of college, and still does charity gigs occasionally. See more about him at davidlowmsphd.com.

**May 30 - June 6 | \$29.00**

2 sessions

TBA

"This class was very **FUN!**"



## SCRABBLE ANYONE?

WED: 7:00 pm to 9:00 pm

**SRo6.** No learning objective, no educational stress...this class is just for fun! Come meet your fellow neighbors for evenings filled with board games and laughter. The first week will feature classic games such as Scrabble and UNO!

**Ellen Russell** works as a tax preparer. When not preparing taxes, you can find Ellen knee-deep in mud with her vegetable garden.

**June 3-24 | \$20.00**

4 sessions

MALT Office, 6601 Greene St.

\$5 materials fee payable to the instructor.

## INTRODUCTION TO BRIDGE

TUE: 7:00 pm to 9:00 pm

**SRo7.** Bridge is a social, strategic card game played among 4 persons in teams of 2. Players with their partners work together to beat the other team. Students will learn the basics of Bridge bidding, playing the hand and keeping score for contract Bridge. Each session will consist of rule explanation and practice playing the games. A mini-tournament will be conducted for the last session.

**Margaret Wismer** has been playing recreational Bridge for 10 years, 5 of which she participated in a monthly Bridgeathon. Margaret has also created a website for teaching Bridge basics.

**May 5-26 | \$69.00**

4 sessions

Grace Epiphany Church, 224 E. Gowen Ave.

Rowing is a full body workout. Improve core strength, posture, endurance - and FEEL GREAT doing it!



## ROW THE SCHUYLKILL: ALL LEVELS

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.

## SR08. SPRING

**A. May 12 - June 16 | \$220.00**

6 sessions

TUE: 8:30 am to 10:00 am

**B. May 12 - June 16 | \$220.00**

6 sessions

TUE: 5:30 pm to 7:00 pm

**C. May 28 - July 2 | \$220.00**

6 sessions

THU: 5:30 pm to 7:00 pm

Public Dock on Kelly Dr.

near Strawberry Mansion Bridge

## SR09. SUMMER

**A. July 14 - August 18 | \$220.00**

6 sessions

TUE: 8:30 am to 10:00 am

**B. July 14 - August 18 | \$220.00**

6 sessions

TUE: 5:30 pm to 7:00 pm

**C. July 23 - August 27 | \$220.00**

6 sessions

THU: 5:30 pm to 7:00 pm

Public Dock on Kelly Dr.

near Strawberry Mansion Bridge

“I’d never have this opportunity if it weren’t for this class!”



 mtairylearningtree

 mtairylearningtree

## STAINED GLASS & SACRED SPACE TOUR

SAT: 1:00 pm to 3:00 pm

**TW02.** Rich with history, symbolism, and artistry, the sacred space of Holy Cross Catholic Church comes alive during an intimate tour of this neighborhood gem. Learn about the fascinating Greek, English Gothic and other European influences that have shaped the beautiful sanctuary. Don't miss a unique opportunity to experience this sacred space from a whole new perspective never before offered to the public. Guided tour will be followed by Q&A accompanied by wine and cheese.

**Diana Wood** is a long-time W. Mt. Airy resident and Holy Cross parishioner who is excited to share her love for art history and the Holy Cross sanctuary.

May 2 | \$24.00

Holy Cross Catholic Church  
140 E. Mt. Airy Ave.

## MT. AIRY HISTORY AND ARCHITECTURE TOUR

SUN: 1:00 pm to 3:30 pm

**TW03.** Take a walk of almost two miles, stepping back in history to discover the historic and architectural treasures along several of the oldest streets in Mt. Airy. The tour begins in front of the United Lutheran Seminary on Germantown Avenue, just across from the Wawa. We will discuss Mt. Airy's many "pasts" — Native American, Revolutionary War, railroad history, and the development of Mt. Airy as a streetcar suburb, as well as the contributions of George Woodward and others in the 20th century. The tour ends in Fairmount Park near the ruins of the Buttercup Cottage at Cresheim Road. Wear walking shoes and bring water. Not recommended for young children. Park close to the Allen Lane train station.

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

May 17 | \$20.00

Meet at United Lutheran Seminary,  
7301 Germantown Ave.

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



## LAUREL HILL CEMETERY: SIGNS AND SYMBOLS

SAT: 2:00 pm to 4:00 pm

**TW04.** What kind of cemetery monument do you build for a wife who was one of Philadelphia's most prominent mediums? How do you memorialize a husband who went down on the Titanic? Or a son who fell at Little Big Horn? For that matter, how do you design a monument for yourself if you want posterity to remember that you were a passionate prison reformer, a leading sports announcer or simply a Philadelphia Gentleman? How do you express your religious faith in the twenty-first century and what do you do if you'd rather skip religious references entirely? We will explore Laurel Hill Cemetery's 78 acres and see how Philadelphians solved these problems over the last 177 years.

**Michael Brooks** of West Chester University and the Friends of Laurel Hill Cemetery will be your guide.

June 6 | \$20.00

Laurel Hill Cemetery, 3822 Ridge Ave.

## LOOK UP: SPOTTING TERRA COTTA TREASURES

SAT: 10:30 am to 12:30 pm

**TW19.** Join us for a walking tour around the Germantown and Cheltenham area to explore the often un-noticed architectural elements on buildings we pass every day. Various buildings house many delightful sculptural details that most people never see. We'll focus a spotlight on them and explain aspects of how they were made.

**Karen Singer** owns and operates Karen Singer Tileworks, a nationally known company that specializes in highly custom donor recognition for non-profits. A ceramic sculptor who has worked with people of all ages, Karen specializes in students who believe they are "not creative."

April 25 | \$20.00

Meet at Karen Singer Tileworks  
90 E. Church Ln.

Bring binoculars if you have them (or a camera with a telephoto lens) to see higher up the buildings.

## THE FRENCH INFLUENCE IN PHILADELPHIA: COVERT CONTRACTS, CULTURE AND CUISINE

SUN: 11:00 am to 12:30 pm

**TW05.** As a young man, William Penn spent a year in France and was much influenced by French thinkers and philosophers. Learn about the French influence in Philadelphia from the first immigrants, to the secret meetings during the American Revolution, to the philosophical, architectural, cultural and culinary enrichment from the 1680s to the present. We will travel by foot and by Phlash bus.

**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.

**June 7 | \$20.00**

Scoop de Ville, Bourse Bldg  
111 S Independence Mall E

Phlash bus is | \$2 for those under 65, free with the SEPTA Senior Key. Tour ends on 17th and Walnut Streets at Miel where we can indulge in a cafe au lait and a Napoleon (not included in the tour fee).

## UNDERPINNINGS OF WICCA: ETHICS, THE REDE AND MORE

TUE: 7:00 pm to 9:00 pm

**TW06.** Most Wiccans are familiar with the phrase, "Do what thou wilt and harm none" and the "Rule of Three." What does that mean? And how can we relate to concepts like this when it comes to various aspects of our lives? This is an interactive class, please come with an open mind and an open heart.

**Karen Bruhin** is a practicing esoteric and has been reading tarot for over 30 years.

**June 9 | \$20.00**

MALT Office, 6601 Greene St.

## PHILADELPHIA PRODUCE CENTER GLEANING

FRI: 8:30 am to 12 noon

**TW07.** Help save over 10,000 pounds of produce from being thrown out! Join Philabundance at the Philadelphia Regional Produce Center as we "glean" through produce that normally would be thrown out but instead will be given out to people in need. In 2019, Philabundance moved over 28 million pounds of food — Perfectly good food! You'll join in this exciting effort and also get a tour of the produce center — the largest refrigerated center of its kind in the United States.

Your fee for the class will be used as a donation to Philabundance to purchase food.

**Glenn Bergman** is now the Executive Director of Philabundance, after serving for 11 years as the General Manager of the Weavers Way Co-op.

**May 15 | \$20.00**

Phila Regional Produce Center  
6700 Essington Ave.

Wear comfortable working clothing, closed toe shoes and fleece since the ambient temperature is about 45 degrees in the center. If you would like to carpool, we will meet at High Point Cafe, 602 Carpenter Lane, at 7:30 am.



## NEW! STEPS TO SEEING ART AT A MUSEUM

**TW08.** Learn new strategies for seeing and appreciating art. We'll begin in a creative and comfortable classroom setting. With this fresh approach, active looking can be practiced in any gallery. The second class is a decidedly different walk-through of a featured regional museum in a way you have probably never done so before. Through the lens of exciting prompts and activities you will look deeply at and consider some works of art in a whole new light. Transportation, admission, and parking is up to the participant.

**Lynn Berkowitz**, MFA, BFA, was the director of education at museums in Allentown, PA, Tucson, AZ, Sarasota, FL, and Bentonville, AR, before designing and launching the family and community program at the Barnes Foundation. She has developed an array of award-winning gallery games, activities, and apps aimed at helping audiences of all ages and abilities engage with a diversity of art 'isms and approaches.

**A. April 26 - May 3 | \$34.00**

2 sessions

**SUN: 1:30 pm to 3:00 pm**

MALT Office, 6601 Greene St.

May 3: Philadelphia Museum of Art (1st Sunday pay what you wish), 2600 Benjamin Franklin Parkway.

**B. June 7-14 | \$34.00**

2 sessions

**SUN: 1:30 pm to 3:00 pm**

MALT Office, 6601 Greene St.

June 14: Woodmere Art Museum (free admission on Sundays), 9201 Germantown Ave.

\$5 materials fee payable to the instructor.

## NEW! ENJOYING BUTTERFLIES

**THU: 7:00 pm to 9:00 pm**

**TW09.** There are dozens of butterfly species besides the famous monarch in the Philadelphia area. Learn how to locate and identify these butterflies and how to create a butterfly habitat that will attract them to your garden. Butterflies require two types of plantings: nectaring and host plants, many of which are common and easily cultivated in your local garden. Planting them will increase the diversity of butterflies in your local patch. The course will also include field trips to local hot spots to observe butterflies and dragonflies in the field.

**Cliff & Nancy HENCE** have maintained a National Wildlife Federation certified Habitat in the Mt. Airy area for over 25 years. They also 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 21-28 | \$44.00**

2 sessions

Mt. Airy Nexus, 520 Carpenter Lane

Optional field trips will be arranged on weekends.

## NEW! QUENCHING YOUR WANDERLUST: TIPS ON TRAVEL PLANNING

**THU: 7:00 pm to 9:00 pm**

**TW10.** Whether a distant blissful beach or a quaint mountainous town, have you ever seen a photo of a place near or far and only dreamed that you could visit? Take that journey! Discover tools and tips on how to book transportation, lodging, and experiences, while also being mindful of budgeting, safety, time, language barriers, and cultural norms.

**Cassandre Luberus** is an Aviation Logistician by profession and a world traveler every free chance that she gets. With 20 countries and 35 states under her belt, her travels have exposed her to various cultures, foods, and adventures that have been nothing short of life altering.

**May 7-14 | \$44.00**

2 sessions

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301



What is your **DREAM** destination? Cassandre's class will help you get there!

## NEW! THE MUSICAL HISTORY TOURS

WED: 10:00 am to 12:30 pm

**TW11.** Our two hour sightseeing tour spans the city and gives you a full guide to the rich musical history of Philadelphia, musical talent who were either born or raised in the Philadelphia area. We will drive pass significant musical landmarks, and show you video clips on our moving musical museum. Prepare to be suprised 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. Stops will be made at the Art Museum and the Music Walk of Fame for some great photo ops.

**Clayton Prince** is the creator of this tour. For more information, see [www.themusicalhistory-tours.com](http://www.themusicalhistory-tours.com).

**May 6 | \$35.00**

Meet at Wyndham Hotel, 400 Arch St.

Souvenir programs and t-shirts available for purchase on the bus.

## CRESHEIM TRAIL UPDATE

SAT: 10:00 am to 1:00 pm

**TW12.** The Cresheim Trail is moving forward! Hike portions of the trail and learn how the Friends of the Cresheim Trail and neighborhood partners worked for over a decade to acquire access to the right-of-way in Philadelphia and what you can expect to see next. See previews of artwork that will be installed on the train trestle over Germantown Avenue. Let us know what you would like to see included on the Cresheim Trail while the final designs are still in progress. 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.

**Susan Dannenberg** is a bicycle advocate with a Masters degree in City Planning. She has lived in Mt. Airy for over 30 years.

**April 18 | \$20.00**

\*Meet at Lincoln Drive and Allens Lane

## BIRDS OF PREY: LIVE RAPTOR SESSION

THU: 4:30 pm to 6:30 pm

**TW13.** See live birds of prey and learn more about how they live and the adaptations that make them such excellent hunters. Learn the history of these magnificent birds, from hawk training as the Sport of Kings 4000 years ago, to today's conservation efforts to save endangered species like the peregrine falcon. If weather permits, see an outdoor flight demo to see a trained bird in flight.

**Tom Stanton** is a local master falconer and has over twenty years of experience with birds of prey.

**April 23 | \$25.00**

Morris Arboretum  
100 E. Northwestern Ave., Visitor Ctr



## BIRDING AT HOUSTON MEADOWS

THU: 8:00 am to 11:00 am

**TW14.** Spend the morning exploring and discovering the bird species of Houston Meadows, a great birding spot that is located close to the Arboretum. Located in the Wissahickon section of Fairmount Park, Houston Meadows is a unique open meadow consisting of almost 40 acres. This is a habitat type that is rapidly disappearing in urban areas. The sloping meadow is filled with grasses and wildflowers that provide great habitat for the almost 100 bird species that call the Wissahickon area home.

**Ruth Pfeffer** is an expert birder and trip leader.

**May 7 | \$30.00**

Meet at Courtesy Stables  
901 E. Cathedral Road

Bring binoculars.

## PRISONS THEN AND NOW

SUN: 3:00 pm to 4:30 pm

**TW16.** Join us for an in-depth, guided tour of the Eastern State Penitentiary and a conversation about criminal justice reform today. We will consider Eastern State's history and how it relates to modern-day incarceration. Learn more about Eastern State's time as an active prison while engaging in group dialogue about criminal justice reform from the founding of America to the present. As a group, we will dig deeper with meaningful questions: How can we still see Eastern State's influence in prisons across the country and around the world? In what ways did the penitentiary affect the people who lived and worked here? How can Eastern State's history help us consider the impact of prisons today?

Led by the **Education Staff of the Eastern State Penitentiary**. Eastern State was once the most famous and expensive prison in the world, but stands today in ruin, a haunting world of crumbling cellblocks and empty guard towers. Known for its grand architecture and strict discipline, this was the world's first true "penitentiary," a prison designed to inspire penitence, or true regret, in the hearts of prisoners. Its vaulted, sky-lit cells once held many of America's most notorious lawbreakers, including bank robber "Slick Willie" Sutton and Al Capone.

**May 17 | \$20.00**

Eastern State Penitentiary  
2027 Fairmount Ave.



Robobaby 2020, by David Wiesner (courtesy of the artist)

“Stories are a staple of life; they let us see ourselves. They unfold over time, from the briefest moment to the fullness of a lifetime.”

- David Wiesner

## COMMUNITY NIGHT: SEEING THE STORY

WED: 7:00 pm to 8:30 pm

**TW20.** Join MALT and the Woodmere Art Museum for an evening of lecture & discussion about Woodmere's juried exhibition, 'Seeing the Story'. The evening will be led by Caldecott Award winning children's book author and illustrator, David Wiesner, who was the exhibition's juror. David will talk about the works on view, including his own, and provide insight into his selections and the curatorial decisions made for this exhibition.

**David Wiesner** is an author and artist who creates picture books, graphic novels, and digital narratives. The focus of his work has been wordless storytelling. David has been awarded the Caldecott Medal three times: for *Tuesday* in 1992, *The Three Pigs* in 2002, and *Flotsam* in 2006. He is currently on the faculty of the Pennsylvania Academy of Fine Art. David is a long-time Mt. Airy resident.

**June 24 | \$15.00**

Woodmere Art Museum  
9201 Germantown Ave.



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WoodmereArtMuseum

TELLING THE STORY OF PHILADELPHIA'S ART AND ARTISTS

## MEMOIRS: MORE THAN MEMORIES

WED: 7:00 pm to 9:00 pm

**WM01.** We often feel an urge to leave an account of our lives for our families or to sort through our life events so we can see them within the whole fabric of our lives. No matter our age or our reason, we must present these life stories in a clear, concise, readable and enjoyable end product — full and focused — so they don't sit, ignored and never read, in a bottom drawer. Learn how to write, and enjoy writing your memoir, through class instruction, weekly 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 weekly assignments.

**April 29 - May 27 (no class 5/13) | \$79.00**

4 sessions

Chestnut Hill United, 8812 Germantown Ave.

\$7 materials fee payable to the instructor.



Every life holds many tales. Whether your life is wildly unconventional, relatively normal or somewhere in between, Nancy will help you put your **UNIQUE** story on the page.

## TAKING YOURSELF SERIOUSLY AS A WRITER

THU: 7:00 pm to 9:00 pm

**WM02.** So much in life depends on showing up, so here's your opportunity to do just that. This is for writers at all levels who wish to take themselves seriously. We'll place emphasis on in-class writing assignments to bring out your inner voice and cover the publishing process, both traditional and nontraditional. Set up writing schedules and adhere to your deadlines. We'll also discuss the process of finding a home for your finished work, including information on contacting agents, small presses and self-publishing options.

**Janet Mason** is a teacher and author. She has written several poetry chapter books (Insight To Riot Press); "Hitching To Nirvana" (a novel from Cycladic Press); and her book "Tea Leaves," a memoir of mother and daughter, published by Bella Books in 2012. Her novel "THEY," a biblical tale of secret genders was published by Ad-elaide Books in 2018.

**April 23 - May 28 | \$109.00**

6 sessions

Chestnut Hill United, 8812 Germantown Ave.

## SCREENWRITING

TUE: 7:00 pm to 9:00 pm

**WM03.** We'll cover story development, techniques and strategies involved in turning an idea into a workable outline and finished script. Gain a solid theoretical base, giving you clear and extensive feedback throughout the course. We'll include important components of filmmaking, budgeting your production, screenplay structure, and how to get a literary agent.

**Arthur 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.

**April 28 - May 26 | \$124.00**

5 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

## INSPIRED OBITUARY WRITING

TUE: 7:00 pm to 9:00 pm

**WMO4.** It's time to break the mold on overly formal and dull obituaries! Better to infuse them with personality and a real sense of who the person was. And there's healing to be had in composing a beautiful and apropos encapsulation of a life. Whether writing for another, or your own in advance, we'll review diverse and creative examples, and learn adaptable phrases and easy approaches. We all deserve a worthy obituary that celebrates life.

**Kyle Tevlin** has a business called I Want a Fun Funeral, helping people plan their own farewell celebrations well in advance and having fun in the process.

May 12 | \$20.00

Cliveden Carriage House  
6401 Germantown Ave., rear

## NEW! STYLES OF POETRY

WED: 7:00 pm to 9:00 pm

**WMO5.** What is poetry? Is there such a thing as social media poetry, and if so, how does it relate to poets like Nikki Giovanni, Warsan Shire, or Langston Hughes. Read and write poems that go beyond the scope of "traditional poetry." Create Black-Out, Borrowed Lines, and Social Media poetry to discover new styles of poetry. Learn how to write poems like Rupi Kaur, Jasmine Dyer, R.H. Sin, and Warsan Shire by exploring various elements within postmodern poetry.

**Erica Smith** has a master's degree in literature and enjoys trying new things. She released her self-published poetry collection called Dear Beautiful Woman in July 2018.

May 6-27 | \$79.00

4 sessions

Grace Epiphany Church  
224 E. Gowen Ave.



## NEW! FOR THE LOVE OF POETRY

SAT: 1:00 pm to 3:00 pm

**WMO6.** Perhaps you enjoy poetry, or perhaps you WANT to enjoy poetry but have never received the proper instruction or was simply bored by it in school. Experience an enriching and cozy afternoon reading and discussing some of the culturally-significant poetry of our time. This seminar is intended to be fun, but also stimulating and enlightening. Learn to appreciate poetry beyond what we were taught in Freshman English Class.

**Mira McEwan** holds a Masters Degree in Literature with a concentration in British Romanticism and American Transcendentalism. She has taught college-level courses and is author of "Ecstatic," a poetry collection.

June 13 | \$29.00

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

Fewer than 5,  
the Class takes  
a Dive!

Please  
register  
early.



## MOVIE NIGHT, '30S STYLE!

MON: 5:00 pm to 8:00 pm

**WMO7.** Celebrate the golden age of movies: the 1930s and '40s. We'll watch some classic feature films as well as lesser-known ones, featuring stars like Jimmy Stewart, Barbara Stanwyck, Doris Day, Mae West, and many others- plus vintage cartoons and comedy shorts!

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

**April 13 - June 15 | \$99.00**

10 sessions

\*Private home near Millman and Rex in Chestnut Hil

Class meets on Memorial Day, May 25.

## AN ACTORS LIFE FOR YOU?

MON: 7:00 pm to 8:30 pm

**WMO8.** Have you ever wondered if you have the chops to make it as an actor? Why not give it a try in a comfortable setting - a fun and informative class at MALT! Learn how to break down scenes, do improv and audition stress-free. Plus get strategies to get noticed by casting directors. Whether you just want to have fun, build confidence, or actually live the actor's life, this class is an easy entry into the wonderful world of performing.

**Marjory Silver** has a PhD in psychology and an MA in theatre. She has worked in Philadelphia and New York, directing and developing new plays, training professional actors and playwrights and coaching and counseling individuals and groups. [www.instagram.com/marjorysilver/](http://www.instagram.com/marjorysilver/)

**April 27 - May 18 | \$64.00**

4 sessions

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

\$10 materials fee payable to the instructor.

## LONG FORM IMPROV

WED: 7:00 pm to 9:00 pm

**WM11.** Long Form Improv offers an introduction to improvisation as an art form. We will discover the basic principles of how to achieve radical agreement, world building, character work, physical engagement, and emotional truth all while making scenes up on the fly. Students will ultimately learn how to string moments together into scenes, and scenes together into sets - an entire improv show!

**Ryan Rebel** has been acting for fourteen years, directing for four, and improvising for three. His acting experience gives him insight into performance and empathy, and his directing work has honed his ability to communicate that experience to performers.

**April 22 - May 27 | \$119.00**

6 sessions

Venice Island Performing Arts, 7 Lock St.

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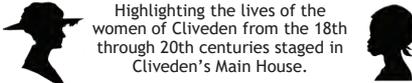
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215-848-1777 | [www.cliveden.org](http://www.cliveden.org)



Venice Island Performing Arts and Recreation Center is a beautiful theatre in the heart of Manayunk on the Historic Canal Tow Path.

## NEW! WRITING + DRAWING PICTURE BOOKS FOR CHILDREN

SAT: 10:00 am to 1:00 pm

**WM10.** Learn how to write and/or 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. Bring your ideas to class and put them to paper!

**Sarah Claxton** has worked in the photo industry as a photo editor, agent and producer. She worked for national magazines, corporations and non-profits and owned a business managing photographers and assisting artists and companies in telling their own stories. Sarah now focuses on her own artwork, and helping others with theirs.

April 25 | \$34.00

United Lutheran Seminary  
7301 Germantown Ave.  
Brossman Center Room 301

\$5 materials fee payable to the instructor.

## FRENCH FOR BEGINNERS

TUE: 6:30 pm to 8:00 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.

**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 | \$89.00  
6 sessions

\*Private home near Westview St.  
and Germantown Ave.



## NEW! HOW TO SELF-PUBLISH

SAT: 10:30 am 12 noon

**WM09.** Do you have a story to tell? Would you like to become a self-published author? Learn how to self-publish a polished, professional book from an author of four works. You will learn different ways to self publish, details about distribution, how to price your work and obtaining an ISBN. You will learn about publishing on your own without going through a major third party.

**Waju Akiwowo** is a retired NY educator and self-published author.

May 16 | \$24.00

Chestnut Hill Friends Meeting  
20 E. Mermaid Lane

Register by  
April 30 for any class  
marked **NEW!** and receive  
10% off the course fee.

Online, please enter code **NEW20S**.  
Cannot be combined with any other  
offer or discount. Must be requested  
at time of registration.





## FOR THE LOVE OF SINGING, PART I

SAT: 9:30 am to 10:55 am

**WM30.** 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, develop your understanding of what it is to sing, what stops us from singing and explore breathing for singing, vocal range and some basic music skills. For those who say, "I cannot sing" I say, "Yes you can!"

**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.

**April 18 - June 13 (no class 5/23) | \$99.00**  
8 sessions

FUMCOG, 6001 Germantown Ave.

\$5 materials fee payable to the instructor.

## FOR THE LOVE OF SINGING, PART II

SAT: 11:05 am to 12:30 pm

**WM31.** For people who have taken lessons in the past and want to get back into training their voices, are actively singing but want to know more about singing technique or have taken part I of this course. Connecting with your singing voice connects you to something very deep in yourself. The sound and feeling of it moves you both physically and emotionally and connects to others more deeply than most other forms of expression. For The Love Of Singing, Part II will recap breathing and posture for singing, strengthen your singing muscles, extend your range, and boost your confidence in your voice. The content of the class will include more advanced singing technique, learning about harmony singing well as solo singing. The music literature will include songs from a wide range of repertoire as well as vocal warm-ups and diction for singing.

**Connie Koppe**

**April 18 - June 13 (no class 5/23) | \$99.00**  
8 sessions

FUMCOG, 6001 Germantown Ave.

\$5 materials fee payable to the instructor.

## VOCAL TECHNIQUE

THU: 6:30 pm to 8:00 pm

**WM32.** Do you LOVE to sing? Have you been told your voice is inconsistent? Off pitch? Lacks range? Is weak? Vocal technique teaches one how to properly sing so such issues don't occur. Explore the mechanics of singing. Delve into how the body produces good singing. Discover your true voice. Challenge yourself. Study, work, and improve. Then go for that solo, audition or competition.

**Jean Johnson** is a professional voice teacher who has been active in music for over thirty years. She has toured the US and Canada as a soloist and has sung at several Philadelphia venues. In 2011, Ms. Johnson was a vocal coach for "The Gate Called Straight," directed by Broadway star and Grammy winner, Stephanie Mills, and composed by three-time Emmy winner, Bill Jolly.

**April 23 - May 28 | \$99.00**  
6 sessions

Wesley Enhanced Living  
6300 Greene St.

\$5 materials fee payable to the instructor.

## BEGINNING GUITAR

THU: 7:00 pm to 8:00 pm

**WM33.** Are you an absolute beginner? This class will have you playing songs right away! Learn to play by ear and develop your abilities in strumming and finger picking. Start with the basics (strings, frets, fingers, etc.). Then learn strumming patterns and a simple notation system so you can play 4-chord songs. We'll sample various musical styles and what is taught will depend on the interests of the class. Students need to have their own instruments and must arrive on time!

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

**May 7 - June 11 | \$69.00**

6 sessions

Waldorf School of Philadelphia  
6000 Wayne Ave.

\$10 materials fee payable to the instructor.  
Class is held in the Special Subjects Building.

## INTRO TO UKULELE

MON: 6:00 pm to 7:00 pm

**WM36.** Ukulele is fun to learn and play. Learn the names of the strings, how to tune the instrument, chords and different strumming patterns. Incorporate chords by playing different songs. All sizes of ukulele (soprano, concert or tenor) are welcome.

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

**April 20 - May 11 | \$49.00**

4 sessions

\*Private home near Ridge Ave.  
and Shawmont, Roxborough

\$2 materials fee payable to the instructor.



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## BEGINNER'S HARMONICA FOR ADULTS (AGES 13 AND ABOVE)

MON: 6:30 pm to 7:45 pm

**WM34.** 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 20 - June 15 (no class 5/25) | \$94.00**  
8 sessions

Philadelphia Folksong Society  
6156 Ridge Ave.

\$9 materials fee payable to the instructor in class for a manual on the first night. 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. Optional: bring a digital recorder or some other recording device.

## BLUES HARMONICA 1

MON: 8:00 pm to 9:15 pm

**WM35.** Let's continue our work with the harmonica and focus on the Blues. The harmonica's unique sound is integral to the distinctiveness of many great blues bands. Learn some techniques and styles of background and lead playing. We will work on songs by Slim Harpo ("Something Inside Me," "Raining In My Heart"), Little Walter ("Last Night," "Hoochie Coochie Man"), Sonny Terry ("Bring It On Home To Me"), etc. Note: if you haven't taken "Beginner's Harmonica for Adults," please let us know at registration so the instructor can contact you prior to the first class to determine if this course is appropriate for you.

**Seth Holzman**

**April 20 - June 13 (no class 5/25) | \$94.00**  
8 sessions

Philadelphia Folksong Society  
6156 Ridge Ave.

\$9 materials fee payable to the instructor in class for a manual on the first night. 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. Optional: bring a digital recorder or some other recording device.

---

“Although the class covered many aspects of harmonica playing, it also instilled in me the desire to explore the vast world of the instrument that I will pursue in the future.”

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# CHESTNUT HILL HOSPITAL FREE COMMUNITY WELLNESS PROGRAMS

## NUTRITION FOR LIFE

Wednesday, March 18 | 6 - 7 p.m.

Chestnut Hill Hospital, 8835 Germantown Ave.

Healthy eating is one of the best things you can do to prevent and control health problems such as heart disease, high blood pressure, type 2 diabetes, and some types of cancer. Are you getting the nutrients you need? Our clinical nutritionists **Carlie Kamnik, RD**, and **Emily Thomas, RD**, Chestnut Hill Hospital, will teach you things about food and your diet that will help you live healthier, lose or gain weight, understand sources for vitamins and how much you need in your diet. Bring your questions and join us for an interactive discussion. **Registration is required. Call 215-248-8520.**



## DEFY IMPACTS OF AGING – NONSURGICAL FACIAL TREATMENTS

Thursday, April 2 | 12 - 1 p.m.

Center on the Hill, 8855 Germantown Ave.

In today's world of modern medicine there are new ways to turn back the clock on facial aging without going under the knife. Soften the effects of time on your skin by using nonsurgical cosmetic procedures. Injectables work in a variety of ways, often either by paralyzing muscles, stimulating collagen or building up volume in targeted areas. **Dave Ehrlich, MD**, will guide you through the process of choosing the correct product and procedure that best fits your goals. **Registration is required. Call 215-753-2000.**



## PAIN RELIEF WITH OCCUPATIONAL THERAPY

Tuesday, May 19 | 12:15 - 1:15 p.m.

Center in the Park

5818 Germantown Ave.

Whether you're suffering from pain due to arthritis or are recovering from a stroke there are steps you can take to improve your mobility and increase independence you may have lost due to such disabling conditions. Through assessment and intervention, occupational therapists help to develop, recover and maintain mobility. Learn innovative ways to manage pain with occupational therapy at our free lecture. **Kathleen Lord, OT**, and **Jennifer Tumberello, OT**, will guide you through various changes and steps you can take to manage pain and improve your ability to do the things you need and want to do in your life. **Registration is required. Call 215-753-2000**



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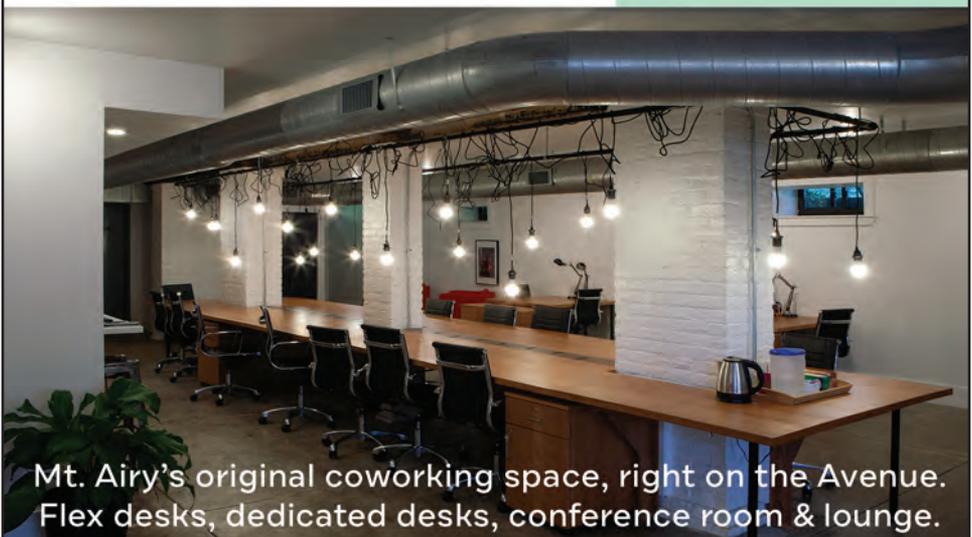
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**Anyone with passion  
and knowledge for an  
interesting subject  
coupled with a desire to  
share has the necessary  
qualifications to teach.  
You can get information  
on teaching from our  
web site at [www.  
mtairylearningtree.org](http://www.mtairylearningtree.org),  
or call the office Monday  
to Friday between  
the hours of  
9:00 am and 2:00 pm.**

**Fall Term  
proposal  
deadline is  
June 1st**

# 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:

- Allens Lane Art Center
- Center on the Hill
- Chestnut Hill Friends Meeting
- Holy Cross Catholic Church
- Presbyterian Church of Chestnut Hill
- Summit Church (gym only)
- United Lutheran Seminary
- Wesley Enhanced Living

# 4 Easy Ways to Register

**1. Online:** [www.mtairylearningtree.org](http://www.mtairylearningtree.org), by Visa or MC.

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

Mt. Airy Learning Tree  
6601 Greene Street  
Philadelphia, PA 19119-3114

## Deadlines

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

## Returned Check Policy

We must charge students \$15 for returned checks.

## Age Policy

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

## Withdrawals

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

## Refunds

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

**3. Phone:** Call us at 215.843.6333 during office hours to register by Visa or MasterCard.

**Opens March 23.**

**4. Visit:** Our office hours are Monday to Friday 9:00 am -2:00 pm.

**Opens March 23.**

## Deciding Upon a Course

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

## Discounts and Scholarships

Discounts cannot be combined.

- **NEW! Class Discount:** 10% off registration for any class marked NEW! Must register by April 30.
- **WHYY Discount\*:** 10% off up to two classes per term. Member number required.
- **Fern Bell Scholarship Fund\*:** Need-based scholarships are available; call to request financial assistance.

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

**\$5 non-refundable registration fee per person, per term added to total charges of \$21 or more.**

# Tips from the Tree

## Make Your MALT Class a Satisfactory Experience

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

# REGISTRATION FORM

name

address

city

zip code

day tel.#

eve.#

email

I prefer not to receive MALT's weekly email newsletter.

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

1.

2.

3.

4.

**Subtotal:**

**NEW!** Class discount: Register for any class marked **NEW!** by April 30 for 10% discount.

Add non-refundable \$5 registration fee per person, per term for classes totaling \$21 or more.

\$5

Optional donation to the Fern Bell Scholarship Fund.

## Make check payable to MALT.

I hereby authorize the use of Mastercard/Visa:

name on card

card #

exp. date

CCV

billing zip code

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

**Mail to: MALT**

6601 Greene Street  
Philadelphia, PA 19119-3114

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

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

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

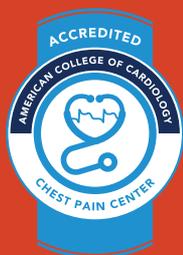
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**COMMITTED TO CARING  
FOR YOU WITHIN  
30 MINUTES OF  
YOUR ARRIVAL.**

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Advanced Primary  
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**TOWER HEALTH**

Advancing Health. Transforming Lives.

[ChestnutHill.TowerHealth.org](http://ChestnutHill.TowerHealth.org)

*Chestnut Hill Hospital is a proud partner of the Mt Airy Learning Tree.  
Together we're working to transform lives in our community.*