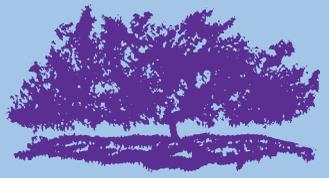


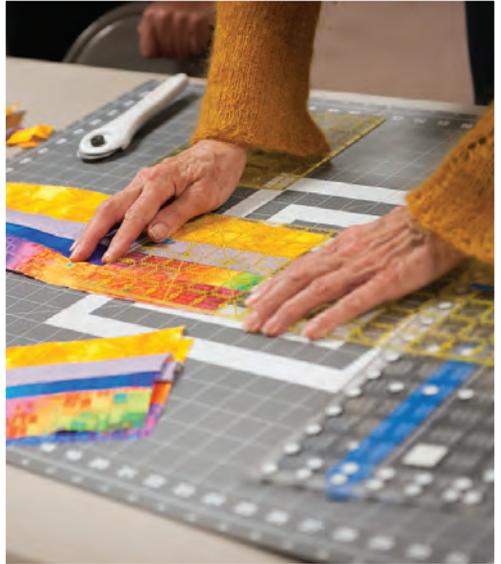
Mt. Airy Learning Tree



neighbors teaching neighbors

www.mtairylearningtree.org

215-843-6333



Winter 2020
Over 220 Courses for
January, February and March

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On the cover:

Clockwise from top left:
Pasta Making (p. 17), Make a Pieced Quilt
(p. 8), Public Speaking for Everyone
(p. 31) Introduction to Snare Drum for
Kids (p. 40)

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.

Director's Note: Appreciating our Locations

As an education-focused organization, we hope you learn something new, fun, or useful when you sign up for a MALT class. But our social mission lies beyond your individual educational experience. MALT's underlying mission is to bring diverse community together through shared experiences and common interests. And beyond connecting individuals to each other, our hope is that you travel outside of your well-worn paths and visit someplace new — expanding your sense of your community to include new places as well as new faces. The large majority of MALT classes are held outside of our small Mt. Airy office, at almost 50 (!) locations throughout NW Philadelphia — broadening and deepening your connection to this vibrant community we all call home. On page 64 you'll find an appreciation of our course host sites. Thank you to all of our locations for being a part of the MALT community, and our NW Philly community at large!

Stephanie Bruneau
Executive Director

Arts & Crafts

Candle Making

AC01. Using hands-on experience, learn candle making and get instruction on candle safety, marketing, and creativity in the craft industry. Learn the basics of the gel wax method and why it's so popular. We will also discuss soy and other waxes.

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

*Sa from 10:00 AM to 12 N
January 18*

*Wesley Enhanced Living
6300 Greene St. \$24.00
\$20 materials fee payable to the instructor.
No walk-ins.*



Marcia helps students of all levels create art in an encouraging, friendly environment.

Flower Pot Decorating Workshop

AC02. 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.

*Sa from 10:00 AM to 12 N
April 4*

*Wesley Enhanced Living
6300 Greene St. \$20.00
\$12 materials fee payable to the instructor.*



Let your creativity BLOOM in our flower pot decorating workshop.

Watercolor & Drawing

AC03. 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!

*Sa from 1:30 PM to 3:30 PM
February 29 - April 4
6 sessions*

*Allens Lane Art Center
601 W. Allens Lane \$104.00
Supply kit available at Artists and Craftsman,
in Chestnut Hill. Contact MALT office for
Marcia's number before purchasing.*



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

Fun with Watercolor Techniques

AC04. 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.

M from 7:00 PM to 9:00 PM

March 2-30

5 sessions

Allens Lane Art Center

601 W. Allens Lane

\$104.00

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

“ *This was a very relaxing way to spend my time and get an introduction to watercoloring.* ”

Creating A Still-Life

AC05. 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

Tu from 7:00 PM to 9:00 PM

March 3-24

4 sessions

Allens Lane Art Center

601 W. Allens Lane

\$99.00

Digital Cameras: SLRs

AC06. 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. M from 7:00 PM to 9:00 PM

January 27 - February 10

3 sessions

\$64.00

B. Th from 7:00 PM to 9:00 PM

February 20 - March 5

3 sessions

MALT Office, 6601 Greene St.

\$64.00

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

Developing Your Photographer's Eye

AC07. Would you like to improve your digital photography? Practice different compositional techniques each week. We'll review at least one image that worked and one that didn't for each student every week. Familiarity with your camera and how to change settings is required, although we will do some review in class. All camera types welcome — please bring them to class each week.

Nicki Toizer

Th from 7:00 PM to 9:00 PM

March 19 - April 2

3 sessions

MALT Office, 6601 Greene St.

\$59.00

For the first class, bring in a flash drive or media card with: 1) One of your favorite photos; 2) One or two images that didn't work out quite so well, all taken with the camera you plan to use in class.



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

Design Your Own Jewelry - Beginners Workshop

AC08. 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 chose 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.

Sa from 1:30 PM to 4:00 PM
April 4
MALT Office, 6601 Greene St. \$39.00
\$29 materials fee payable to the instructor.

“ *Y'vonne was great and I look forward to taking more classes with her.* ”

Victorian Papercrafts for Valentine's Day

AC09. The art of papercutting dates back to 5th century in China. Over the years, different techniques and styles evolved in countries all over the world. Fast forward to the 19th century and the Victorian era and you will find that papercutting and paper crafts took a variety of forms including silhouettes, decoupage, papercut pictures and valentines. Learn how to create papercut hearts combined with decoupage to design a Victorian keepsake heart box.

Mindy Shapiro's groundbreaking creativity, intricate designs and use of color distinguish her as an artist. Her original designs are sketched by hand and cut with a knife. You can see Mindy's work at www.personalizedpapercuts.com.

Th from 7:00 PM to 9:00 PM
February 6
MALT Office, 6601 Greene St. \$20.00
\$7 materials fee payable to the instructor.

30 Minute Jewelry Crafts

AC10. 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.

Sa from 9:30 AM to 12:30 PM
February 8
MALT Office, 6601 Greene St. \$34.00
\$5 materials fee payable to the instructor, plus optional purchase of jewelry pliers for \$5.

Tennis Bracelet, Anyone?

AC11. Get ready to serve up a fashion statement with your own tennis bracelet! Swing on by and have a ball crafting a custom bracelet that you'll just love. All needed beads, thread, clasps, and needles will be supplied.

Bea Quindlen

Sa from 1:30 PM to 4:30 PM
February 8
MALT Office, 6601 Greene St. \$29.00
\$5 materials fee payable to the instructor.



Creating mosaics is a fascinating craft that is rewarding at any level of expertise.

Dust Off Your Sewing Machine!

AC12. 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

Sa from 9:30 AM to 12:30 PM
February 22
MALT Office, 6601 Greene St. \$29.00
\$5 materials fee payable to the instructor.

Basic Calligraphy

AC13. 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

Sa from 10:00 AM to 12 N
March 7
MALT Office, 6601 Greene St. \$24.00
\$5 materials fee payable to the instructor.

Fused Glass Wind Chime Workshop

AC15. Fused glass is an art form that is fun, easy and creative. Learn how to cut and layer glass to create a functional piece for your home/garden. No experience required. You will be amazed at what you will be able to create.

Jessica Liddell

W from 7:00 PM to 9:00 PM
March 25 - April 1
2 sessions
Bella Mosaic
6780 Germantown Ave. \$35.00
\$25 materials fee payable to the instructor.

Beginning Mosaics

AC14. Learn the art of mosaic, and make a wall hanging or mirror for your home. Explore the tools and techniques used in this ancient art form. Students will leave with a working knowledge of the art form and be able to do variations of the project at home.

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

W from 6:30 PM to 9:00 PM
March 4-11
2 sessions
Bella Mosaic
6780 Germantown Ave. \$55.00
\$25 materials fee payable to the instructor.



Sewing is both a creative and practical skill, and learning to sew opens a world of possibilities.

Handbuilding with Clay

AC16. 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.

M from 7:00 PM to 9:00 PM

January 27 - March 23 (no class 2/17)

8 sessions

Six Senses Clay Studio

20 E. Mt. Airy Ave.

\$180.00

\$75 materials fee payable to the instructor.

Drawing and Painting for Adults & Teens

AC17. 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!

Offered by the **staff of Mindy Flexer Art School**. For more info see www.mindyflexerart.com.

A. *Tu from 9:00 AM to 12 N*

January 21 - February 18

5 sessions

\$135.00

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

January 22 - February 19

5 sessions

\$90.00

C. *Tu from 9:00 AM to 12 N*

February 25 - March 31

6 sessions

\$162.00

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

February 26 - April 1

6 sessions

Mindy Flexer Art School

5225 Greene St.

\$108.00

\$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.

Drawing the Figure from Life

AC18. "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.

Th from 6:30 PM to 9:00 PM

March 12 - April 2

4 sessions

Allens Lane Art Center

601 W. Allens Lane

\$144.00



Explore figure drawing under Susan's well-practiced guidance.



Make a Pieced Quilt: Choose Your Own Adventure!

AC19. 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" x33"). 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.

Tu from 7:00 PM to 9:00 PM

January 21 - February 18

5 sessions

Summit Presbyterian Church

6757 Greene St. at Westview \$74.00

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.



Learn the basics of quilting, pick up tricks and tips, and end with a beautiful handmade quilt of your own design!



Experience the meditative joy of weaving, and take home a beautiful creation of your own design at the end of the class.

Learn to Weave on a Rigid Heddle Loom

AC20. Did you ever wonder how cloth is made? Experience the joy of weaving on a rigid heddle loom. Learn basic weaving taught by members of the Philadelphia Guild of Handweavers (PGHW): how to warp the loom and weave a scarf or cowl using different weaving techniques. You will receive instructions prior to class on what type of yarn to bring. No weaving experience necessary! Ages 15 and up.

Sara Robbins is from Mt. Airy and is an award winning fiber artist who has been weaving baskets for over 25 years and 5 years ago discovered loom weaving. Sara is a member of the Philadelphia Guild of Handweavers.

Judy Donovan

Sa from 10:00 AM to 1:00 PM

March 14-21

2 sessions

Philadelphia Guild of Hand Weavers

3705 Main St.

\$59.00

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

Learn to Weave a Market Basket

AC21. Weave a small market basket where the handle is part of the bottom of the basket. You will learn twining, start and stop weaving, how to square the bottom, upstaking and attaching a rim. This basket makes a great catch all, gift or decorative item. Please note that moderate hand strength is required for this class. No experience is necessary.

Sara Robbins

Sa from 12 N to 4:00 PM

March 7

Wesley Enhanced Living

6300 Greene St.

\$39.00

\$15 materials fee payable to the instructor.

Cold Process Soap Making

AC22. 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 registered nurse for more than 30 years and uses her science and math skills in her cold process soap making classes.

Sa from 12:30 PM to 4:00 PM

April 4

Project Learn School

6525 Germantown Ave.

\$44.00

\$43 materials fee payable to the instructor.

Bring a sturdy bag to take home your soap.

Beginner's Knitting

AC23. Learn the basics of knitting and make your first scarf! Students will learn the cable cast on, knit and purl stitches, binding off, basic knitting fixes, and as applicable for each student project: changing yarn skeins, making tassels and pom poms. Ideal for complete novices.

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

Tu from 7:00 PM to 8:30 PM

February 4-18

3 sessions

Our House Culture Center

6380 Germantown Ave.

\$44.00

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

“

Dawn was very patient in helping us learn how to knit.

”



Get started with the basics of knitting with Dawn.

Beginners Knitting 102

AC24. Students who already know how to perform the basic knit stitch or have experience with crochet should start here. Learn to purl and start learning the basics of reading a pattern. We'll make a scarf from a simple pattern.

Dawn Malone

Tu from 7:00 PM to 8:30 PM

March 3-17

3 sessions

Our House Culture Center

6380 Germantown Ave.

\$44.00

\$15 materials fee payable to the instructor.

Intro to Making Comics

AC25. Join this beginner to intermediate level introduction to the craft of making comic books. Students will learn to plan, script, and draw a comic book. There will be a comics history lesson along the way. By the end of the course, student work will be included in an online anthology, a class webcomic.

Justin Walker has been making art and reading comics since he was a kid. He has worked on storyboards for numerous short films and has been a vendor at ECBACC, a black comics festival. His book, *Kanu's Trek*, is available to purchase on Amazon and comixology.

W from 7:00 PM to 9:00 PM

February 12 - March 11

5 sessions

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301

\$109.00

Face & Form: Introduction to Clay Sculpting

AC26. 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, which is both informative and therapeutic. June shows her artwork in galleries locally.

Tu from 7:00 PM to 9:00 PM

January 21 - March 10

8 sessions

Six Senses Clay Studio

20 E. Mt. Airy Ave.

\$180.00

\$75 materials fee payable to the instructor.

Throwing on the Potter's Wheel

AC27. Learn to make functional pottery on the potter's wheel using straightforward techniques and a few secret tricks which will ensure your success. The class includes throwing, trimming, texture/design elements, and glazing.

Cornelia Kietzman is a second generation potter who loves sharing her enthusiasm for clay.

A. Th from 7:00 PM to 9:30 PM

January 23 - March 12

8 sessions

\$180.00

B. Sa from 10:00 AM to 12:30 PM

January 25 - March 14

8 sessions

Six Senses Clay Studio

20 E. Mt. Airy Ave.

\$180.00

\$75 materials fee payable to the instructor.



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

NEW! Making Beeswax Candles

AC28. 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.

Th from 7:00 PM to 9:00 PM

February 20

Wesley Enhanced Living

6300 Greene St.

\$24.00

\$10 materials fee payable to the instructor.

Fabric Collage Wall Hanging

AC29. 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 handmade 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.

Sa from 1:00 PM to 3:00 PM

February 15

Project Learn School

6525 Germantown Ave.

\$34.00

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

Register by January 31st
for any class marked **NEW!**
and receive 10% off the course
fee. Online, please enter
code **NEW 20W.**

*Cannot be combined with any other offer or discount.
Must be requested at time of registration.*



Make something personally pleasing and comforting for you or a loved one.

NEW! Ceramic Touchstones

AC30. 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."

Sa from 10:30 AM to 12:30 PM

March 14

Karen Singer Tileworks

90 E Church Ln.

\$20.00

\$10 materials fee payable to the instructor.

Etched: Everything but the Wine!

AC31. Learn an easy technique for etching glass! Using your favorite word, a monogram, or your name, create a one-of-a-kind set for your next wine and cheese event. Each participant will etch 2 stemless wine glasses and a cheese plate with their own personal touch. Create easy and inexpensive gifts for family and friends.

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.

Sa from 10:30 AM to 12:30 PM

March 7

Mt. Airy Nexus, 520 Carpenter Lane \$20.00

\$8 materials fee payable to the instructor.

NEW! Easy Handmade Products to Make and Sell

AC32. Looking to use your passion for hand-crafting to create products for yourself or to sell to others? Learn how to create foaming hand soap, melt and pour soap, soy candles, wax melts, and essential oil roller balls. We will go over recipes, pricing and packaging options.

Cheri Skipworth

Sa from 10:30 AM to 1:30 PM

February 15

MALT Office, 6601 Greene St.

\$34.00

\$20 materials fee payable to the instructor.

NEW! African Printed Jewelry

AC33. Do you enjoy unique, fun, fashionable jewelry? Learn 4 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.

Cheri Skipworth

Sa from 10:30 AM to 1:00 PM

March 14

Mt. Airy Nexus, 520 Carpenter Lane

\$24.00

\$12 materials fee payable to the instructor.

Flower Arranging POP Up

AC34. We will be designing beautiful floral arrangements for the one you love most - perhaps a significant other, a friend, as a special treat to yourself or the perfect Valentine's Day gift. Enjoy beauty in florals during the darkest of winter months. Learn design aesthetics and techniques in designing your own floral arrangements. The do's, the best approaches, and what to avoid when designing your own to take home with you!

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.

Th from 7:00 PM to 8:30 PM

February 6

Mt. Airy Nexus, 520 Carpenter Lane

\$20.00

\$18 materials fee payable to the instructor.

Computers & Technology

Introduction to Computers/ Windows 10

CC01. 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.

Tu from 10:00 AM to 12:30 PM

March 3-24

4 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$104.00

Students will use laptops with Windows 10.

Internet & Email

CC02. 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

Tu from 10:00 AM to 12 N

April 7-14

2 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$44.00

Students will use laptops with Windows 10.



*Gain confidence using computers with
David Grauel.*

Introduction to Microsoft Excel

CC03. The spreadsheet is the tool for anyone who has to manage numbers. Learn to create, save, modify and print spreadsheets. Begin using formulas and functions, and format your own worksheets to make them more understandable and easier to read.

David Grauel

Th from 7:00 PM to 9:00 PM

March 5-19

3 sessions

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$89.00

*Students will use laptops with Windows 10,
Office 2010.*

Microsoft Word & PowerPoint

CC04. 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.

Th from 7:00 PM to 9:00 PM

January 30 - February 20

4 sessions

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$89.00

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

Instagram Better

CC05. Instagram is the fastest growing social media platform, having images that help connect you to your audience and tell a story is what it's all about. Whether you are sharing with family and friends as a way to keep in touch or want to build your business' online brand, learn to Instagram better! We'll cover mobile photography composition, how to edit and use photos for Instagram, and the difference between stories, live, and the regular feed.

Wanda Thomas is a professional photographer with 9 years of experience. She has a degree from CCP and has worked with some of the best news outlets in Philadelphia.

Th from 7:00 PM to 9:00 PM

February 20

Wanda Thomas Photography

7014 McCallum St.

\$29.00

\$10 materials fee payable to the instructor.



Instagram has over 1 billion active users each month. Wanda will help you learn how to create beautiful stories, write engaging captions, and more.

A Business' Crash-Course in Social Media

CC06. The ubiquity of social media websites such as Facebook and Twitter allows consumers to tell their friends about their experiences and make it much easier for word-of-mouth to spread quickly. If you're running a start-up or mid-sized company, discover how to take advantage of this connectivity to your customers. Learn basic social media terminology, how to set up your business account in Facebook and Twitter, how to use those accounts as a business, and when it makes sense to hire a firm to manage your social media. Curriculum has been updated to include recent and ongoing content protection regulations. You must have at least basic knowledge of computers, the Internet, and accounts in Facebook and Twitter before class.

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

Th from 7:00 PM to 9:00 PM

March 26 - April 2

2 sessions

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$44.00

Be sure you know your log-in and passwords for all your social media accounts.

Welcome to the Cloud

CC20. "The Cloud" is an increasingly important part of computing, but what IS it? Learn the key concepts, how to set up and make use of several cloud services to access your data, photos and more from any device with an internet connection. Our focus will be on Dropbox and Google Drive. Apple's iCloud and Microsoft's OneDrive services will be touched on briefly, as well as personal clouds.

Fitzgerald Putnam is the founder of Mt. Airy Tech, a local firm that provides IT services, coaching, and consulting to small businesses, nonprofits, and individuals.

W from 7:00 PM to 8:30 PM

January 29

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$24.00

iCloud Fundamentals: Unlocking the synergy between iPhone, iPad, and Mac

CC21. iCloud is for more than just system backups and document saving. Seamlessly and automatically connect your photos, calls, messages, contacts, and more with this free(ish) service from Apple - start on one device and transfer effortlessly to another.

Fitzgerald Putnam

Th from 7:00 PM to 8:30 PM

February 20

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$24.00

Bring your iPhone to class; iPad and Mac laptop are encouraged but not required.



Sederia is a passionate and engaged instructor!

Getting to Know Your iPhone

CC22. Have you just purchased a new iPhone, which was recommended by your daughter or son who told you that you can't live without it? Or are you seriously considering buying one and want to learn more beforehand? Or as a professional, you were 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 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.

M from 10:00 AM to 12 N

March 9-16

2 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

Designed for iPhone 5 or newer.

\$44.00

Getting to Know Your Android Phone

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.

Sa from 10:00 AM to 11:30 AM

January 25 - February 1

2 sessions

MALT Office, 6601 Greene St.

\$44.00

Touchscreens only (no flip phones).

Touch Typing/Typewriting

CC24. Touch typing is a lifelong skill. Learn how to type without looking at the keyboard, one patient step at a time. Many people say it was the most practical class they had in school... and yet, it is not offered any longer in many schools. Each week, we learn the parts of typewriters and begin practicing the kinesthetic memory that will forever link your fingers to the right keys. This skill is transferable to computer keyboards but it's more fun to learn on typewriters!

Pamela Rogow owns WPM Typewriter Shop. She took Typing I & II in junior high school and her record Words-Per-Minute was 120 on an IBM Selectric typewriter. Learn more at her website: www.wpmTypewriterShop.com.

Tu from 7:00 PM to 8:00 PM

January 28 - February 18

4 sessions

WPM Typewriter Shop

6819 Greene St. at Carpenter Ln.

\$39.00



**United
Lutheran
Seminary**

UNIFYING,
LEARNING,
SERVING

Theological Education. Leadership. Community.

Located in the heart of Mt. Airy, United Lutheran Seminary offers a theological education that will prepare you to serve the needs of the world today, wherever you are called.

www.ULS.edu

Cooking & Foods



Warning: This class may result in overwhelming demand for your dessert creations!

Cake Frosting Techniques

CK01. Want to learn how to decorate cakes like a pro? In this introductory workshop, learn how to use frosting tips to write, decorate and create borders for your cakes. Decorate a cupcake using your newly learned techniques and leave with confidence to frost and decorate a cake at home.

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.

W from 7:00 PM to 9:00 PM

March 4

*Mt. Airy Nexus, 520 Carpenter Lane \$29.00
\$10 materials fee payable to the instructor.*

Plant-Based Cooking Made Simple

CK02. We'll focus on making tasty recipes: warm super green salad; kale, collard, spinach, sweet potato, and carrot bisque, and a beverage or dessert. Bring containers for leftovers.

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.

Sa from 12:30 PM to 2:30 PM

February 22

*Wesley Enhanced Living
6300 Greene St. \$29.00
\$15 materials fee payable to the instructor.*

Caribbean Rice & Beans

CK03. We'll feature sweet and savory island bean dishes such as coconut rice and peas (pigeon peas with coconut milk), Habichulas Guisadas (stewed beans) in a tomato base and potatoes, olive sauce. Dessert will be a Caribbean spice cake accompanied with ginger ale and sparkling water with lime, lemon and honey. This class will demo and give students time to hone their knife skills and food safety lessons and tips.

Shayla Dorsey

W from 6:30 PM to 8:30 PM

March 11

*Wesley Enhanced Living
6300 Greene St. \$29.00
\$15 materials fee payable to the instructor.*

The Zen of Chocolate

CK04. Let's take the mystery out of creating delicious, nutritious, mouth watering, AND beautiful chocolates. Perfect for gift giving, self love, or just for fun! We will discuss infusing CBD in your chocolate confections. Peanut butter cups begone, enter almond butter encased in shiny dark semi-sweet chocolate, fruit and nuts, caramels and more. Dairy and gluten free, low glyce-mic index sweeteners and love will make your Valentine dreams come true. Willy Wonka never had it so good!

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.

Tu from 7:00 PM to 9:00 PM

February 11

*Mt. Airy Nexus, 520 Carpenter Lane \$29.00
\$20 materials fee payable to the instructor.
Don't forget to bring a to-go box to bring your favorite samples home.*

“

Dorothy is AMAZING.

She is extremely knowledgeable and shows a genuine concern for her students' health.

”



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

Make Water Kefir (Kombucha's Cousin)

CK05. 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

Tu from 7:00 PM to 9:00 PM

February 18

Mt. Airy Nexus, 520 Carpenter Lane \$29.00

\$15 materials fee payable to the instructor.

Influenced By India

CK06. Think exotic, delicious, and a little spicy. We will explore the flavors and textures inspired by Indian cuisine, with a twist. All recipes are gluten and dairy free and sweetened when necessary with low glycemic sweeteners. The menu will include mango chutney, spinach paneer, non-Naan, samosas, and a chai cheezecake. We will go through a variety of ways to create healthy, nutritious and delicious food. Bring an appetite and take away containers for leftovers.

Dorothy Bauer

Tu from 7:00 PM to 9:00 PM

March 3

Mt. Airy Nexus, 520 Carpenter Lane \$29.00

\$15 materials fee payable to the instructor.

Fermenting for Fun & Your Health

CK07. Come learn the basics of turning veggies into works of art that work wonders on your intestinal tract! "Probiotic" isn't just a buzz word — probiotics are a key to lasting health and immunity. Students will be amazed at how fun and easy it is to transform the contents of their refrigerator into delicious AND nutritious condiments and sides. This class will cover sauerkraut, kimchi, pickles, rejuvelac and non-dairy cheeses.

Dorothy Bauer

Tu from 7:00 PM to 9:00 PM

March 24

Mt. Airy Nexus, 520 Carpenter Lane \$29.00

\$20 materials fee payable to the instructor.

Introduction to Tea

CK08. Learn about the world of tea. Discuss a brief history and the different types of teas, then talk about how teas are processed, from the time the leaves are plucked until they're shipped. We'll also touch on the primary tea-processing regions from around the world, guidelines for brewing different types of teas, and the health benefits of tea. Brew and taste various types of teas.

Howard James is a former co-owner of Tea Country, LLC, a provider of gourmet loose-leaf tea. He has studied the tea industry since 1999. Howard received the industry-standard Level-II certification from the Specialty Tea Institute in March 2006.

Tu from 6:30 PM to 8:30 PM

January 28

Holistic Health Suite Cafe

6802 Old York Road

\$20.00

\$5 materials fee payable to the instructor.

Call 215-200-5884 for help with directions.

Hot Cocoa Open House with the MALT Team!

Stephanie, Nicki & Nima (the MALT staff) invite you to stop by and say hello in person at the MALT office (6601 Greene Street) for hot cocoa and conversation during our January Open House. We will have instructor demos, warm drinks, snacks, and good cheer! We would love to meet you in person and hear any MALT-related thoughts, ideas, stories and feedback that you would like to share. This is also a great time to register for Winter courses in person!

Thursday, January 16, 5 PM - 7 PM

RSVP optional but appreciated: info@mtairylearningtree.org





Making fresh pasta may seem daunting, but once you get the hang of it, it's a beautiful and fun process that you may very well come to love and incorporate into your weekly cooking.

Pasta Making 101

CK09. Want to show off a little at your next dinner party or incorporate easily homemade fresh pasta into your weekly planning? We will begin by making the dough, and then use both a mechanical roller and a rolling pin to prepare several batches. Bring containers to take home leftovers!

Tyler Peckham claims no Italian heritage, formal training, or even years of restaurant experience. His wife, **Justina Cwenar**, used to make Sunday dinners with her Italian grandmother from a very young age. Since buying a pasta maker a few years ago, they have been making it weekly for regular meals and dinner parties.

W from 6:30 PM to 8:30 PM

January 22

Unitarian Society of Germantown

6511 Lincoln Drive

\$29.00

\$10 materials fee payable to the instructors.

Pasta Making 202: Pierogies

CK10. Oh the pastabilities! We take a detour from Italy to create the Polish delicacy known as the pierogi. We'll make the dough from scratch and then fill, fold and cook these little dumplings. Oh, and we'll eat them, too! Pasta 101 is recommended, but not at all required.

Tyler Peckham and **Justina Cwenar**

W from 6:30 PM to 8:30 PM

February 12

Unitarian Society of Germantown

6511 Lincoln Drive

\$29.00

\$20 materials fee payable to the instructors.

Wine Tasting: Central and Eastern Europe

CK11. Although wine making in Central and Eastern Europe dates back as far as, or further than, that in Western Europe, it suffered for many years in obscurity and bad management during the Cold War behind the Iron Curtain. In recent years, however, wines from these regions represent some of the best values on the world market today. We'll sample wines from countries which may include Hungary, Bulgaria, Romania, Slovenia, Croatia, Czech Republic, Slovakia and Bosnia.

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

March 24

\$29.00

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

March 31

Cliveden Carriage House

6401 Germantown Avenue

\$29.00

\$12 materials fee payable to the instructor.

Vegan Sausage Making

CK12. 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.

W from 6:30 PM to 8:30 PM

March 18

United Society of Germantown

6511 Lincoln Drive

\$29.00

\$10 materials fee payable to the instructor.

Dance

Bachata!

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

Marck "Flaco" Best 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.

Sa from 4:00 PM to 5:00 PM

January 18 - March 7

8 sessions

St. Paul's Episcopal Church

22 E. Chestnut Hill Ave.

\$94.00

Beginning Salsa

DA02. 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

Sa from 7:00 PM to 8:00 PM

January 18 - March 7

8 sessions

St. Paul's Episcopal Church

22 E. Chestnut Hill Ave.

\$94.00

Bop I

DA03. 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

Su from 6:00 PM to 7:00 PM

January 19 - March 15 (no class 2/2)

8 sessions

St. Paul's Episcopal Church

22 E. Chestnut Hill Ave.

\$94.00



Why try salsa? It's fun, increases self-confidence, and is danced internationally so it can help you meet people wherever you are!

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



Whether you have two left feet or fancy feet, dancing can be a great way to exercise, socialize or just have fun!

Ballroom Dancing: The Basics

DA04. 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.

Th from 7:45 PM to 8:40 PM

January 23 - March 12

8 sessions

Summit Presbyterian Church

6757 Greene St. at Westview

\$89.00

\$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

DA05. 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

Th from 8:45 PM to 9:40 PM

January 23 - March 12

8 sessions

Summit Presbyterian Church

6757 Greene St. at Westview

\$89.00

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

DA06. 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 East Coast swing and Viennese waltz. 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.

Debra Klingler

Th from 6:45 PM to 7:40 PM

January 23 - March 12

8 sessions

Summit Presbyterian Church

6757 Greene St. at Westview

\$89.00

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.

Beginning Belly Dance with Zoe (Akili) Brown

DA07. 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®.

W from 7:00 PM to 8:00 PM

January 22 - March 11

8 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$96.00

Dance-It-Out! Fun Fitness

DA08. Stressed? Dance-it-Out! Overwhelmed? Dance-it-Out! Need a fun workout? Dance-It-Out! We'll do Zumba, Retro, a little Hip-Hop and Line — four dance styles in one fun-filled hour. Burn calories, tone, reduce stress and feel energized. You'll have a blast while blasting away those stubborn pounds and stress. No dance experience necessary in this encouraging environment. Wear sneakers and comfortable clothing, so you can "Get Down Tonight." **WARNING:** This class will create lots of smiles and laughter.

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

W from 7:00 PM to 8:00 PM

February 19 - March 25

6 sessions

Chestnut Hill United

8812 Germantown Ave.

Bring a bottle of water and towel.

\$59.00



Karen will get you moving with grace at any age.

Core Fusion: Barre & Mat

DA09. 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.

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.

Tu from 7:15 PM to 8:15 PM

January 28 - March 17

8 sessions

Allens Lane Art Center

601 W. Allens Lane

\$120.00

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

Core Fusion: Dance

DA10. 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.

Karen Taylor Young

W from 7:00 PM to 8:00 PM

January 29 - March 18

8 sessions

Free to Be Dance Academy

6757 Greene St. enter on Westview \$114.00

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

“

*Gayle's energy is contagious.
She gets everyone moving.*

”

Senior Ballet Class: Pink & Silver Slippers

DA11. 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.

Karen Taylor Young

F from 10:30 AM to 11:30 AM

January 24 - March 13

8 sessions

Studio of Danse4Nia

143 W. Walnut Ln. #106 rear bldg \$79.00

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

Zumba Gold®

DA12. 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.

Karen Taylor Young

Tu from 10:30 AM to 11:20 AM

January 28 - March 17

8 sessions

Kappa Achievement Center

5521 Germantown Ave. \$74.00

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

“

Great instruction and great exercise. Fun class and fun group of people.

”

Nia Holistic Dance

DA13. 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.

F from 9:30 AM to 10:30 AM

February 21 - March 20

5 sessions

Allens Lane Art Center

601 W. Allens Lane \$54.00

Dancing With Soul

DA14. 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.

W from 6:30 PM to 7:30 PM

January 29 - March 18

8 sessions

Summit Presbyterian Church

6757 Greene St. at Westview \$94.00

\$10 materials fee payable to the instructor.

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

Enter from Westview St.

M-F Daytime Classes

Drawing and Painting for Adults & Teens

A. Tu from 9:00 AM to 12 N
January 21 - February 18 pg. 7

C. Tu from 9:00 AM to 12 N
February 25 - March 31 pg. 7

Introduction to Computers/ Windows 10

Tu from 10:00 AM to 12:30 PM
March 3-24 pg. 12

Internet & Email

Tu from 10:00 AM to 12 N
April 7-14 pg. 12

Getting to Know Your iPhone

M from 10:00 AM to 12 N
March 9-16 pg. 14

Senior Ballet Class: Pink & Silver Slippers

F from 10:30 AM to 11:30 AM
January 24 - March 13 pg. 21

Zumba Gold(R)

Tu from 10:30 AM to 11:20 AM
January 28 - March 17 pg. 21

Nia Holistic Dance

F from 9:30 AM to 10:30 AM
February 21-March 20 pg. 21

Understanding Medicare:

A Guide to the Choices

A. Tu from 1:30 PM to 3:30 PM
February 11 pg. 24

Understanding Long Term Care 101

A. W from 1:00 PM to 3:00 PM
February 5 pg. 24

Fit Possibilities

A. W from 9:00 AM to 9:45 AM
January 22 - March 11 pg. 36

B. M from 9:00 AM to 9:45 AM
January 27 - March 16 pg. 36

Stretch 4 Life for Seniors

A. W from 10:00 AM to 10:45 AM
January 22 - March 11 pg. 37

B. M from 10:00 AM to 10:45 AM
January 27 - March 16 pg. 37

Chair Yoga, Dance, and Mat

Tu from 11:00 AM to 12 N
March 3-31 pg. 37

Yoga, a Chair and You

F from 11:30 AM to 1:00 PM
March 6 - April 3 pg. 41

T'ai Chi - Yang Style: Level One

A. Tu from 10:00 AM to 11:00 AM
January 21 - March 24 pg. 45

B. W from 10:00 AM to 11:00 AM
January 22 - March 25 pg. 45

T'ai Chi - Yang Style: Level Two

W from 12:30 PM to 1:30 PM
January 22 - March 25 pg. 45

T'ai Chi - Yang Style: Level Three

W from 11:15 AM to 12:15 PM
January 22 - March 25 pg. 45

Family, Home & Garden

NEW! Personalized Gift Giving

FH01. Giving gifts is a constant in our lives: birthdays, holidays, anniversaries, graduations and more. Do you ever yearn to give a gift that is unique? Whether it's a notable occasion, a special person, or a run-of-the-mill birthday, there are easy ways to create personalized and memorable gifts. Looking at different categories (sports, arts, hobbies, family, etc), and using photos, music, books, writing, food, and more, you'll be able to create gifts that really stand out. Plenty of examples and ideas, no special talents required.

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.

Tu from 7:00 PM to 8:30 PM

March 31

MALT Office, 6601 Greene St. \$20.00

\$5 materials fee payable to the instructor.

Five Skills All Couples Should Know!

FH02. All couples have disagreements, but why? Research now shows the single best indicator of divorce is the way a couple speaks to each other. We'll explain what causes conflict and teach you a few easy-to-learn techniques that will turn 80% of those potential arguments into opportunities for greater intimacy, instead of frustration and anger. Bring your spouse or come alone. This class will also be helpful for people between relationships seeking to improve their partnership skills.

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

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

Tu from 7:30 PM to 9:00 PM

February 4

Rivers Mediation, 500 Telner St. \$20.00

Know Your Rights: Dealing with the Police

FH03. Police encounters are scary for civilians and police alike, and can turn tragic. Part of the problem is that citizens don't know their rights. Learn how to "deal professionally" with police if they stop you: when, if ever, to consent to a search, how to answer police questions, how to "arrest proof" yourself, and maintain your most important freedoms. This isn't intended to help people commit and get away with crimes; it's to help all of us achieve better relations with police in the critical moments when it matters most.

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.

Th from 7:00 PM to 9:00 PM

March 12

Work Mt. Airy, 6700 Germantown Ave.

Lower Level \$20.00

Fundamentals of Divorce, Custody and Support

FH04. Receive an overview of the process and timing of divorce - from the filing of the complaint through the distribution of property and entry of the divorce decree. Gain an understanding of physical and legal custody and what guides the courts in making custody decisions. Grasp the essentials of the types and determination of support. Examine alternatives to litigation.

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

W from 7:00 PM to 8:30 PM

March 18-25

2 sessions

MALT Office, 6601 Greene St. \$34.00

Basic Pet Safety and First Aid

FH05. Learn basic first aid for cats and dogs, including treating wounds, pet CPR, and emergency protocol. Be prepared should a pet emergency occur. Pet parents (as well as those hoping to get a pet in the near future) and pet care providers are welcome. This is a hands-on course and participants will receive a pet first aid kit upon completion of the course.

Hannah Babcock is the Operations Manager at Queenie's Pets and although she is not a veterinarian, she is certified in pet first aid and has hands-on experience handling injured and ill pets. She has been at Queenie's since 2017 and is excited to share her knowledge.

A. Th from 7:00 PM to 9:00 PM
February 6 \$20.00
B. W from 7:00 PM to 9:00 PM
March 4
Queenie's Pets
7174 Germantown Ave. \$20.00
\$10 materials fee payable to the instructor.

Green Burial

FH06. Are you interested in being "Green," even in death? Have you ever seen all natural burial grounds, where you can be buried in a wicker basket, shroud or mushroom suit? Would you like your family to be involved in the burial process, either digging or back filling your grave? Learn more if you are curious about exploring all natural funeral and burial options, rather than more traditional funeral and burial options that include embalming, metal caskets and concrete vaults.

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

Th from 7:00 PM to 9:00 PM
January 23
United Lutheran Seminary
7301 Germantown Ave.
Brossman Center Room 301 \$20.00

Understanding Medicare: A Guide to the Choices

FH07. 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 a healthcare professional who is providing Medicare counseling with APPRISE through Philadelphia Corporation for Aging (PCA).

A. Tu from 1:30 PM to 3:30 PM
February 11 \$20.00
Mt. Airy Nexus, 520 Carpenter Lane
B. Th from 7:00 PM to 9:00 PM
March 12
Chestnut Hill Hospital
Board Room, 8835 Germantown Ave. \$20.00
\$5 materials fee payable to instructor.

Understanding Long Term Care 101

FH08. 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. W from 1:00 PM to 3:00 PM
February 5 \$20.00
B. Th from 7:00 PM to 9:00 PM
March 5
Wesley Enhanced Living
6300 Greene St. \$20.00
\$8 materials fee payable to the instructor.

Fewer than 5 – the Class takes
a Dive! Please register early.



Listing Your Home for Sale

FH16. 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.

Sa from 10:00 AM to 12 N

March 14

MALT Office, 6601 Greene St. \$20.00
\$5 materials fee payable to the instructor.

So You Want to Flip a House?

FH17. 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

Sa from 10:00 AM to 12 N

March 21

MALT Office, 6601 Greene St. \$20.00

How to Buy a House

FH18. 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.

Tu from 7:00 PM to 9:00 PM

February 11

Mt. Airy Nexus, 520 Carpenter Lane \$20.00



If you have a job that needs doing, Paul can help you learn to do it yourself.

Do-It-Yourself Home Repair

FH19. 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.

Sa from 10:00 AM to 2:00 PM

March 21 - April 4

3 sessions

**Private residence near Paper Mill & Cromwell Rds., Wyndmoor \$250.00*
\$25 materials fee payable to the instructor.

Fix Your Toilet

FH20. The most common reason for high water bills is a malfunctioning toilet. Learn to diagnose problems, make repairs, and if necessary, replace your toilet. Fix a toilet that runs continuously or intermittently, will not flush, is clogged or has other problems. Learn how a toilet works, its parts, terminology and tools you will need, how to remove your old toilet and install a new one.

Paul Plevakas

Sa from 3:00 PM to 5:00 PM

April 4

**Private residence near Paper Mill & Cromwell Rds., Wyndmoor \$39.00*

Clutter Tonic: The Easy, Refreshing Way to Organize Your Home and Office

FH22. Are you overwhelmed by your belongings? Do you have unpacked boxes from your last move? Are you drowning in papers? Enjoy some Clutter Tonic! Make happy decisions about what to let go of and ways to organize the rest. Do it the green way. Learn where to recycle torn clothes, stained purses, cosmetics and much more. Let go of 30 things in 1 week. Achieve the 33-item wardrobe. Yep, including accessories and shoes. Perform a 15-minute clutter bust. See results and have fun!

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

W from 7:00 PM to 9:00 PM

January 29 - February 19 (no class 2/5)

3 sessions

Summit Presbyterian Church

6757 Greene St. at Westview \$59.00

Class will be held upstairs in the Parlor.

Speed Cleaning

FH25. 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

W from 7:00 PM to 9:00 PM

March 25

Presbyterian Church of Chestnut Hill

8855 Germantown Ave \$24.00

Class will be held in the Harris Room.

Understanding Your Homeowners Insurance Policy

FH23. Learn about the various coverages of homeowners insurance, the benefits of each one, certain terms found in a policy and their meaning. What are some of the responsibilities the homeowner should not ignore? What is expected from the insurance company when a loss occurs? Bring your policy to class.

Steven Wolbach is a public adjuster and has been helping clients for over five years. He has experience identifying issues common to the homeowner, knows of many misunderstandings held by the typical homeowner, and has the expertise to address those issues.

M from 7:00 PM to 9:00 PM

January 27

Grace Epiphany Church

224 E. Gowen Ave. \$24.00



You too could have backyard chickens and fresh eggs daily.

Backyard Chicken Keeping

FH21. 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.

Tu from 7:00 PM to 9:00 PM

March 10-17

2 sessions

Mt. Airy Nexus, 520 Carpenter Lane \$39.00

Understanding Chronic Disorganization

FH24. Do you wonder why some people have a harder time keeping things together? We'll talk about the fundamentals and underlying causes of chronic disorganization, as well as techniques and strategies to help those challenged by this common issue to make positive changes in their lives and relationships. Receive numerous resources for continued learning and support.

Leslie Robison has provided coaching and organizing services 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.

W from 7:00 PM to 8:30 PM

March 11

Presbyterian Church of Chestnut Hill

8855 Germantown Ave. \$20.00

Class will be held in the Harris Room.



Learn the magic of maple sugaring, and bring it to your own backyard!

City Sugaring

FH30. Discover how trees produce sap, and the steps involved in harvesting sap to make syrup and sugar. Learn how to tap a tree, and boil sap to syrup. Candy making and sugaring at home are also included in this program.

Trish Fries and **Christina Moresi** from the Wissahickon Environmental Center have a combined 34 years of experience in maple sugaring, both teaching and making.

Sa from 1:00 PM to 3:00 PM

February 1

*Wissahickon Environmental Center
300 Northwestern Ave.*

\$25.00

\$15 materials fee payable to the instructors (includes candy making and pancakes).

Rain/Snow/Freeze date: February 8.

“ *I really love all of the material demonstrations — from the supplies needed to the different applications of syrup.* ”

Seeds to Live By: Spring Gardening

FH31. Basil, cilantro, red cabbage, corn, cucumbers, tomatoes, peppers, beets, Chinese cabbage, mint, collard greens, onions, garlic, scallions and lettuce. These are just some of the seeds that you will be planting during the class to help jump-start your vegetable garden this spring. You'll also learn what steps to take in order to get your garden beds ready for the season; where to get free (or low cost) garden supplies; and how to layout your garden for the best possible results. Finally, we will look at how you can save money by harvesting your own seeds at the end of the season rather than buying them from the store each year.

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

Sa from 1:00 PM to 3:00 PM

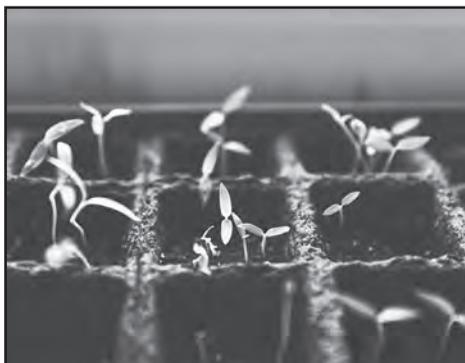
February 22

Project Learn School

6525 Germantown Ave.

\$20.00

\$7 materials fee payable to the instructor.



Get a head-start on your garden with Ellen's expert help.



Eric can teach you how to select investments that match your beliefs and values.

“
I definitely learned the core/ foundation of tax filing for small businesses, I can use that information to do additional research and ask the right questions.”

What is Your Social Security Strategy?

FC01. Social Security is fairly simple provided you worked long enough to earn the required number of quarters and were never married. However, when you add two-income couples and/or divorce into the mix, both historically high among baby boomers, the decisions become very complicated. Making the wrong choices can result in less income for the rest of your life. We'll walk you through common, but surprisingly complex situations and provide strategies to maximize your benefits.

Eric Dean is a Wealth Advisor with Risler 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.

*W from 7:00 PM to 9:00 PM
February 5
MALT Office, 6601 Greene St. \$24.00*

Values-Based Investing

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
*W from 7:00 PM to 8:30 PM
April 1
MALT Office, 6601 Greene St. \$20.00*

Small Business Tax Workshop

FC03. This is a must for anyone who is self-employed or considering starting their own small business. We will cover the start-up tax requirements for a small business.* Become familiar with the forms that are required for the federal return including seeing how all of the pieces fit together. Finally, learn what income must be reported as well as what expenses may be taken to reduce the overall tax liability.

*Please note: We will address the tax issues related to small businesses that are sole proprietorships and LLCs only.

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

*W from 6:30 PM to 9:00 PM
February 26
MALT Office, 6601 Greene St. \$49.00
\$10 materials fee payable to the instructor.*

Individual Tax Workshop

FC04. Do you have questions about filing your taxes this year? This class is for people who prepare their own taxes. Bring your questions and your issues. Get the answers that you need.

Ellen Russell
*W from 7:00 PM to 8:30 PM
February 12
MALT Office, 6601 Greene St. \$20.00
\$7 materials fee payable to the instructor.*

ABCs of Estate Planning

FC05. 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.

Tu from 6:45 PM to 9:00 PM

February 11

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301

\$20.00

Secrets The Car Dealer Doesn't Want You To Know

FC06. 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.

Sa from 9:00 AM to 12 N

February 22

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301

\$39.00

\$10 materials fee payable to the instructor.

Stocks and Bonds 101

FC07. 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.

Th from 7:00 PM to 8:00 PM

March 19-26

2 sessions

Edward Jones, 7151 Germantown Ave. \$24.00

Millionaires in Training

FC08. 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.

Th from 7:00 PM to 9:00 PM

March 12

Mt. Airy Nexus, 520 Carpenter Lane \$24.00



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

Money Basics: The Money Formula

FC09. 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.

Sa from 1:00 PM to 3:00 PM
March 21

United Lutheran Seminary,
7301 Germantown Ave.

Brossman Center Rm 301 \$34.00
\$5 materials fee payable to the instructor.

Top 10 Tools for Financial Success

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.

W from 7:00 PM to 9:00 PM
March 4-11

2 sessions
MALT Office, 6601 Greene St. \$59.00
\$10 materials fee payable to the instructor.

Debt-Free Living

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

W from 7:00 PM to 9:00 PM

March 18-25

2 sessions

Mt. Airy Nexus, 520 Carpenter Lane \$44.00
\$10 materials fee payable to the instructor.

Retirement Planning Today®

FC12. 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. *Th from 6:30 PM to 9:15 PM*

February 27 - March 5

2 sessions

\$49.00

B. *Tu from 6:30 PM to 9:15 PM*

March 3-10

2 sessions

LaSalle University

1900 West Olney Ave.

Medical Office Bldg, room 148

\$49.00

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

Wealth Creation Today®

FC13. 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

A. Th from 6:30 PM to 9:00 PM

March 19-26

2 sessions

\$49.00

B. Tu from 6:30 PM to 9:00 PM

March 24-31

2 sessions

Arcadia University

450 S Easton Rd, Glenside

Commons Building

\$49.00

Course fee includes \$25 materials fee.

Getting Paid to Talk: An Introduction to Professional Voice-Overs

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.

Tu from 6:30 PM to 9:00 PM

February 4

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301

\$34.00



Become a confident and effective public speaker with Brian's help.

Public Speaking for Everyone

FC17. 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.

Tu from 7:00 PM to 9:00 PM

February 25 - March 3

2 sessions

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301

\$49.00

\$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... ”

Follow Your Passions in an Encore Career

FC18. 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: <http://www.yestolifecoaching.com>.

Tu from 6:30 PM to 8:30 PM

March 24-31

2 sessions

Wesley Enhanced Living

6300 Greene St.

\$44.00

\$15 materials fee payable to the instructor.



Robin’s goal is to help you get what you want from your career AND your life.

NEW! 10 Strategies for Job Hunting Over 50

FC19. 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).

Th from 7:00 PM to 9:00 PM

February 13-20

2 sessions

Work Mt. Airy, 6700 Germantown Ave.

Lower Level

\$44.00

\$5 materials fee payable to the instructor.

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

Fitness & Exercise

Boxing Fitness Action

EX02. 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.

W from 7:30 PM to 8:20 PM

January 22 - February 19

5 sessions

Action Karate, 11 W Mt Airy Ave. \$60.00

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

Pole Dance and Fitness

EX06. 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.

Sa from 11:00 AM to 12:15 PM

January 25 - February 29

6 sessions

Pole Empress, 216 Apsley St. \$96.00

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.



You'll leave this class smiling -- Nga's positive energy is contagious!

Face-LIFT!

EX04. 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.

Tu from 7:00 PM to 8:00 PM

February 25 - March 17

4 sessions

Cliveden Carriage House

6401 Germantown Ave, rear.

\$54.00

Zumba® with Zoe Brown

EX05. 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®.

Th from 7:00 PM to 8:00 PM

January 23 - March 12

8 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$96.00

Pilates Mat for Beginners

EX07. Want to get in shape? Build strength and flexibility at the same time? Then Pilates is for you! Find out the basic “core” principles of Pilates with this beginners’ course. This is a great workout and you will FEEL it! Please consult with your physician if you have chronic pain or back issues before you register. Please bring a mat to class.

Darcy Soper fell in love with the Pilates method in 2005. After being diagnosed with Rheumatoid Arthritis, Pilates was the only thing that gave her relief. In 2017, Darcy graduated from The Pilates Center Advanced Teacher Training Program in Boulder, CO.

Sa from 9:00 AM to 10:00 AM

February 1-29

5 sessions

Pilates Alchemy

20 E. Mt. Airy Ave, 2nd floor **\$59.00**

NEW! KaribbeanKraze

EX08. This music is a dance fitness program teaching you step-by-step Caribbean dance moves to Caribbean music and afro beats with total body exercises. This workout is for all fitness levels that will strengthen, tone, build stamina, and shred fat! Be prepared for parties, weddings, and carnivals while learning original Caribbean Style line dances called KrazeLine.

Marcia Moore is a certified 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.

Th from 7:00 PM to 8:00 PM

February 27 - April 2

6 sessions

Waldorf School of Philadelphia

6000 Wayne Ave. **\$74.00**



Build strength in your core at Pilates Alchemy.

Strong by Zumba®

EX09. Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep. This is a high energy workout that challenges you. (STRONG by Zumba is NOT a dance fitness class.)

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

Sa from 10:00 AM to 11:00 AM

February 8 - March 28

8 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane **\$89.00**

Bring sneakers, gloves (optional), floor mat, towel, and WATER!

'80s Aerobics

EX11. 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).

M from 6:45 PM to 7:45 PM

January 20 - March 16 (no class 3/2)

8 sessions

Chestnut Hill United

8812 Germantown Ave.

\$79.00

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

Hula Hoop Dance Cardio

EX12. 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.

M from 7:00 PM to 8:00 PM

February 24 - March 30

6 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$64.00

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!

EX13. 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

Tu from 7:00 PM to 8:00 PM

February 18 - March 24

6 sessions

Chestnut Hill United

8812 Germantown Ave.

\$64.00

Bring a towel and plenty of water.



Channel your inner child with a fun and effective hula hoop workout.

Fierce and Fit Over 40

EX14. 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.

W from 6:00 PM to 7:15 PM

February 12 - March 18

6 sessions

**Private residence near Westview St. and Germantown Ave.*

\$74.00

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



Tone and strengthen your body with Sophie.

Fergie's Fit Bootcamp

EX15. 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 has been in the fitness industry for over 25 years. She is a degreed Fitness professional with certifications in Cancer Exercise, Gerontology, Physical education and more. Changing lives through specialized programming aimed to improve functional fitness in the 55 and over population is her goal.

Sa from 6:45 AM to 7:45 AM

January 25 - March 21

9 sessions

*New Covenant Church Campus
7500 Germantown Ave.*

\$89.00

Bring water and a small towel.

Fit Possibilities

EX16. 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

A. *W from 9:00 AM to 10:00 AM*

January 22 - March 11

8 sessions

*New Covenant Church Campus
7500 Germantown Ave.*

\$79.00

B. *M from 9:00 AM to 9:45 AM*

January 27 - March 16

8 sessions

*Grace Epiphany Church
224 E. Gowen Ave.*

\$79.00

Bring a small towel and a water bottle.

Instructor will call all participants before the class.

“ *Yvonne is a great teacher!
Very motivational, funny, and she
makes exercise fun.* ”

Barre Fusion

EX18. Barre Fusion is a mix of barre, pilates, and yoga, set to driving music. Challenge your muscles with tiny isometric movements at the barre (chair) or on the mat, but also get plenty of time to stretch and lengthen. This low-impact workout is safe, effective, and suitable for all levels. Modifications are given, when necessary.

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

Sa from 10:30 AM to 11:30 AM

March 14 - April 4

4 sessions

Good Wolf Yoga, 228 W. Harvey St. \$49.00

Bring your own yoga mat, if you have one.

NEW! Chair Yoga, Dance, and Mat

EX19. 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

Tu from 11:00 AM to 12 N

March 3-31

5 sessions

Good Wolf Yoga, 228 W. Harvey St. \$59.00



Stretching can improve your posture, reduce stress and body aches, and more.

Stretch 4 Life for Seniors

EX17. 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. W from 10:00 AM to 10:45 AM

January 22 - March 11

8 sessions

New Covenant Church Campus

7500 Germantown Ave.

\$89.00

B. M from 10:00 AM to 10:45 AM

January 27 - March 16

8 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$89.00

Wear comfortable clothes and shoes and bring a water bottle.

Hot Cocoa Open House with the MALT Team!

Stephanie, Nicki & Nima (the MALT staff) invite you to stop by and say hello in person at the MALT office (6601 Greene Street) for hot cocoa and conversation during our January Open House. We will have instructor demos, warm drinks, snacks, and good cheer! We would love to meet you in person and hear any MALT-related thoughts, ideas, stories and feedback that you would like to share. This is also a great time to register for Winter courses in person!

Thursday, January 16, 5 PM - 7 PM

RSVP optional but appreciated: info@mtairylearningtree.org



Kids & Teens

Learn to Skate - Ages 3-15 (All Levels: tot or beginner-freestyle)

KD01. For the non-skater or new beginner, classes go through basic skating skills such as forward and backward skating, stopping, cross-overs, turns, mohawks, simple jumps, and control and balance moves.

Taught by **instructors from the Wissahickon Skating Club.** Please check directly with the Wissahickon Skating Club for a list of all their classes.

Sa from 11:45 AM to 12:45 PM

January 25 - March 21 (no class 2/15)

8 sessions

Wissahickon Skating Club

550 W. Willow Grove Ave. \$185.00

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

Learn to Skate - Ages 6-15 (All Levels: beginner-freestyle)

KD02. For the non-skater or new beginner, classes go through basic skating skills such as forward and backward skating, stopping, cross-overs, turns, mohawks, simple jumps, and control and balance moves.

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

F from 7:30 PM to 8:30 PM

January 17 - March 13 (no class 2/14)

8 sessions

Wissahickon Skating Club

550 W. Willow Grove Ave. \$185.00

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



Kids have a blast in Kim Williams' theater classes!

Improv for Kids, Ages 7-13

KD03. Learn how to develop and practice skills in drama while making up ideas on the spot. Play a variety of games and exercises to help you think fast on your feet, come up with new skits, role playing and commercials. The session culminates with a final performance in costume for family and friends. This is an energetic, fun and creative class that teaches kids to hold nothing back. It inspires creativity, confidence, and discipline and helps them figure it out for themselves.

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

M from 5:00 PM to 6:00 PM

January 13 - March 9

9 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave. \$110.00

Intro to Violin for Kids

KD07. Introduce your child to the world of music with this fun, interactive violin class. Learn how to hold the violin, use the bow and finger the notes. Explore more musical concepts through rhythm, and other play-based activities. No instrument required. Each child can use a school violin at the lesson. Ages 4-9 years old.

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

M from 6:30 PM to 7:00 PM

February 3-24

4 sessions

*Chestnut Hill Music Academy
22 E. Chestnut Hill Ave.*

\$39.00

Intro to Piano for Kids

KD06. Piano is a wonderful first instrument for children. Easier than many, you just press a key and it sounds great. Plus the layout of white and black keys makes an understanding of the basics of music visually understandable, even to kids. Learn proper posture, hand positions, the musical alphabet, the math of music, basic note reading and much more. Ages 5-11 years old.

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

M from 6:00 PM to 6:30 PM

February 3-24

4 sessions

*Chestnut Hill Music Academy
22 E. Chestnut Hill Ave.*

\$39.00

Beginning Guitar for Kids

KD08. Has your child been asking about guitar? All the basic elements of guitar playing will be introduced in this fun class. Work on easy chords, strumming and accompanying all types of music from Rock to Pop to Gospel and Country. Then we'll do a quick intro of note reading and playing so kids can learn what all those little dots mean. Students need to have their own instrument. Ages 5-12 years.

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

M from 7:00 PM to 7:30 PM

February 3-24

4 sessions

*Chestnut Hill Music Academy
22 E. Chestnut Hill Ave.*

\$39.00



Dance classes are so much fun, and also a great place to develop body-awareness and self-control.

Boys' Tap/Hip-Hop/Step/Breakdancing

KD05. This exciting, energetic, crazy class is just for boys ages 7-16. 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.**

M from 6:00 PM to 7:00 PM

January 27 - March 16

8 sessions

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

\$96.00

Toddler Ballet/Tap, Ages 3-5

KD04. 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.**

A. Th from 5:00 PM to 5:55 PM

January 16 - March 5

8 sessions

\$96.00

B. Sa from 9:00 AM to 9:55 AM

January 18 - March 7

8 sessions

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

\$96.00

Dress code: Pink or black tights, pink or black leotard or white t-shirt, tap and ballet shoes. All items available to borrow.

Introduction to Snare Drum for Kids

KD09. Has your child been talking about playing the drums? Now is your chance to give it a try. The snare is the center piece of the drum set and the main drum in a marching band. In this fun class, kids will learn how to hold the sticks, use bounces for speed and accuracy, keep a steady beat, and read drum notation. All you need is a pair of drum sticks. Students can practice at home on any hard surface if they don't have a drum or practice pad. Ages 6-12 years old.

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

M from 7:30 PM to 8:00 PM

February 3-24

4 sessions

Chestnut Hill Music Academy

22 E. Chestnut Hill Ave.

\$39.00

Art for Children

KD10. 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! For ages 5 and up.

Offered by the **staff of Mindy Flexer Art School.** For more info see www.mindyflexerart.com.

A. *Sa from 9:00 AM to 10:30 AM*

January 18 - February 22

6 sessions

\$102.00

B. *Sa from 9:00 AM to 10:30 AM*

February 29 - April 4

6 sessions

Mindy Flexer Art School

5225 Greene St.

\$102.00

\$10 materials fee payable to the instructor.

Summit Children's Program



Providing full-time child care

18 months to 5 years

- Exploration in nearby Carpenter's Wood
- Beautiful backyard with playground
- Healthy snacks including fruits & veggies
- Warm, caring environment with an emphasis on emotional development and risk taking
- Weekly music program
- Weekly dance and movement classes

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CW Henry Students from K to 3rd Grade

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- Homework space
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Schedule a tour with us today!

Contact us by email or phone

215-848-4451

scp@summitchildrensprogram.com

6757 Greene St. Philadelphia PA 19119

www.summitchildrensprogram.com

Mind, Body & Health



Jen Merritt's yoga class is for every body!

NEW! Yoga for Beginners and All

MB01. Let's release the old, and call in the new! Each class is an offering to unwind tension using yoga movements to calm the body and mind. We will end with guided meditation to help us align with our goals and get clear on our vision to become our best selves. For all levels and beginner friendly, you will reduce stress, give self-love to your body, and explore movement and meditation to stay focused on manifestation and goals for the new year.

Jen Merritt has been blessed to learn from many teachers in various traditions and mind-body healing practices. Jen began teaching yoga in 2005 and brings into her classes knowledge as a massage therapist, certified hypnotherapist and Ayurvedic life coach.

Th from 6:00 PM to 7:00 PM

January 23 - February 27

6 sessions

Mishana Yoga + Wellness

3300 Henry Ave.

\$59.00

Yoga, a Chair and You

MB02. 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.

F from 11:30 AM to 1:00 PM

March 6 - April 3

5 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$54.00



From increased strength and flexibility to reduced stress and improved heart health, the benefits of yoga abound.

Yoga Basics

MB03. Whether you are looking to gain overall flexibility or improve balance, learning yoga basics is of tremendous benefit for the entire body and mind. When the hamstrings and hips are stretched, the lower back loosens and strengthens and stiffness dissipates. Mobilizing and opening the shoulders dissolves neck tension. Remember, yoga is a gradual process. Be patient with yourself.

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

Sun from 4:00 PM to 5:00 PM

January 19 - March 22

10 sessions

Church of St. Martin-in-the-Field

8000 St. Martin's Ln

\$119.00

Bring a yoga mat.

Broga

MB04. 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.

Sa from 9:00 AM to 10:00 AM

February 15 - April 4

8 sessions

Good Wolf Yoga, 228 W. Harvey St. \$94.00

Bring your own yoga mat, if you have one.

Funky Yoga Dance

MB05. 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) 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.

Tu from 6:00 PM to 7:00 PM

February 11 - March 17

6 sessions

Mishana Yoga & Wellness

3300 Henry Ave.

\$59.00



Dance? Yoga? Why choose? Do both in this fun and playful class.

Yoga for Bone Health

MB06. 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 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.

W from 5:45 PM to 6:45 PM

January 22 - February 26

6 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$76.00

Intro to Eight Limbs of Yoga

MB07. 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

Su from 10:00 AM to 11:00 AM

January 26 - March 1

6 sessions

Mt. Airy Performing Arts

230 E. Gowen Ave.

\$76.00

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

“ *Linda Kish is a great yoga instructor. She is always encouraging.* ”

Gentle Yoga with Meditation

MB08. Quiet the mind and relieve stress with an easy, gentle and slow approach to yoga. Improve physical balance and coordination, help regulate the nervous system, and bring thoughts into balance. Both meditation and yoga improve concentration and allow the body to rest back to its natural, peaceful state.

Ruth Hoskins, PhD, HHS, LCSW, is a forty-year meditation teacher, certified Yoga teacher from the Himalayan Institute (200 hr), psychotherapist, holistic health sciences author of the book “No Time for Downtime” and the CD “Easy Stress Solutions for You.” She teaches you to rest, relax and manage your day balancing your life, body, mind and spirit.

Sa from 10:30 AM to 11:30 AM

February 1 - 29

5 sessions

Wesley Enhanced Living

6300 Greene St.

\$54.00

Bring a yoga mat if you have one, as well as a light blanket.

Yoga/Pilates Mix

MB09. 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.

M from 7:00 PM to 8:00 PM

January 27 - March 23 (no class 2/17)

8 sessions

Summit Presbyterian Church

6757 Greene St. at Westview

\$79.00

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



Stretch, strengthen and relax with long-time MALT instructor, Chris Coan.

QiGong for Health and Wellness

MB10. 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.

Tu from 7:00 PM to 8:00 PM

February 4 - March 10

6 sessions

Summit Presbyterian Church

6757 Greene St. at Westview \$64.00

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

Radiant Lotus Women's Qigong

MB11. 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.

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.

M from 7:00 PM to 8:30 PM

January 27 - February 10

3 sessions

Chestnut Hill Friends Meeting

20 E. Mermaid Lane \$44.00



Students appreciate Rochelle's fun, practical and empowering hands-on practice.

NEW! Self-Defense for Older Adults

MB12. 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.

Th from 7:15 PM to 8:00 PM

February 6-27

4 sessions

Action Karate, 11 W Mt Airy Ave. \$44.00

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

NEW! Martial Arts Stick Training

MB13. Different movement activities affect the brain in different ways. Practicing martial arts with "arnis sticks" in your hands will help give you a good workout as well as improve your coordination, strength and overall well-being. Students will learn a series of movements anyone can do and get to strike targets. Beginners welcome!

Rochelle Brenner

W from 7:30 PM to 8:20 PM

February 26 - March 18

4 sessions

Action Karate, 11 W Mt Airy Ave. \$54.00

\$49 materials fee payable to the instructor.

Must purchase Arnis sticks from Action Karate. No exceptions.

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'uan with Maggie Newman since 1979 and has many years of teaching experience. He is a retired physician who believes his T'ai Chi instruction is as valuable as any drug he ever prescribed.

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

Tu from 10:00 AM to 11:00 AM

January 21 - March 24

10 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$109.00

B. Vicki Mehl

W from 10:00 AM to 11:00 AM

January 22 - March 25

10 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$109.00

C. Kurt Findeisen

Th from 7:00 PM to 8:00 PM

January 30 - April 2

10 sessions

Chestnut Hill United

8812 Germantown Ave.

\$109.00

T'ai Chi Ch'uan: Continuing

MB15. Continue the study of T'ai Chi Ch'uan through the Short Yang solo form. This course is designed for students who have had previous study experience with the Cheng Man-ch'ing short form. The postures reviewed will be commensurate with the knowledge of participating students.

Kurt Findeisen

Th from 8:00 PM to 9:00 PM

January 30 - April 2

10 sessions

Chestnut Hill United

8812 Germantown Ave.

\$109.00

T'ai Chi - Yang Style: Level Two

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

W from 12:30 PM to 1:30 PM

January 22 - March 25

10 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$109.00

T'ai Chi - Yang Style: Level Three

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

W from 11:15 AM to 12:15 PM

January 22 - March 25

10 sessions

Center on the Hill

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$109.00

“*Vicki is very encouraging and explains the moves. She takes the time to help each and every student, and even provided some laughs to help us feel more at ease.*”

T'ai Chi for Health

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.

Tu from 7:30 PM to 8:30 PM

January 21 - March 24 (no class 2/25 & 3/3)
8 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$89.00

Liquidbody: DIY Myofascial Release Stretching & Movement

MB19. Stimulate the therapeutic, sustained and gentle pressure of Myofascial Release Therapy (MFR) using foam rollers, balls, blocks, props, movement and breath. MFR is a tactile and natural alternative for treating and preventing chronic pain caused by fascial restrictions (still undetectable by medical scans) without pharmaceuticals nor surgery. Unwind your body and mind. Compress and decompress. Balance softness and tension. Restore vertical alignment. Intentionally release and mindfully strengthen to change conscious and subconscious postural patterns and movement habits.

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

A. *Sa from 3:00 PM to 4:30 PM*

February 8

\$24.00

B. *Su from 1:00 PM to 2:30 PM*

March 29

Mishana Yoga & Wellness

3300 Henry Ave.

\$24.00

Alexander Technique: Returning To Your Essential Nature

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.

Su from 4:00 PM to 5:30 PM

March 8 - 22

3 sessions

**Private residence near Devon St.*

and E. Gowen Ave.

\$64.00

Running and the Alexander Technique

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

Su from 3:30 PM to 6:00 PM

March 1

New Covenant Church Campus

7500 Germantown Ave.

\$34.00

Please come in your running gear.

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. W from 7:00 PM to 8:30 PM
February 5 \$20.00

B. Th from 7:00 PM to 8:30 PM
March 26
United Lutheran Seminary
7301 Germantown Ave.
Brossman Center Room 301 \$20.00

Learning to Read Tarot

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. 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.

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

Tu from 7:00 PM to 9:00 PM
February 4-25
4 sessions
MALT Office, 6601 Greene St. \$49.00

“ *Much more in-depth than I ever expected!*
Excellent class! ”

Protection & Reversal Magick

MB31. Discuss Hoodoo and classic folk remedies to cleanse the self or the home. Learn how to cleanse your house on both an energetic level as well as a mundane level using crystals, floor washes and other methods.

Karen Bruhin

Tu from 7:00 PM to 9:00 PM
March 3
MALT Office, 6601 Greene St. \$20.00

Celebrating Loved Ones Who've Died

MB32. We all know how hard it is to lose family members and friends. We miss them and their places in our lives. But there's much we can do to keep their memory alive! Celebrating them, no matter how long after the fact, can bring unexpected joy. Learn about easy and personal ways to celebrate a loved one who's passed, bringing their spirit back into your life, and filling your heart with warm and grateful memories.

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.

Tu from 7:00 PM to 9:00 PM
March 10
United Lutheran Seminary
7301 Germantown Ave.
Brossman Center Room 301 \$20.00

Explore Crystal Minerals and Their Energy

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).

W from 7:00 PM to 9:00 PM
February 19
MALT Office, 6601 Greene St. \$20.00

When I Say “No,” I Feel Guilty

MB34. Do you find yourself holding back from speaking your mind? Are you afraid of getting on someone’s bad side by disagreeing? Do you think that speaking up only backfires for you? If any of these questions ring true for you, this class is for you! Participants will explore the ways and reasons each of us holds back, experience new ways of communicating, and gain strength and strategies for speaking up in one’s life.

Claudia Apfelbaum, MSS, LCSW, has more than 25 years’ experience as a social worker, therapist and educator. She helps people to improve their relationships through improved listening and communication skills.

W from 7:00 PM to 9:00 PM

March 4-11

2 sessions

**Private residence near intersection of
Wissahickon Ave. & Stafford St. \$39.00*

Liberate the Power of Your Voice

MB35. 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 voicework 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.

Sa from 10:00 AM to 1:00 PM

March 21

*Memorial Church of the Good Shepherd
3820 The Oak Rd. \$39.00*

“ *One of the best classes
I’ve taken so far. In developing
my craft as a performer, this
was a perfect addition.* ”



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



Singing Bowls have been used for centuries for healing and meditation purposes.

Ancient Methods: Healing Sounds

MB38. Discover ancient uses of sound as vibrational healing for symptoms related to stress or other disruptions in your subtle energy fields. Experience the awesome power sounds of Himalayan singing bowls, crystal singing bowls, vocal toning and chant, various types of drums, gongs, and a whole range of healing sounds from ancient cultures.

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>.

W from 7:00 PM to 9:00 PM

February 19

**Private residence near Germantown Ave. and McPherson St. \$29.00*

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

NEW! 20/20 Third Eye Vision

MB39. Intuition, sometimes called the Third Eye, exists in everyone. You don't need to be psychic to receive extrasensory information. We will be talking about how our subconscious picks up symbols such as numbers, colors, sounds, and key words, to help us make choices and cope with stress. Learn some tools for sharpening your own intuitive ability, and pick up some tips for using it productively every day.

Natalie Bliss

W from 7:00 PM to 9:00 PM

March 4

**Private residence near Germantown Ave. and McPherson St. \$24.00*

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

Deep Relaxation: The Key to Happiness

MB37. 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. Allow 15 minutes before and after the class to get settled.

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.

M from 6:30 PM to 7:30 PM

February 10 - March 16

6 sessions

**Private residence Westview St. and Germantown Ave. \$74.00*

Bring a pillow, mat, and blanket. Instructor has a few on hand. Please wear clothes that will not restrict your comfort as you will be laying down for a minimum of 45 minutes.

NEW! Angel Card Reading for Skeptics and Cynics

MB40. 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

W from 7:00 PM to 9:00 PM

March 18

**Private residence near Germantown Ave. and McPherson St. \$24.00*

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

Would you like to share a skill or talent with your neighbors? January 15th is the deadline to submit class proposals for the Spring term.



Healthy Natural Weight Women's Workshop

MB50. Have you been missing the moments of your life because, for too many years, you have been watching your weight? Have you lost and gained countless pounds and now long to regain what has been lost in your life? This introductory workshop offers mindfulness practices and self-care tools to help you: recover from dieting and emotional eating, repair body despair, restore self and body trust, retain and enhance health and well-being, and reconnect with what matters most to you.

Amy Tuttle RD, LCSW has spent the last 25 years making amends for being one of those preachy good/bad food dietitians. She developed Nourishing Aliveness« programs to provide mindfulness-based no-diet services and resources to help enhance health and well-being, create community, and generate joy-fullness. www.NourishingAliveness.com.

Sa from 12 N to 3:00 PM
March 7

Healing Arts Studio
15 W. Highland Ave. \$34.00

Participants receive a discount for the next 8-week Nourishing Aliveness Foundation Group.

Better Peepers!

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

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.

Tu from 7:00 PM to 9:00 PM
March 17-24

2 sessions
MALT Office, 6601 Greene St. \$34.00

\$5 materials fee payable to the instructor. Please wear glasses and not contacts, and remove eye makeup so you can enjoy the eye exercises. Bring 2 washcloths, 2 hand towels, and 2 cereal-size bowls to class.

The Lavender Love Experience

MB52. Lavender loves you! Learn how to partner with this plant in the kitchen, the garden, and for better sleep in the bedroom. Through conversation and demonstration learn how this wonderful plant can soothe the bodymind, be used as a culinary herb, and add beauty to your home. Make and take home your very own lavender and flax-seed eye pillow!

Margaret Kinnevy is a local women's health and wellness acupuncturist, who leads plant walks in the Wissahickon.

Dorene Reggiani is a local longtime herbalist, gardener, and jewelry designer. She loves to share her knowledge of plants through local workshops and through her garden design business in NW Philly.

M from 7:00 PM to 8:30 PM

January 27

Margaret Kinnevy's Office

255 W. Hortter St.

\$20.00

\$18 materials fee payable to the instructor.



Judy's eye exercises can improve vision and help relax your eyes.

Crushing Unwanted Fat With Keto Done Right!

MB53. Our bodies are conditioned to burning carbohydrates for energy but these carbohydrates become toxic over time, creating a hormonal imbalance and causing an increase in internal and external fat production. Ketosis is another way the body can obtain energy from food. Learn the basic food and drink that make up a keto diet, foods that are not allowed, why sugars cause weight gain, the underlying causes to excessive weight gain, how to exercise with keto and the proper supplements to take while doing keto.

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.

Sa from 1:00 PM to 3:00 PM

January 18

United Lutheran Seminary

7301 Germantown Ave.

Brossman Center Room 301

\$20.00

Empower Yourself with Holistic Medicine

MB54. 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.Ac., 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.

Su from 4:00 PM to 5:30 PM

March 15

Community Acupuncture of Mt. Airy,

6782 Germantown Ave.

\$20.00

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



Instructor Wendy Romig has a wealth of knowledge about natural approaches to health and wellness.

Improving Gut Health Naturally

MB55. Gut health is critical for overall health and well-being. If we aren't properly digesting our food, we can have increased risk of chronic health conditions. Learn about food sensitivities, how to know what your body is reacting to, as well as foods and herbs that heal, balance and restore function of the gut. Plus we'll discuss natural approaches to specific conditions like GERD, food sensitivities, IBS and more.

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.

Th from 7:00 PM to 8:30 PM

February 20

Sage Integrative Health Center

538 Carpenter Lane

\$20.00

Vegetarian/Vegan Nutrition

MB56. Are you interested in learning more about embracing a nourishing vegetarian/vegan diet and lifestyle? Discover how to become healthy and vibrant on a plant-based diet. Learn vegetarian/vegan nutrition basics, ask questions, go home with delicious new recipes and gain a solid understanding of how to be a healthy vegetarian/vegan.

Wendy Romig

Th from 7:00 PM to 9:00 PM

March 19

Sage Integrative Health Center

538 Carpenter Lane

\$24.00

NEW! Age Like A Pro

MB57. 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. Weekly challenges, goal setting, and group discussion will help keep you on track to meet your health goals.

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.

W from 7:00 PM to 9:00 PM

February 19-26

2 sessions

Work Mt. Airy, 6700 Germantown Ave.

Lower Level

\$49.00

NEW! Eating Healthy on a Budget

MB58. Does eating healthier cost more? We will review ways to eat healthier and save money. Eating healthy does not need or have to cost more. You will learn how to shop, read labels and eat more whole foods for health. We will review the cheaper options in each food group to buy.

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.

M from 7:00 PM to 8:00 PM

February 10

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$20.00

\$5 materials fee payable to the instructor.

NEW! Eat Right, Drink Well, Stress Less

MB59. 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

Sa from 11:00 AM to 12 N

March 14

Chestnut Hill Friends Meeting

20 E. Mermaid Lane

\$20.00

\$5 materials fee payable to the instructor.



Nicole will inspire you to achieve your physical fitness goals, and challenge and guide you as you make dietary changes for the benefit of your health.

Sports & Recreation

Ping Pong: From Basement Hobby to Club Player

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

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

Su from 10:00 AM to 11:30 AM

January 19 - February 9

4 sessions

*Trolley Car Table Tennis Club
3300 Henry Ave.*

\$64.00

Rowing at RowZone®

SR02. 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.

W from 7:30 PM to 8:15 PM

January 22 - February 26

6 sessions

*RowZone, 4401 Main St, Manayunk \$120.00
You are encouraged to arrive 15 minutes early.*

Learn to Skate for Adults ages 16+ (Adult Levels 1-6)

SR03. The Wissahickon Skating Club offers basic skating classes that provide the skater with instructions on learning to skate recreationally, as well as learning to progress further in hockey or figure skating. For the beginner, classes go through basic skating skills such as: forward and backward skating, stopping, crossovers, turns, mohawks, simple jumps, and control and balance moves.

Taught by **instructors from the Wissahickon Skating Club**. Please check directly with the Wissahickon Skating Club for a list of all their classes.

F from 7:30 PM to 8:30 PM

January 17 - March 13 (no class 2/14)

8 sessions

Wissahickon Skating Club

550 W. Willow Grove Ave.

\$185.00

Fee includes 30-minute lesson, 30-minute practice time and skate rental. Helmet strongly recommended for beginners.

Horsemanship 101

SR04. 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.

F from 6:00 PM to 8:00 PM

March 6 - April 10

6 sessions

Bill Pickett Riding Academy

2100 Martin Luther King Dr

\$219.00

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

Talks & Walks

Laurel Hill Cemetery: Captains of Industry

TW02. The creators of Philadelphia's 19th century industries lived on a grand scale. They constructed lavish mansions in the suburbs and equally imposing mausoleums. We'll explore the stories of men who built locomotives, laid out the trolley lines and manufactured products ranging from saw blades to linoleum. We'll also explore the stories of their wives who attempted to dominate Philadelphia's social life.

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

Sa from 2:00 PM to 4:00 PM

March 28

Laurel Hill Cemetery, 3822 Ridge Ave. \$20.00

Hot Button Issues in Immigration

TW03. Receive an overview of immigration policy today. Who decides what? Why do many experts believe the system needs an overhaul? We will discuss the "players" in the immigration field and address many of the myths concerning immigrant and refugee policy. The 3rd class will include a guest speaker or a site visit to an immigrant group.

Judith Bernstein-Baker is an immigration lawyer and former Executive Director of HIAS Pennsylvania, a non-profit which provides legal and social services to immigrants and refugees. She co-authored a textbook, "Immigration Law and Practice" which is a primer for paralegals, immigration advocates, law students, and beginning attorneys.

M from 7:00 PM to 9:00 PM

January 27 - February 10

3 sessions

Work Mt. Airy, 6700 Germantown Ave.

Lower Level

\$34.00

\$5 materials fee payable to the instructor.

Philadelphia's Chinatown

TW01. Have you wondered how a fortune cookie is made? In this Chinatown tour, walk through an Asian market and end with lunch at a Dim Sum restaurant. Dim Sum, literally meaning "to touch your heart," is served as an innumerable assortment of delicacies, consisting of varieties of dumplings, steamed dishes, and other goodies. Students should bring money for lunch and any purchases they may want to make.

Glenn Bergman is now the Executive Director of Philabundance, after serving for 11 years as the General Manager of the Weavers Way Co-Op. Dim Sum has been his favorite brunch since childhood.

Sa from 9:00 AM to 1:00 PM

April 4

Meet at MALT Office

6601 Greene St. at Hortter

\$29.00

This course supports the work of Philabundance, working to end hunger in our communities, and Food Moxie, educating and inspiring people to grow, prepare, and eat healthy food.



BENEFITING

PHILABUNDANCE

Driving hunger from our communities

NEW! Look Up: Spotting Terra Cotta Treasures

TW04. Explore the often un-noticed architectural elements on buildings we pass every day. Germantown, Mt. Airy and Chestnut Hill’s 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.”

Tu from 7:00 PM to 9:00 PM

February 11

Karen Singer Tileworks

90 E Church Ln.

\$20.00

Badass Women of Philadelphia

TW05. Ladies up! Time to hear about cool colonial women, change makers, women in medicine, and more pioneers who have made their mark on this city of brother love and sisterly affection. Learn about our forgotten founder, Hannah Callowhill Penn; Ona Judge and her great escape from George Washington; Philadelphia’s first female doctors and more! Tour is approximately 1.5 miles and ends at 13th & Locust.

Rebecca Fisher and **Joey Leroux** founded Beyond the Bell Tours in 2018 to tell stories not being told about the city of Philadelphia. Beyond the Bell Tours centers on stories of women, people of color, indigenous peoples and LGBTQ folks through historically walking tours.

Sa from 11:00 AM to 1:00 PM

March 21

**Meet at the WaWa on 6th and Chestnut Sts.*

\$30.00

Stained Glass & Sacred Space Tour

TW06. 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.

Sa from 1:00 PM to 3:00 PM

March 7

Holy Cross Catholic Church

140 E. Mt. Airy Ave.

\$24.00



Beyond the Bell tours put the people back into people’s history. Their tours highlight marginalized communities, peoples and histories.

Words & Music

Fiction Writers' Workshop

WM01. This is a course for writers who have written at least one story. We will work on the elements of writing fiction through exercises and discussion of student work. Topics covered include: how to get started, finish a story, build characters, describe, build a scene, use dialogue and tips on constructing better sentences.

Nathan Long lives in Germantown and has taught creative writing for 15 years at Stockton University. His fiction has been nominated for three Pushcart Prizes and appears in over a hundred publications. His collection of fifty short stories, *The Origin of Doubt*, was a finalist for a 2019 Lambda Award.

Su from 4:00 PM to 5:30 PM

February 9 - March 8

5 sessions

MALT Office, 6601 Greene St. \$69.00
\$5 materials fee payable to the instructor.

Memoirs: More Than Memories

WM02. 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.

W from 7:00 PM to 9:00 PM

March 11 - April 1

4 sessions

Chestnut Hill United
8812 Germantown Ave. \$59.00
\$7 materials fee payable to the instructor.

Taking Yourself Seriously as a Writer

WM03. 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 Adelaide Books in 2018.

Th from 7:00 PM to 9:00 PM

February 27 - April 2

6 sessions

Chestnut Hill United
8812 Germantown Ave. \$79.00

NEW! Screenwriting

WM04. 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 J Evans began writing for television in 2013 after moving to Los Angeles. He was a producer on the *Wendy Williams Show*, a staff writer on *Ellen*, the *Carmichael Show* and numerous pilots.

Th from 7:00 PM to 9:00 PM

January 30 - March 19

8 sessions

United Lutheran Seminary
7301 Germantown Ave.
Brossman Center Room 301 \$104.00

Film Noir of the '40s

WM05. Dark lighting and weird camera angles. A tough, cynical gumshoe and a sexy femme fatale. Wisecracking dialogue and violent action. These are the tropes associated with the genre known by all vintage movie fans as “film noir.” We’ll watch a selection of some classic noir films as well as some lesser-known ones, featuring such stars as Alan Ladd, Robert Mitchum, William Bendix, Veronica Lake, and many others. Be sure to sign up for this class- or it’s curtains for you, see?

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.

M from 5:00 PM to 8:00 PM

January 27 - March 23

9 sessions

**Private residence near Millman
and Rex in Chestnut Hill*

\$79.00

An Actors Life For You?

WM06. 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/

M from 7:00 PM to 8:30 PM

February 24 - March 16

4 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$64.00

\$10 materials fee payable to the instructor.



Kay’s introductory course will leave you with “cúpla focal” (a few words) and broaden your interest in Ireland and Irish.

Introductory Irish: Level I

WM16. Le Cheile Means Together introduces beginners to the Irish language. Learn foundational skills like pronunciation, vocabulary, and basic grammar typically used in a home or close-knit social setting.

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

W from 7:00 PM to 8:30 PM

February 19 - March 25

6 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$89.00

\$10 materials fee payable to the instructor.

Introductory Irish: Level II

WM17. For those who have taken Level I, continue this introduction to the Irish language. You’ll build on foundational skills such as pronunciation, vocabulary, and basic grammar typically used in a home or close-knit social setting.

Kaytria Stauffer

Tu from 7:00 PM to 8:30 PM

February 25 - March 31

6 sessions

Grace Epiphany Church

224 E. Gowen Ave.

\$89.00

\$10 materials fee payable to the instructor.

Beginning Spanish

WM18. Have you always wanted to learn Spanish? Learn how to make small talk, order a meal and ask how much those authentic crafts cost, in a relaxed, stress-free environment. This class is for absolute novices. It is appropriate for people who have little to no exposure to the Spanish language. The course will require patience and active participation. By the end of the course you will be able to respond appropriately to simple questions, construct questions to satisfy everyday needs and carry on brief conversations.

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

Sa from 9:30 AM to 11:00 AM

February 15 - March 21

6 sessions

Teens Inc, 105 Bethlehem Pike \$89.00

\$10 materials fee payable to the instructor.

Conversational Spanish

WM19. Here's an opportunity for people with a basic knowledge of Spanish to practice in a relaxed atmosphere. Planning a trip to Latin America? Want to refresh that high school or college Spanish before it's lost forever? Learn to express yourself in everyday situations using vocabulary relevant to practical life situations. Classes will explore a wide variety of topical themes.

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

Sa from 11:00 AM to 12:30 PM

February 15 - March 21

6 sessions

Teens Inc, 105 Bethlehem Pike \$89.00

\$10 materials fee payable to the instructor.

“ *Comfortable space for conversation; the teens were very enthusiastic and helpful. Nice that they had snacks and coffee.* ”

French for Beginners

WM20. 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, French. She has lived in Mt Airy with her family since the late '90s.

Tu from 6:30 PM to 8:00 PM

February 11 - March 17

6 sessions

**Private residence near Westview St. and Germantown Ave.*

\$89.00

Winter 2020 Staff Picks!

NIMA'S PICKS:

- **Eat Right, Drink Well, Stress Less (p. 52)**

I am very intrigued by this class...how to heal yourself from the inside! What a cool concept!

- **Look Up: Spotting Terra Cotta Treasures (p. 55)**

Love this! Learn something new and unique about our area. Hidden gems!

STEPH'S PICKS:

- **Flower Arranging POP Up (p. 11)**

Flowers in winter are sure to brighten up a dark February day!

- **Badass Women of Philadelphia (p. 55)**

I loved this class - I learned a ton, and Rebecca's positive energy is engaging and contagious.

NICKI'S PICKS:

- **Microsoft Word & PowerPoint (p. 12)**

Students have been asking for this and we're delighted to offer it.

- **Martial Arts Stick Training (p. 44)**

This looks like a fun way to work on coordination and exercise at the same time.

Beginner's Harmonica for Adults (ages 13 and above)

WM31. 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).

M from 6:30 PM to 7:45 PM

January 27 - March 23 (no class 2/17)

8 sessions

Philadelphia Folksong Society

6156 Ridge Ave.

\$94.00

\$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 I

WM32. 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

M from 8:00 PM to 9:15 PM

January 27 - March 23 (no class 2/17)

8 sessions

Philadelphia Folksong Society

6156 Ridge Ave.

\$94.00

\$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.



Want to learn a new instrument? How about harmonica? It's tiny, relatively easy to pick up and start playing, and affordable!

African (Djembe) Drumming

WM30. We will be exploring traditional West African polyrhythms on the djembe, dun duns (bass drums), bells and shekere (beaded rattle). All levels of experience welcome; appropriate parts will be given based upon your experience level. We'll also be using elements of improvisation which will allow for access to a fuller spectrum of the traditional sound. This will enable and exercise our ability for creativity to flow. Our goal as a drum ensemble is to become one drummer with as many hands as are playing.

Saantis Fenmu Davis specializes in traditional African music and percussion from all parts of the world. He was raised in Philadelphia in a traditional African culture so is very familiar with these instruments. He has learned from master drummers around the world.

Th from 7:30 PM to 9:00 PM

February 20 - March 26

6 sessions

**Private residence near Willow Grove and Southampton Aves.*

\$95.00

Djembes will be on hand for class use and will also be available for purchase. Ron Kravitz's home is a fragrance-free environment due to his sensitivity to perfumes, colognes, aftershaves, cigarettes, etc. Therefore we ask that you attend without a presence of those scents on your clothes, body, hair, breath, etc. Also, please remove all rings, bracelets & wrist watches if playing a "house" drum.

Beginning Guitar

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.

Th from 7:00 PM to 8:00 PM

February 6 - March 19 (no class 2/20)

6 sessions

Waldorf School of Philadelphia

6000 Wayne Ave.

\$69.00

\$10 materials fee payable to the instructor.

Class is held in the Special Subjects Building.

Program Notes: Verdi's Requiem

WM35. Learn about Verdi's Requiem, including historical context, main themes and musical structures. No previous musical training is required. Discount tickets to the concert on 1/31 or 2/2 are available through the instructor.

David Heitler-Klevans has a degree in composition from Oberlin Conservatory of Music. David is a full-time performing musician, and has taught music to adults and children for over 30 years, including at Settlement Music School, Cheltenham Township Adult School and Temple University Ambler.

Tu from 7:00 PM to 9:00 PM

January 28

Holy Cross Catholic Church

140 E. Mt. Airy Ave.

\$29.00



Joan Kimball and Bob Wiemken are the artistic directors of Piffaro.

Photo credit: Bill DiCecca

The Music and Court of an Italian Noblewoman

WM34. Join the artistic directors of Piffaro, The Renaissance Band, who will demonstrate their extensive collection of early musical instruments and talk about the music and musicians of the Renaissance, particularly Isabella d'Este, a remarkable woman and patron of the arts who reigned in the court of Ferrara, Italy in the early 16th century. Isabella d'Este oversaw a court abounding in music and musicians. We will talk about her life, her influence on the development of musical instruments of the day, and play music that was composed at her court.

Joan Kimball and **Bob Wiemken** are the artistic directors of Piffaro, the Renaissance Band. Piffaro brings the sounds of the Renaissance to life through research and performance, using an ever-expanding instrumentarium of shawms, dulcians, sackbuts, recorders, krumhorns, bagpipes, lutes, guitars, harps, and a variety of percussion - all careful reconstructions of instruments from the period and the only professional collection of its kind in North America.

Th from 7:00 PM to 8:30 PM

February 13

Presbyterian Church of Chestnut Hill

8855 Germantown Ave.

\$20.00

Students may purchase discounted tickets to the Saturday, February 22 Piffaro concert, Isabella d'Este: First Lady of the Renaissance (7:30 PM at the Presbyterian Church of Chestnut Hill).

**Class will be in the Harris Room.*

Program Notes: Puccini's Madama Butterfly

WM36. Learn about Puccini's Madama Butterfly, including historical context, story, main themes and musical structures. No previous musical training is required. Discount tickets to the opera in late April or early May are available through the instructor.

David Heitler-Klevans

Tu from 7:00 PM to 9:00 PM

March 31

Mt. Airy Nexus, 520 Carpenter Lane \$29.00

Highs in the Low 70s: Music 1970-74

WM37. We will explore the music of the early 1970s, both the popular and the important (often not the same thing), including rock, pop, singer-songwriter, jazz fusion, funk, Motown, classical/concert music, reggae, Broadway, and more genres. The class will include a presentation with both recorded and live music examples.

David Heitler-Klevans

Tu from 7:00 PM to 9:00 PM

February 4

Mt. Airy Nexus, 520 Carpenter Lane \$29.00

Songwriting Workshop

WM38. Have you ever wanted to write a song like the hits by your favorite artists? Students will learn how to write your own lyrics, structure your song, and fit your lyrics to music. Begin to understand what works in songwriting, what doesn't work and why. This course is designed for people who have tried to write songs before as well as those who have never written before. Come with ideas or previous pieces of work and we can develop them together! Adam will help you write a song you can be sincerely proud of - a great accomplishment for anyone at any age!

Adam Kaluzshner, MS, is a professional singer, guitarist, and pianist who has performed solo, in duets, and with bands in NJ and PA. He has been writing for 17 years and teaching for 12+ years. He is currently at work on his debut EP and full length album.

Su from 2:00 PM to 4:00 PM

March 15 - April 5

**Home studio near Wayne and W Walnut Ln.*

\$49.00

\$5 materials fee payable to instructor.



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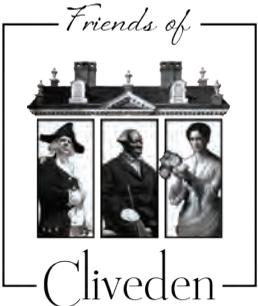


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Thank You

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Thank you to our long term teachers! We have learned so much from you, and truly appreciate your longstanding dedication to sharing your passions and expertise with our community.

● 10-14 Years

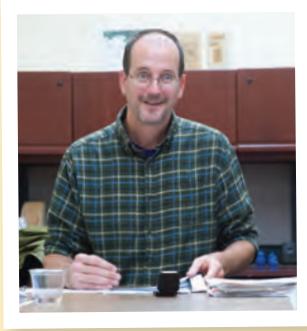
Meri Adelman
Claudia Apfelbaum
Glenn Bergman
Sophie Bernard
Rodney Chonka
Nina Epstein
Mindy Flexer Studio
Andrew Gilmore
Misty Godfrey
David Grauel
Gayle Herbert Robinson
Seth Holzman
Marcia Jones
Wanamaker Lewis
Jessica Liddell
Janet Mason
Y'vonne Page-Magnus
Grace Perkins
Marjory Silver
Karen Taylor Young
Wissahickon Skating Club

● 15-19 Years

Christopher Coan
Susan Cotteta
Creative Voice Development Group
Kirsten Erwin
Howard James
Pamela Lampkin
Mickey Leone
Nathan Long
Vanessa Lowe
Elise Rivers
Max Rivers
Mindy Shapiro
Nicki Toizer

● 20+ Years

Marck "Flaco" Best
Michael Brooks
Judy Dobbs
Kurt Findeisen
Anne Johnson
Debra Klingler
Bobbi Tighe



Nathan Long



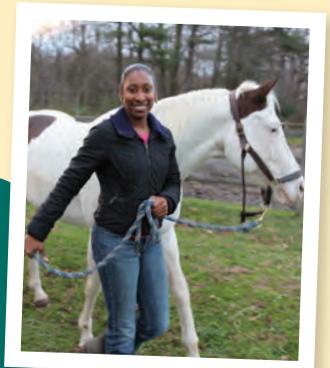
Howard James



David Grauel



Rodney Chonka



Misty Godfrey



Sophie Bernard



Y'vonne Page-Magnus



Karen Taylor Young



Anne Johnson



Thank you to our Course Locations!

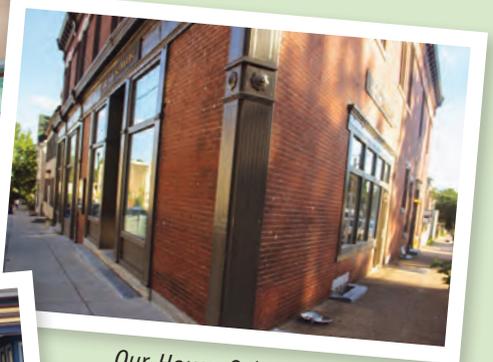
In taking a MALT class you might visit: a church you've driven past 100+ times but never been inside of; a Quaker meeting house or synagogue for the first time; an independently-owned local business; an artist's home studio; or any other local establishment — broadening and deepening your connection to this vibrant community we all call home. The large majority of MALT classes are held outside of our small Mt. Airy office, at almost 50 (!) locations throughout NW Philadelphia.

We are deeply appreciative of our course locations, whose gracious open doors allow us to carry out our mission. And like any good relationship, the feeling is mutual. We are so lucky — the sites that we work with report that they truly enjoy hosting MALT classes. For some locations, our programming enlivens their buildings during off-hours. For others, our courses bring new audiences to view and appreciate what they have to offer. Small businesses appreciate the added visibility that being a part of our catalog provides, and houses of worship or group living facilities enjoy hosting dynamic programming that can further engage their members.

From Our House Culture Center in Germantown to the city-owned Venice Island Recreation Center in Manayunk, and from Chestnut Hill Friends Meeting to Bella Mosaic in Mt. Airy, our class venues are as diverse as we are.



Chestnut Hill Friends Meeting House



Our House Culture Center



Teens, Inc.



Bella Mosaic



MEDICAL IMAGING

SERVICES

- X-Ray*
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- Nuclear Medicine
- Mammography/DEXA Scan
- Vascular Diagnostic Center

MEDICAL IMAGING CLOSE TO HOME

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Regular mammograms are still the best tests doctors have to find breast cancer early. The Chestnut Hill Hospital free screening mammography program provides mammograms to women without insurance. For complete details and to schedule a mammogram, call the Chestnut Hill Hospital Women's Center at **215-248-8400**.



MEDICAL IMAGING LOCATIONS

CHESTNUT HILL HOSPITAL

8835 Germantown Ave, Phila., PA 19118

WOMEN'S CENTER (CHESTNUT HILL)

8811 Germantown Ave, Phila., PA 19118

WOMEN'S CENTER (BLUE BELL)

1777 Sentry Pkwy. W. | Dublin Hall,
Ste 120, Blue Bell, PA 19422



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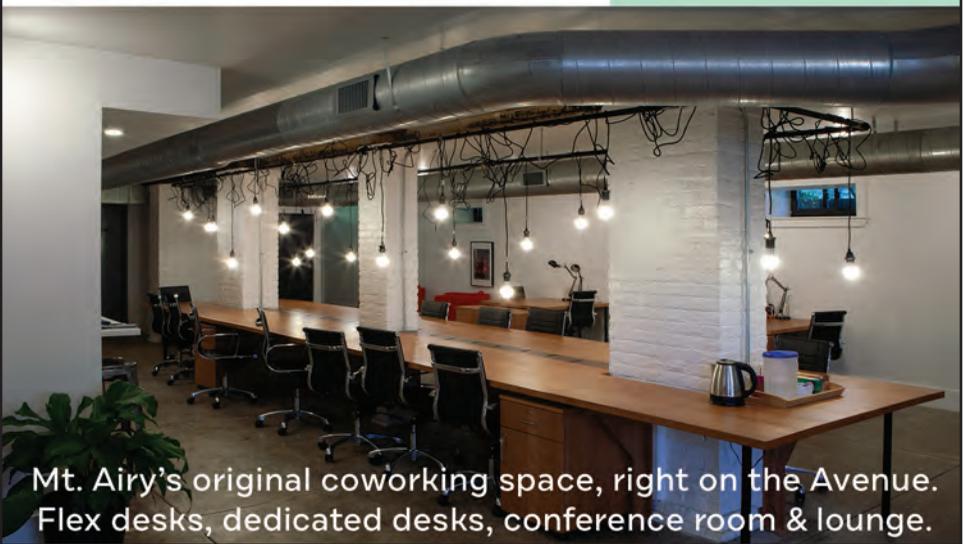
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Class Directory

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So you want to teach a class at Mt. Airy Learning Tree?

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

Spring Term proposal deadline is January 15th

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

5 Easy Ways To Register



- 1. Online:** www.mtairylearningtree.org, by Visa or MC.
- 2. Mail:** Fill out registration form on previous page. Enclose a check, money order or MasterCard/Visa number (with expiration date) and mail to:
Mt. Airy Learning Tree
6601 Greene Street
Philadelphia, PA 19119-3114
- 3. Phone:** Call us at 215-843-6333 during office hours to register by Visa or MasterCard. **Opens December 16.**
- 4. Visit:** Our office hours are Monday to Friday 9:00 AM-2:00 PM.
Opens December 16.

Deadlines

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

Returned Check Policy

We must charge students \$15 for returned checks.

Age Policy

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

Withdrawals

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

Refunds

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

Deciding Upon a Course

Read the course descriptions carefully. If you are uncertain about whether a course will meet your needs, call us at 215-843-6333.

Discounts and Scholarships

Discounts cannot be combined.

- **NEW!** Class Discount: 10% off registration for any class marked **NEW!** Must register by January 31.
- 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, e-mail 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 and Zip Code _____

Day Tel.# _____ Eve.# _____

E-mail: _____

I prefer not to receive MALT's bi-monthly e-mail 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 January 31 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.	
Total:	

Make check payable to MALT. **Be sure to include your phone numbers.**

I hereby authorize the use of Mastercard/Visa:

Cardholder _____ CCV _____

Card # _____ Exp.Date _____

Authorized Signature _____

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

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

Questions: call MALT at 215-843-6333.

Don't forget to write start dates and locations on your calendar!

We do not send reminders.

MACSC

Mt. Airy Learning Tree

6601 Greene Street

Philadelphia, PA 19119

www.mtairylearningtree.org

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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.*