

HYBRID PROGRAMS

6 MONDAYS February 20 – March 27



CANASTA 9:30 - 11:00AM | COURSE FEE \$90



Instructor: Judy Leib, Retired Teacher, Haverford Township School District

This is a beginner's course where you will learn the basics of modern canasta. With continued play, you will find that it stimulates thinking skills and promotes socialization.

6 MONDAYS February 20 – March 27



HOW DID WE GET HERE? A CASE AGAINST CIVILIZATION

11:15AM - 12:15PM | COURSE FEE \$58

Instructor: Steve Pollack, Performer, Director & Actor



Scientists have named the current geologic age as the "Anthropocene," an age where changes in the earth are caused by the activities of man, rather than the more natural shifts of nature. This series examines how the Agricultural Revolution of 10-12,000 years ago helped to provide for the great civilizations on earth, changing the behavior of humans to allow them to dominate earth, animals and each other in cycles of colonization, war, slavery, racism and imperialism, eventually leading to the endangerment of the survival of life on earth. This in-depth series covers human history from the time of the most ancient civilizations through the rise of Rome, the incredible prowess of the Vikings, the birth of the Moslem* Empire, and the strain between East and West that has shaped our history since the fall of Constantinople.

6 TUESDAYS February 21 – March 28



T'AI CHI AND CHI KUNG 1:30 - 2:30PM | COURSE FEE \$58

Instructor: Jano Cohen, Alexander Foundation of Philadelphia Certified Teacher and T'ai Chi Ch'uan Teacher



Discover improved balance and relaxation as you practice simple gentle movements from these two special healing Chinese practices. T'ai Chi is a martial art that is based on the cultivation and flow of energy and grounding. Chi Kung has no martial applications, but it follows the same principles of releasing tension to enhance your health. We will practice these movements seated for those with physical limitations, and standing for those who are able.

Policies

Covid-19 Information

Proof of vaccination required to attend in-person classes.

Vaccination is required for all Gems staff and instructors. Program offerings may change if the Covid-19 situation changes.

Cancellation

When appropriate, Golden Slipper Gems will issue a credit, not a refund.

Credit

Credit will not be given after the first day of classes except in the event of illness or injury. Written documentation from a physician is required.

Registration

Please visit

GoldenSlipperGems.org, click "Locations" and go to "Main Line" to register.

Couples or friends: It is required that each individual of a couple or friends register separately.

Payment: Registration by credit card via our website. Checks may be mailed to our office if preferred.



GOLDEN SLIPPER
Gems

On the Main Line

Golden Slipper Gems is a great place to connect with friends and meet new people. Our diverse speakers will stimulate your passion for learning and you'll keep returning to sample all that we have to offer.

Learn more at [GoldenSlipperGems.org](https://www.GoldenSlipperGems.org)!

Program Manager

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Enrichment
for Older Adults

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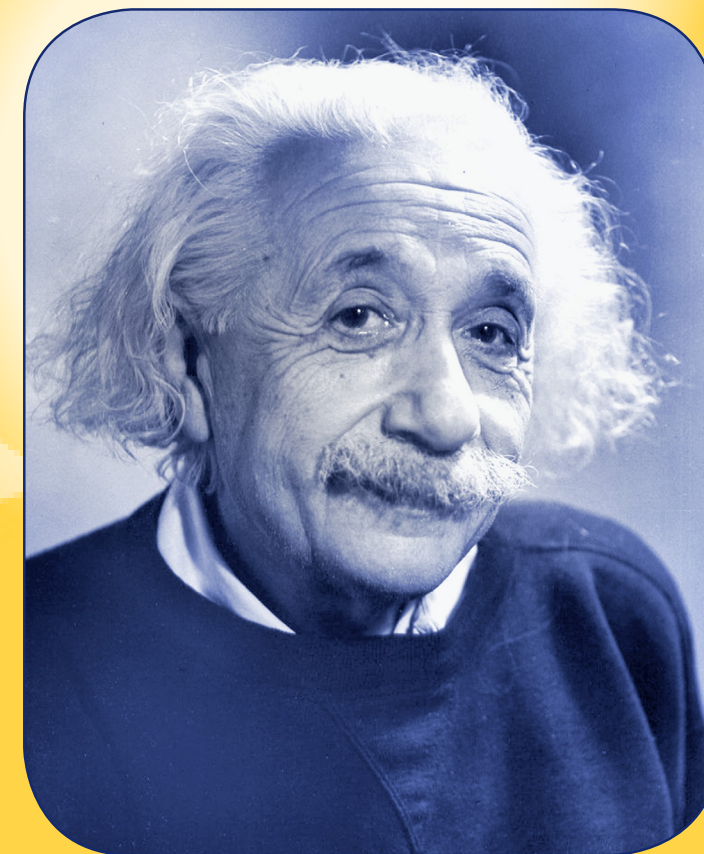
MID-WINTER PROGRAM

2023



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On the Main Line



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