

Center for Life Long Learning

CWW Spring 2024 Course Offerings

Senior Community Services (SCS) is pleased to provide this exciting array of classes to educate, inspire, and encourage you. Created specifically to serve adults 50+ in western Delaware County, the **Center for Life Long Learning** (CLLL) brings adult education offerings to you at several locations. SCS, a non-profit agency, also works in many other ways to keep older adults living independently. Established in 1977, SCS today operates four Senior Centers within Delaware County. Check out what our other centers are up to by visiting www.scs-delco.org. To find out more on programs/classes below, please call Allison Alfieri at **484-496-2143** or aalfieri@scs-delco.org.

Watercolor

Learn techniques, materials, tools, color mixing, and other approaches with a focus on individual needs. Beginners through advanced students are welcome. If needed, get supply list at first class.

Instructor: Marie Gilligan

ASTON

12 sessions, Thursdays 3/7 – 6/13 **\$60**
 NO CLASSES 4/4, 5/2, & 5/30
 10:00 AM – 12:00 PM

CONCORD SENIOR CENTER

12 sessions, Wednesdays 3/6 – 6/12 **\$60**
 NO CLASSES 4/3, 5/1, & 5/29
 10:00 AM – 12:00 PM

Open Art Studio

Studio days are for any and all artists! Students have space to start on individual projects, continue classwork, or can try learning something new! Must bring own supplies to classes.

Facilitator: Allison Alfieri

CONCORD SENIOR CENTER

Friday, 3/15 & 5/17 **NO FEE**
 10:00 AM – 12:00 PM

Book Club

Enjoy a delightful conversation and make new friends in a relaxing atmosphere by joining the book discussion group. The first book to be discussed is **“Woman on Fire” by Lisa Barr**. The second session will focus on the book **“Go as a River” by Shelly Read**. Please read the books before each class.

Facilitator: Dianne Caggiano

ASTON

1st Book, Wednesday 3/20 **NO FEE**
 1:00 PM

2nd Book, Wednesday 5/22 **NO FEE**
 1:00 PM

Chair Yoga

Enjoy this gentle form of chair yoga to relaxing music. Follow along to a guided and soothing type of exercise that helps create mobility, increase strength, flexibility, stamina, and balance. Students end the class with breathing exercises and stretches.

Instructor: Donna Rottenberk

ASTON

8 sessions, Thursdays 3/7 – 5/2 **\$40**
 NO CLASS 3/21
 2:00 PM – 3:00 PM

CONCORD SENIOR CENTER

8 sessions, Mondays 3/11 – 5/13 **\$40**
 NO CLASSES 4/1 & 5/6
 2:00 PM – 3:00 PM

Cardio Drumming

Cardio drumming is at its core, high intensity drumming that is fun and suitable for all fitness levels and ages! With a great mix of music, a ball, bucket, and drum sticks, you won’t even know you’re working out!

Instructor: Kristy Santarlas

SPRINGFIELD - DOWNSTAIRS

10 sessions, Wednesdays 3/13 – 5/15 **\$50**
 3:00 PM – 4:00 PM

Gold Zumba

Join this popular form of fitness paired with zesty Latin music, like salsa, merengue, cumbia, and more. This exercise class helps improve movement, flexibility, strength, and tone.

Instructor: Lavinia Ferguson

ASTON

6 sessions, Tuesdays 4/23 – 6/11 **\$30**
 NO CLASSES 5/7 & 5/28
 1:00 PM – 2:00 PM

SPRINGFIELD - DOWNSTAIRS

6 sessions, Mondays 4/22 – 6/10 **\$30**
 NO CLASSES 5/6 & 5/27
 2:00 PM – 3:00 PM

Healthy Eating

You will learn that by cooking and eating nutritiously, you can avoid medical problems and increase your longevity. This program is provided by Penn State University, Delaware County Extension.

Presenter: Joan Marie McMenamin

BROOKHAVEN

Tuesdays 2/27, 5/14, 6/18, 7/16, & 8/27 **NO FEE**
 2:00 PM – 3:30 PM

Breslin Law Firm

“A Focus on Real Estate”

What can you do to reduce your real estate taxes? Should you appeal your real estate assessment? Are there any discounts or rebates? Should you sell and move, and if so, where can you go?

Presenter: Dana Breslin, Esq. from Breslin, Murphy, and Roberts Law Firm (formerly Pappano & Breslin)

ASTON

Tuesday, May 7 **NO FEE**
 1:00 PM

“Navigating Retirement”

Join the discussion about helpful things to know when navigating through retirement. Whether you are about to retire, just recently did, or have been for a while, this presentation is for you!

Presenter: Dana Breslin, Esq. from Breslin, Murphy, and Roberts Law Firm (formerly Pappano & Breslin)

BROOKHAVEN

Tuesday, June 11 **NO FEE**
 1:00 PM

2024 PA MEDI Presentations

PA MEDI Medicare Presentations are **one-hour** informative talks and are available in-person/virtually through Zoom. Presentation topics include:

- Spring 2024 Medicare Updates
- How to Complete a Medicare Health Plan Comparison
- Medicare 101
- 2024 Medicare Supplemental Plans
- Extra Help/Medicare Savings Program

Presenter: DELCO PA MEDI Medicare Counselor

Multiple dates/times available **NO FEE**

To Register for a Presentation, contact Louisa Mygatt

Email: Louisaapprise@yahoo.com or Call PA MEDI Medicare Director Glenda Radical at (484) 494-3769

PA MEDI Counseling

PA Medicare Individual Counseling Sessions are **Forty-five minutes to One-hour sessions** scheduled to assist the Medicare Recipient and Potential Medicare Beneficiaries with Medicare questions, concerns, plan comparisons, and enrollment into Medicare Advantage Plans, Part D Prescription Plans, and Medicare Cost Savings Programs and Medigap Plans.

Presenter: DELCO PA MEDI Medicare Counselor

REGISTRATION IS REQUIRED **NO FEE**

- Every 2nd & 4th Wednesday from 10:00 AM – 2:00 PM

COURSE LOCATIONS

Aston Community Center *

3270 Concord Road
Aston, PA 19014

Brookhaven Municipal Building *

2 Cambridge Road
Brookhaven, PA 19015

Concord Senior Center *

817 Concord Road
Glen Mills, PA 19342

Springfield Township Building *

50 Powell Road
Springfield, PA 19064

**Contact: Allison Alfieri
484-496-2143**

* Please do not call the townships directly.
Township employees may not be familiar with program details.

The mission of Senior Community Services is to promote independent and meaningful living for older adults through direct services and programs in the home and community

Spring 2024 Registration Form

MAIL THIS FORM WITH PAYMENT TO:

Senior Community Services, 600 Swarthmore Avenue, Folsom, PA 19033 Attention: Allison Alfieri

First Name

Middle Initial

Last Name

Home Address (include number and street or box no.)

City

State

Zip

Phone Number

E-Mail Address (include for class updates)

COURSE NAME	COURSE DAY/TIME	COURSE LOCATION	FEE
			\$
			\$
			\$
			\$

Method of Payment:

<input type="checkbox"/>	Check or Money Order enclosed, made payable to Senior Community Services
<input type="checkbox"/>	Credit Card: American Express <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/>
	Expiration Date: ____/____ 3 digit security code # on back of card: (____)
	Account #: _____
<input type="checkbox"/>	Via PayPal at @scsdelco. *Please include the name of the class/classes in description.

**REGISTRATION IS REQUIRED FOR ALL PROGRAMS
(INCLUDING NO FEE CLASSES)**