

# Center for Life Long Learning

## Spring 2019 Course Offerings

Programs for 50+ Learners in the Aston, Brookhaven, Concord & Springfield Communities

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. 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. SCS' Centers provide meals, health and wellness programs, recreation and social activities and volunteer opportunities. Visit [www.scs-delco.org](http://www.scs-delco.org)

To find out more, please call Farah Esfahani at 484-496-2143 or [fesfahani@scs-delco.org](mailto:fesfahani@scs-delco.org)

### Art & Design

#### DRAWING

Beginners learn basics of line drawing, form, composition and proportion. Advanced students are challenged with special techniques in charcoal, pen, ink and color pencils.

Instructor: Anne Dempsey

##### ASTON

12 sessions, Wed., 3/13 – 5/29

9:30-11:30 am \$65

##### CONCORD SENIOR CENTER

12 sessions, Tues., 3/12-5/28

9:30-11:30 am \$65

##### SPRINGFIELD

10 sessions, Tues., 3/19-5/28 (No Class 5/21)

1:30-3:30 pm \$54



limited. Registration secured with \$15 for AARP members/\$20 for non-members. Bring your AARP card to class. **MAKE CHECK PAYABLE TO "AARP"**

##### BROOKHAVEN

9:00 am-1:00 pm Thurs., 3/21

##### ASTON

9:00 am-1:00 pm Friday 4/26



### Literature

#### BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. "The Worst Hard Time", by Timothy Egan, is the first book to be discussed. Please read the book before the class.

Facilitator: Dianne Caggiano

##### ASTON

Wed., March 20 & May 15

11:30 am-1:30 pm

NO FEE



### Health & Wellness

#### HEALTHY NUTRITION & YOUR OVERALL HEALTH

You will learn how 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.

##### BROOKHAVEN

Tues., 4/16, 5/14, 6/18, 7/16

2:00 pm

NO FEE



#### WATERCOLOR PAINTING

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

Instructors: Marie Gilligan & Agnes Wilson-Bakow

##### ASTON (Marie Gilligan)

12 sessions, Thurs., 3/7 – 5/30 (No Class 4/25)

10:00 am-12:00 noon \$65

##### BROOKHAVEN (Agnes Wilson-Bakow)

8 Sessions, Mon., 4/1 – 5/20

9:30-11:30 am \$42

##### CONCORD SENIOR CENTER (Marie Gilligan)

12 sessions, Wed., 3/13-6/12 (No Class 4/24 & 6/5)

10:00 am-12:00 noon \$65

##### RACHEL KOHL LIBRARY (Agnes Wilson-Bakow)

12 sessions, Fri., 3/29 – 6/14

10:00 am-12:00 noon \$65



### Fitness

#### CHAIR YOGA

Sit and be fit. Increase strength, flexibility, stamina, and balance through simple exercises.

Instructor: Donna Rottenberk.

##### BROOKHAVEN

12 sessions, Thurs., 3/14 – 6/6 (no class 4/18)

2:00-2:45 pm \$54

##### SPRINGFIELD

12 sessions, Wed., 3/20-6/12 (no class 4/24)

2:00-2:45 pm \$54



#### GOLD ZUMBA

Enjoy this popular, lively form of fitness and exercise to zesty Latin music, like salsa, merengue and cumbia. This exercise improves flexibility, strength, tone, and overall fitness.

Instructor: Lavinia Ferguson

##### ASTON

12 sessions, Tues., 3/12-6/4 (No Class 5/21)

1:00-2:00 pm \$54

##### CONCORD

10 sessions, Tues., 3/19-5/28 (No Class 5/21)

11:00 am-12:00 pm \$46

##### SPRINGFIELD

12 sessions, Mon., 3/11-6/3 (No class 5/27)

2:00-3:00 pm \$54

### Driver Education

#### AARP DRIVING REFRESHER COURSE

If you have taken the 8 hour course, either AARP or AAA, and can produce documentation of having taken it (certificate, cancelled check, insurance statement) you are eligible to take the 4-hour refresher course. Space is

#### SENIOR HEALTH & WELLNESS EVENT

This health fair will provide important health and wellness information for seniors and their families. Health providers from various organizations such as CKHS, Riddle Hospital, Penn State Extension (providing nutrition information and food tasting), Visiting Angels (providing information on fall prevention & Alzheimer's Fact & Fire Safety), Angel Companions (providing blood pressure screenings), COSA, Apprise Program, SCS (Medicare 101 information), and many more will be in attendance. Energy saving give away will be distributed by PECO.

##### BROOKHAVEN

11:00 am-1:00 pm

Thurs., 5/9

NO FEE



#### FALL PREVENTION

Falls are common, costly and a real threat to independence. Forty percent of nursing home admissions are fall related. Many falls are caused by poor balance and lack of safety knowledge. Learn how to minimize risk factors for falls and simple strategies to prevent falls, improve balance and increase safety in your home. Presenter: Annemarie Casey-Glatz, RN, MSN, Community Health Education, Riddle Memorial Hospital

##### BROOKHAVEN

2:00 pm

Thurs. 5/2

NO FEE

#### MINDING YOUR MIND

An overview of brain structure and how aging affects the brain and memory. Discussion of normal and abnormal aging associated with memory loss. There are life style habits that you can adapt to potentially improve your health as you age and activities to help stimulate the brain and maintain memory.

Presenter, Dr. Justin Levinson, Center for Geriatric Medicine, CKHS.

##### Brookhaven

2:00 pm

Thurs. 4/25

NO FEE

# Senior Issues & Topics

## HOW DO YOU DEAL WITH THE ESTATE OF A DECEASED FAMILY MEMBER

What happens when someone dies and you need to deal with the estate? What if there was no will? When do you need to go to the Register of Wills Office? What do you need to bring with you? In addition, what inheritance taxes must be paid? And are there any responsible ways to prevent or reduce these taxes?

Presenters: Robert & Dana Breslin, Esq. & Mary Walk, Esq., the Register of Wills for Delaware County

**BROOKHAVEN** Thurs., 4/11 at 1:00 pm **NO FEE**

## CAN YOUR ADULT CHILDREN BE RESPONSIBLE FOR YOUR MEDICAL /NURSING HOME BILLS?

Can your adult children be responsible for your medical/nursing home bills? Who pays the nursing home after your funds and insurance run out? Can adult children be liable? Pa. law and Pa. courts say they can. What can be done to avoid this?

Presenter: Christopher M. Murphy, Esq.

**CONCORD SENIOR CENTER** Tues, 5/7  
2:00 pm **NO FEE**



## Medigap Basics Presentation

This presentation shares the fundamental information about Supplemental Plans (Medigap Plans). The APPRISE program explains how to help cover the 20% that Medicare does not. It also explains plan types, terminology, selection, cost, and how the Apprise Program can assist the Medicare Beneficiary concerning Supplemental Plans.

Presenter: Apprise Representative

**ASTON** Wed. 4/10  
2:00 pm **NO FEE**



## DELAWARE COUNTY REAL ESTATE IS BEING REASSESSED FOR REAL ESTATE TAX PURPOSE IN 2019 – WHAT DOES THIS MEAN FOR YOU?

Will your real estate taxes go up as a result of the reassessment? Is there anything you should do now? What can you do if you disagree with your new assessment?

Presenters: Robert & Dana Breslin, Esq., and Joseph O'Brien, Esq.

**ASTON**  
1:00 pm

Wed., 5/1  
**NO FEE**



## MEDICARE—Medicare Individual Counseling (By Appointment Only)

Medicare Individual Counseling sessions are thirty minutes to one-hour long scheduled to assist Medicare Beneficiaries with Medicare questions and concerns, Medigap Plan Comparisons, and other Medicare and health Insurance associated Information. Attendees can be all Medicare Beneficiaries, Medicare Caregivers, and anyone New to Medicare for the 2019 Calendar year.

**REGISTRATION IS REQUIRED.**

**ASTON** Wed., 2/20, 3/20, 4/17, 5/15, 8/21  
12:30-3:30 **NO FEE**

**SPRINGFIELD**

Wed., 2/27, 3/27, 4/24, 5/29 & 6/26  
**NO FEE**

10:00 -1:00



## 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

### Concord (Rachel Kohl Library) \*

687 Smithbridge Road  
Glen Mills, PA 19342

### Springfield Township Building \*

50 Powell Road  
Springfield, PA 19064

**Contact: Farah Esfahani**  
**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 2019 REGISTRATION FORM -----

MAIL THIS FORM WITH PAYMENT TO:

**Senior Community Services, 600 Swarthmore Avenue, Folsom, PA 19033, Attention: Eileen**

First Name Middle Initial Last Name

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

City State Zip Phone Number

E-mail Address

COURSE NAME	COURSE DAY/TIME	COURSE LOCATION	FEE
			\$
			\$
			\$
Yes, I'm including a tax-deductible gift in the amount of			\$
Total			\$
<i>Method of Payment:</i>			
<input type="checkbox"/>	Cash Paid \$ _____		
<input type="checkbox"/>	Check or Money Order is enclosed, made payable to <b>Senior Community Services</b>		
<input type="checkbox"/>	Credit Card American Express <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Expiration Date ___/___		
<input type="checkbox"/>	Account # _____ (____) ** **3 digit security code # on back of card		
<input type="checkbox"/>	<b>AARP Driving Course:</b> Make check payable to <b>AARP</b>		

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