Center for Life Long Learning

Fall 2015 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

To find out more, please call Farah Esfahani at ***484-496-2143*** *or 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 pastels.
Instructor: Van Buren Payne

ASTON
12 sessions, Wed., 9/9 to 12/2
9:30-11:30 am **$60**
NO CLASS 11/25

CONCORD
12 sessions, Tues., 9/8 to 12/8
9:30-11:30 am **$60**
NO CLASS 11/3 & 11/17

WATERCOLOR PAINTING

Learn techniques, materials, tools, color mixing and approaches with focus on individual needs. Beginner through advanced are welcome. Get supply list at first class.
Instructors:
Helen Baur, Aston & Concord
Agnes Wilson-Bakow, Brookhaven & Concord

ASTON *(Helen Baur)*
12 sessions, Thurs., 9/10 to 12/10
9:30-11:30 am **$60**
NO CLASS 9/24 & 11/26

BROOKHAVEN *(Agnes Wilson-Bakow)*
12 Sessions, Mon., 9/14 to 12/14
9:30-11:30 am **$60**
NO CLASS 9/21 & 10/12

CONCORD *(Helen Baur)*
Concord Senior Center
12 sessions, Wed., 9/9 to 12/9
9:30-11:30 am **$60**
NO CLASS 9/23 & 11/25

CONCORD *(Agnes Wilson-Bakow)*
12 sessions, Fri., 9/11 to 12/11
10:00-12:00 pm **$60**
NO CLASS 9/25 & 11/27

Fitness

CHAIR YOGA

Sit and be fit. Increase strength, flexibility, stamina, and balance thru simple exercises.
Instructor: Donald Simpson, RYT

BROOKHAVEN
12 sessions, Thurs., 9/17 to 12/17
2:00-2:45 pm **$52**
NO CLASS 10/22 & 11/26

SPRINGFIELD
10 sessions, Wed., 9/16 to 11/18
2:00-2:45 pm **$42**

GOLD ZUMBA

Enjoy this popular, lively form of fitness and exercise to zesty Latin music, like salsa, meringue and cumbia. This exercise improves flexibility, strength, tone, and overall fitness.
Instructor: Lavinia Ferguson & Heidi Barnett

ASTON
10 sessions, Tues., 9/15 to 11/24
1:00-2:00 pm **$44**
NO CLASS 11/3

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 limited. Registration secured with $15 for AARP members/$20 for non-members. Bring your AARP card to class.

BROOKHAVEN **Thurs., 9/17**
9:00 am-1:00 pm
ASTON **Fri., 10/9**
9:00 am-1:00 pm

Literature

BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. *"The Girl on the Train"* by Paula Hawkins is the first book to be discussed. Please read the book before the class.
Facilitator: Dianne Caggiano

ASTON **Wed., 9/16 & 11/18**
11:30 am-1:30 pm **NO FEE**

Health & Wellness

EATING SMART SERIES: "Smart Size Your Portion"

This program by Penn State University, Delaware County Extension will provide monthly nutrition and recipe demonstration classes. You will learn how by cooking and eating nutritiously. You can avoid medical problems and increase your longevity. Future schedules will be provided.

BROOKHAVEN **Tues., 9/22**
2:00 pm **NO FEE**

MINDING YOUR MIND

An overview of brain structure and how aging affects the brain and memory. Discussion of activities to help stimulate the brain and maintain memory. There are life style habits that you can adopt to potentially improve your health as you age.
Presenter: Judy Neubauer, MSN, CRNP, CKHS

BROOKHAVEN **Tues., 10/27**
2:00 pm **NO FEE**

ADULT IMMUNIZATIONS: MYTHS, MISCONCEPTIONS AND FACTS

This presentation will provide information that addresses common concerns and misconceptions about flu shot. Free flu shot will be provided.
Presenter: Tara White, R.N., BSN, CIC, CCRN, Director of Infection & Prevention at Delaware County Memorial Hospital

SPRINGFIELD **Thurs., 11/12**
2:00 pm **NO FEE**

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.

Senior Issues & Topics

MEDICARE ANNUAL ENROLLMENT UPDATE PRESENTATIONS

Medicare Annual Enrollment Presentations from October 15th to December 7th are classroom style presentations that explain new and updated information for the forthcoming Medicare Year. These presentations consist of explanation of the upcoming year's information concerning Original Medicare Premiums, deductibles, Copays, and new plans.

Presenter: Glenda Radical, MHS, BS, APPRISE Program Coordinator

ASTON **Wed., 10/21**
2:00 pm **NO FEE**

SPRINGFIELD **Tues., 11/10**
2:00 pm **NO FEE**

HOW TO MINIMIZE YOUR TAXES AND PREVENT TAX PROBLEMS FOR YOUR HEIRS

What can you do so that you don't pay more in income or other taxes and make sure your heirs are not hit with a large tax bill when you die? If you hold onto assets, what taxes do your heirs pay? Can you and should you set up your accounts and other assets to avoid probate? Will annuities solve the problem of taxes and what about the EE saving bonds you have owned for 20 years?

Presenters: Robert & Dana Breslin, Esq.

ASTON **Wed., 10/7**
1:00 pm **NO FEE**

THE IMPORTANCE OF HAVING A WILL, POWER OF ATTORNEY & HEALTH CARE DIRECTIVE

Learn how to establish these important documents in order to protect yourself, minimize taxes, and ensure that your preference regarding medical treatments are followed. When is a living trust advisable? What is probate and what are the costs?

Presenter: Christopher Murphy, Esq.

SPRINGFIELD **Thurs., 10/22**
2:00 pm **NO FEE**

NEWS FLASH—LATEST FROM WASHINGTON AND HARRISBURG. WHAT DOES THE FUTURE HOLD FOR SENIORS IN PA?

What does the future hold for seniors in PA? Both the federal government and state need to balance their budgets. How is this going to affect your pocket? Will seniors pay more in taxes? Will Social Security Benefits be reduced? Will you be paying more for Medicare premium/copay? What programs still exist to help you stretch your income?

Presenters: Robert & Dana Breslin, Esq.

BROOKHAVEN **Thurs., 11/5**
1:00 pm **NO FEE**

COURSE LOCATIONS

Aston Community Center *
3270 Concord Road
Aston, PA 19014

Brookhaven Municipal Building *
2 Cambridge Road
Brookhaven, PA 19015

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.

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FALL 2015 REGISTRATION FORM

MAIL THIS FORM WITH PAYMENT TO:
Senior Community Services, 600 Swarthmore Avenue, Folsom, PA 19033, Attention: Lori

First Name Middle Initial Last Name

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

City State Zip Municipality*

Day Phone Evening Phone E-mail Address

**This information is needed for funding purposes.*

COURSE NAME	COURSE DAY/TIME	COURSE LOCATION	FEE
			$
			$
			$
			$
			$
		Yes, I'm including a tax-deductible gift in the amount of	$
		Total	$

Method of Payment:

❑	Cash Paid $ _____
❑	Check or Money Order is enclosed, made payable to ***Senior Community Services***
❑	Credit Card American Express ❑ Discover❑ MasterCard ❑ Visa ❑ Expiration Date ___/___
	Account # _____(____)** **3 digit security code # on back of card
❑	**AARP Driving Course**: Make check payable to ***AARP***

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