

Center for Life Long Learning

Fall 2017 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 color pencils.

Instructor: Anne Dempsey

ASTON

12 sessions, Wed., 9/13 to 12/6; NO CLASS 11/22

9:30-11:30 am

\$65

CONCORD SENIOR CENTER

12 sessions, Tues., 9/12 to 12/5; NO CLASS 10/3

9:30-11:30 am

\$65

SPRINGFIELD

8 sessions, Tues., 9/19 to 11/14; NO CLASS 11/7

1:30-3:30 pm

\$43



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: Marie Gilligan & Agnes Wilson-Bakow

ASTON (Marie Gilligan)

12 sessions, Thurs., 9/14 to 12/7; NO CLASS 11/23

10:00 am-12:00 noon

\$65

BROOKHAVEN (Agnes Wilson-Bakow)

12 Sessions, Mon., 9/11 to 12/11; NO CLASS 9/18 & 10/9

9:30-11:30 am

\$65

CONCORD SENIOR CENTER (Marie Gilligan)

12 sessions, Wed., 9/13 TO 12/13; NO CLASS 10/4 & 11/22

10:00 am-12:00 noon

\$65

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

12 sessions, Fri., 9/15 to 12/15; NO CLASS 9/22 & 11/24

10:00 am-12:00 noon

\$65



Fitness

CHAIR YOGA

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

Instructor: Donald Simpson, RYT

BROOKHAVEN

12 sessions, Thurs., 9/14 to 12/14; NO CLASS 10/19 & 11/23

2:00-2:45 pm

\$54

SPRINGFIELD

12 sessions, Wed., 9/13 to 12/6; NO CLASS 11/22

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., 9/12 to 12/5; NO CLASS 11/7

1:00-2:00 pm

\$54

CONCORD

8 sessions, Tues., 9/19 to 11/14; NO CLASS 11/17

11:00 am-12:00 pm

\$38



SPRINGFIELD

12 sessions, Mon., 9/11 to 12/4; NO CLASS 10/9

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

BROOKHAVEN

Wed., 9/27

9:00 am-1:00 pm

ASTON

Fri., 10/20

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 Art of Arranging Flowers" by Lynne Branard is the first book to be discussed. Please read the book before the class.

Facilitator: Dianne Caggiano

ASTON

Wed., 9/20 & 11/15

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., 9/19

2:00 pm

NO FEE



THE MOST COMMON TYPES OF BONE DISEASES: OSTEOARTHRITIS & OSTEOPOROSIS

In this presentation, you will learn about the differences between these conditions, contributing factors, prevention, treatment options, alternative therapies, and how to prevent falls and reduce the risk of breaking a bone.

Presenter: Annemarie Casey-Glatts, R.N., MSN, Community Health Education, Riddle Memorial Hospital

BROOKHAVEN

Thurs., 10/26

2:00 pm

NO FEE



Senior Issues & Topics

GUARD AGAINST IDENTITY THEFT

This workshop provides an overview of identity theft. Participants leave the class with information on how to prevent ID theft, how to obtain and use their credit report and steps to take to prevent or recover from being victimized. **Many investment scams are now targeting savvy investors who engage in risky behavior. This workshop also includes an explanation of typical investment scams, what to do to protect yourself and your assets, and how to identify fraudulent tactics employed by scam artists.**

Presenter: Joseph Wehr, Financial Educator, Clarifi

SPRINGFIELD

Tues., 10/3

2:00 pm

NO FEE



Senior Issues & Topics (continued)

LIFE CHANGES & ESTATE PLANNING

When is it time to review and change your Estate documents? How does divorce, remarriage, death of a family member, changes in wealth, and additional grandchildren affect your plan? Learn what is meant by probate and what the costs are. What is taxable of Pennsylvania inheritance tax? Should you have a revocable living trust?

Presenters: Robert & Dana Breslin, Esq.

ASTON **Wed., 10/18**
1:00 pm **NO FEE**



MEDICARE ANNUAL ENROLLMENT

This presentation consists of changed or new information concerning Original Medicare Premiums, Deductibles, Copays, Medicare Advantage Plans and part D Prescription Plan information. Attendees can be all Medicare beneficiaries, Medicare Care Givers, and anyone new to Medicare for the 2018 Calendar year.

Presenter: Glenda Radical, APPRISE Program Manager

ASTON **Wed., 10/25**
2:00 pm **NO FEE**



HOW TO TITLE YOUR ASSETS?

What is the best way to title your assets? Should you have everything joint with your spouse or with your adult child? Does it make a difference if someone is joint owner or beneficiary? What does "in trust for" or "payable on death" mean? Does it increase or decrease your taxes? What if real estate is involved?

Presenters: Robert & Dana Breslin, Esq.

BROOKHAVEN **Thurs., 11/9**
1:00 pm **NO FEE**



MEDICARE—Medicare Individual Counseling (By Appointment Only)

Medicare Individual Counseling Sessions are thirty minutes to one hour counseling 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, Medicare Cost-Savings Programs, and Medigap Plans.

REGISTRATION IS REQUIRED.

ASTON
Thurs., 10/19 & 11/16
1:00-5:00 pm

NO FEE



SPRINGFIELD
Wed., 9/27, 10/25 & 11/29
10:00 am-2:00 pm

NO FEE

COURSE LOCATIONS

Aston Community Center *

3270 Concord Road
Aston, PA 19014

Brookhaven Municipal Building *

2 Cambridge Road
Brookhaven, PA 19015

Concord 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.

FALL 2017 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 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 \$

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). *****