

Center for Life Long Learning

Fall 2018 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., 9/12 to 12/5; NO CLASS 11/21

9:30-11:30 am

\$65



CONCORD SENIOR CENTER

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

9:30-11:30 am

\$65

SPRINGFIELD

10 sessions, Tues., 9/18 to 11/27; NO CLASS 11/6

1:30-3:30 pm

\$54

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., 9/13 to 12/13; NO CLASS 11/1 & 11/22

10:00 am-12:00 noon

\$65

BROOKHAVEN (Agnes Wilson-Bakow)

10 Sessions, Mon., 9/17 to 11/26; NO CLASS 10/8

9:30-11:30 am

\$54



CONCORD SENIOR CENTER (Marie Gilligan)

12 sessions, Wed., 9/12 to 12/19; NO CLASS 10/10, 10/31, & 11/21

10:00 am-12:00 noon

\$65

RACHEL KOHL LIBRARY (Agnes Wilson-Bakow)

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

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., 9/13 to 12/13; NO CLASS 10/18 & 11/22

2:00-2:45 pm

\$54



SPRINGFIELD

12 sessions, Wed., 9/12 to 12/12; NO CLASS 11/7, 11/21

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., 9/11 to 12/4; NO CLASS 11/6

1:00-2:00 pm

\$54



CONCORD

8 sessions, Tues., 9/18 to 11/13; NO CLASS 11/6

11:00 am-12:00 pm

\$38

SPRINGFIELD

12 sessions, Mon., 9/10 to 12/10; NO CLASS 10/8 & 11/5

2:00-3:00 pm

\$54

Literature

BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. "The Woman in the Window", by A. J. Finn, is the first book to be discussed. Please read the book before the class.

Facilitator: Dianne Caggiano

ASTON

Wed., 9/19 & 11/14

11:30 am-1:30 pm

NO FEE



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., 9/26

9:00 am-1:00 pm

ASTON

Fri., 10/19

9:00 am-1:00 pm



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., 9/18

2:00 pm

NO FEE



OVERVIEW OF SLEEP DISORDERS: SLEEP AS WE GET OLDER

In this workshop you will learn about insomnia- short term and long term, restless leg syndrome, breathing disorders, sleep apnea/snoring, and what actions we can take.

Presenter: Peter Allen, Clinical Coordinator at the Riddle Sleep Disorder Centers

BROOKHAVEN

Thurs.,

10/25

2:00 pm

NO FEE



Senior Issues & Topics

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 preferences regarding medical treatments are followed. When is it time to review and change your Estate documents? When is a living trust advisable? Learn what is meant by probate and what the costs are.

Presenter: Christopher M. Murphy, Esq.

CONCORD

Tues., 10/23

2:00 pm

NO FEE



COMMON SENSE MONEY MANAGEMENT

Where can you cut some of your monthly costs of living? Where can you safely save what you have? How do you invest based upon your own circumstances? How can you guard against catastrophic events?

Presenters: Robert & Dana Breslin, Esq., & Hollie A. McDonald, Organizational Planner

BROOKHAVEN

Thurs., 11/8

1:00 pm

NO FEE



Senior Issues & Topics (continued)

HOW DOES THE REGISTER OF WILLS OFFICE OPERATE?

What is Probate? How expensive is it? What happens when you go to the Register of Wills Office to file a will after someone died? What happens when someone dies without a Will? What do you need to bring with you? What happens if there is a Trust? What is inheritance tax?


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

ASTON **Wed., 10/17** 
1:00 pm **NO FEE**

2019 MEDICARE ANNUAL ENROLLMENT

This presentation consists of updated 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 2019 Calendar year.

Presenter: Glenda Radical, APPRISE Program Manager

ASTON **Wed.10/24** 
2:00 pm
SPRINGFIELD **Tues., 11/13**
2:00 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., 9/20, 10/18, 11/15
12:30-3:30
SPRINGFIELD
Wed., 9/26, 10/31, 11/28
10:00 am-1:00 pm

NO FEE

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 2018 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 \$

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). *****