

Center for Life Long Learning

Spring 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., 3/8 to 5/24

9:30-11:30 am

\$65

CONCORD SENIOR CENTER

12 sessions, Tues., 3/7 to 5/23

9:30-11:30 am

\$65

SPRINGFIELD

10 sessions, Tues., 3/14 to 5/23; NO CLASS 5/16

1:30-3:30 pm

\$52



BROOKHAVEN

9:00 am-1:00 pm

ASTON

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. "A Fall of Marigolds" by Susan Meissner is the first book to be discussed. Please read the book before the class.

Facilitator: Dianne Caggiano

ASTON

Wed., 3/15 & 5/17

11:30 am-1:30 pm

NO FEE



Health & Wellness

EATING SMART SERIES: "Just Say Yes to Healthy Eating!"

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

2:00 pm

Tues., 3/21

NO FEE



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., 3/9 to 6/8; NO CLASS 3/16 & 3/23

10:00 am-12:00 noon

\$65

BROOKHAVEN (Agnes Wilson-Bakow)

12 Sessions, Mon., 3/6 to 5/22

9:30-11:30 am

\$65



CONCORD SENIOR CENTER (Marie Gilligan)

12 sessions, Wed., 3/8 to 5/31; NO CLASS 3/22

10:00 am-12:00 noon

\$65

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

12 sessions, Fri., 3/10 to 5/26

10:00 am-12:00 noon

\$65

Fitness

CHAIR YOGA

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

Instructor: Donald Simpson, RYT

BROOKHAVEN

12 sessions, Thurs., 3/9 to 5/25

2:00-2:45 pm

\$54

SPRINGFIELD

12 sessions, Wed., 3/15 to 5/31

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., 3/14 to 5/30

1:00-2:00 pm

\$54

SPRINGFIELD

12 sessions, Mon., 3/13 to 6/5; NO CLASS 5/29

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"**

Thurs., 3/16

Fri., 4/21



EATING SMART SERIES: "Just Say Yes to Healthy Eating!"

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

2:00 pm

Tues., 3/21

NO FEE

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 (providing Hearing & Speech, Sleep Disorders, & Wound Care information), Penn State Extension (providing nutrition information and food tasting), Visiting Angels (providing blood pressure screening & information on Fall Prevention, Alzheimer's Fact & Fire Safety for seniors), 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., 5/11

NO FEE



"MEMORY GAMES" Sponsored by Osher Learning Institute

This class will keep your imagination sharp and your memory even sharper. Memory is more than just a collection of thoughts captured during a lifetime of experience. Each week this class will analyze brain areas, examine memory functions, and focus on creating positive patterns in the memory processes through games, challenges, team exercises and basic imagination skills.

Presenter: Thomas McNellis, MS, President of Memory Matters Corporation

ASTON

Wed., 4/12, 4/26, 5/10, 5/24 & 6/7

2:00-3:15 pm

\$30



SHINGLES: HOW THIS DISEASE CAN IMPACT YOUR LIFE & NEGATIVELY ALTER YOUR LIFESTYLE

Shingles is a virus that lives in the nerve cells and hides until your immune system can no longer keep it under control. It can cause a large rash with significant pain that can last for months. Learn what Chicken Pox and Shingles have in common and how you were exposed to Shingles. Explore what you can do to prevent the activation of this virus and treat this painful condition.

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

BROOKHAVEN

2:00 pm

Thurs., 5/25

NO FEE



Senior Issues & Topics

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?

Presenters: Robert & Dana Breslin, Esq.

ASTON **Wed., 4/5**
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.

SPRINGFIELD

Wed., 2/22, 3/29, 4/26, 5/31 & 6/28

10:00 am-2:00 pm

NO FEE



MEDICARE 101 PRESENTATION

Medicare 101 Presentations explain the basics of Medicare Parts A, B, C and D. It explains Medicare terminology such as copays, coinsurance, deductibles, enrollment periods, penalties, Medigap and Supplemental Plans.

Presenter: Glenda Radical, APPRISE Program Manager

ASTON **Wed., 4/19**
2:00 pm **NO FEE**

IDENTITY THEFT & FINANCIAL PREDATORS: RECOGNIZE, PREVENT & RECOVER

Overview of identity theft, scams, and financial predators: Their impact, prevention measure, and recovery steps. Current scams being used and ways to identify them will also be discussed. You will learn how to recognize predators, prevent ID theft, obtain and use your credit card report.

Presenter: Joseph Wehr, Financial Educator, Clarifi

SPRINGFIELD

2:00 pm

Thurs., 4/27

NO FEE



LEGAL JEOPARDY

Seniors and their adult children are invited to come and ask any questions regarding elder law. Whether it is on Wills, Inheritance Tax, the Medicare surcharge tax, avoiding probate, or any other tough legal questions that are on your mind.

Presenters: Robert & Dana Breslin, Esq.

BROOKHAVEN

1:00 pm

Thurs., 5/4

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.



SPRING 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). *****