

Center for Life Long Learning

Spring 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., 3/14 TO 5/30

9:30-11:30 am \$65

CONCORD SENIOR CENTER

12 sessions, Tues., 3/13 to 6/5

9:30-11:30 am \$65

SPRINGFIELD

10 sessions, Tues., 3/13 to 5/22, NO CLASS 5/15

1:30-3:30 pm \$54



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., 3/8 to 6/7, NO CLASS 3/22 & 5/31

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

BROOKHAVEN (Agnes Wilson-Bakow)

12 Sessions, Mon., 3/12 to 6/4, NO CLASS 5/28

9:30-11:30 am \$65

CONCORD SENIOR CENTER (Marie Gilligan)

12 sessions, Wed., 3/14 to 6/13, NO CLASS 3/21 & 5/30

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

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

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

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., 3/8 to 5/31, NO CLASS 3/29

2:00-2:45 pm \$54

SPRINGFIELD

12 sessions, Wed., 3/14 to 5/30

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., 3/13 to 6/5, NO CLASS 5/15

1:00-2:00 pm \$54

CONCORD

8 sessions, Tues., 3/20 to 5/8

11:00 am-12:00 pm \$38

SPRINGFIELD

12 sessions, Mon., 3/12 to 6/4, NO CLASS 5/28

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

Thurs., 3/15

9:00 am-1:00 pm

ASTON

Fri., 4/27

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. "Five Stars in the Window" by David Komarnicki is the first book to be discussed. Please read the book before the class.

Facilitator: Dianne Caggiano

ASTON

Wed., 3/21, 5/16 & 6/20

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., 4/17, 5/8, 6/19, 7/17 & 8/21

2:00 pm

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

Thurs., 5/10

11:00 am-1:00 pm

NO FEE



STROKE PREVENTION: OVERVIEW, MANAGEMENT & PREVENTION

You will learn the signs and symptoms of stroke. Learn how by changing your lifestyle and taking certain precautions, you can greatly reduce your chances of having a stroke. This presentation will help you understand more about stroke, its prevention, treatment and recovery.

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

BROOKHAVEN

Thurs., 5/17

2:00 pm

NO FEE



Senior Issues & Topics

REVERSE MORTGAGE

What to look out for when getting a reverse mortgage? Who qualifies? What are the costs? What are the benefits and pitfalls? How do you know if the financial institution is a reputable one? What are the alternatives? How much can I expect on a reverse mortgage and how should I take the proceeds?

Presenters: Robert & Dana Breslin, Esq.

ASTON

Wed., 4/18

1:00 pm

NO FEE



The mission of Senior Community Services is to promote independent and meaningful living for older adults through direct service and programs in the home and community.

Senior Issues & Topics *(continued)*

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.

SPRINGFIELD

2:00 pm

Tues., 5/1

NO FEE



MEDIGAP BASICS—UNDERSTANDING MEDICARE SUPPLEMENTAL PLANS

This presentation shares the fundamental information about Supplemental Plans terminology, selection, cost, and how the Apprise Program can assist the Medicare Beneficiary concerning Supplemental Plans. You will learn how to save money concerning the 20% of the cost that Medicare (Medical Expense--Copays, Coinsurances, and Deductibles) does not cover. This program is used for present Medicare Beneficiaries with Original Medicare and/or New to Medicare Beneficiaries who would like assistance with paying for Part B Premiums, Copays, and Deductibles not paid by Original Medicare.

Presenter: Glenda Radical, APPRISE Program Manager

ASTON

2:00 pm

Wed., 4/11

NO FEE



LEGAL/FINANCIAL CHECKUP

Are you in good shape to face your future? What information do you need to gather to meet with your lawyer/accountant or financial planner to help you answer this question? What questions do you need to ask them? Do you know what your actual income and your expenses are? What if life turns upside down—can you handle the crisis? How can you avoid or at least minimize problems for you and your family?

Presenters: Robert & Dana Breslin, Esq.

BROOKHAVEN

1:00 pm

Thurs., 5/3

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., 2/15, 3/15, 4/19, 5/17 & 6/21

12:30-4:30 pm

NO FEE

SPRINGFIELD

Wed., 2/28, 3/28, 4/25, 5/30 & 6/27

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.



SPRING 2018 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			\$
<i>Method of Payment:</i>			
<input type="checkbox"/>	Cash Paid \$ _____		
<input type="checkbox"/>	Check or Money Order is enclosed, made payable to Senior Community Services		
<input type="checkbox"/>	Credit Card American Express <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Expiration Date ____/____		
	Account # _____ (____) ** **3 digit security code # on back of card		
<input type="checkbox"/>	AARP Driving Course: Make check payable to AARP		

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