



www.scs-delco.org

Friendship Circle

(Located on the Mercy Fitzgerald Campus)

Summer Classes



Beyond the Basics

Dates: Tuesdays, July 11, 18, 25 & August 1
Time: 1-2pm
Cost: \$20 members; \$30 non-members

Introduction to Word

Dates: Tuesdays, July 11 & 18
Time: 2:30-3:30pm
Cost: \$10 members, \$15 non-members

Introduction to Excel

Dates: Tuesdays, July 25 & August 1
Time: 2:30-3:30pm
Cost: \$10 members, \$15 non-members

Computer Camp

(Prerequisite – Must be proficient past basic computer skills)
Dates: August 3, 15, 22, & 29
Time: 12-2:30pm
Cost: \$60 members, \$70 non-members

Technology Help

Bring your devices (tablets, smart phones, lap tops) for a quick 1 hour session. This session will offer valuable tips on these devices and their uses. Then take our expanded program in August to complete your training.
Date: July 19
Time: 1pm
Cost: No charge for members, \$3 non-members

Introduction to Smart Phones, Tablets and other Technologies for Older Adults

Join Jennell Williams, owner of “Senior Lift”, an organization dedicated to empowering older adults to embrace technology, to understand your smart phones, tablets, and other technology. You are encouraged to bring your devices.
Date: August 16 (Wednesday & 24 (Thursday)
Time: 2-4pm
Cost: \$30 members, \$40 non-members

Spiritual Study

Topic: Prayer. What is it? How to do it.
Dates: Thursdays, June 15—August 3
Time: 10am-11am

Instructor: Yolanda Hughes, Esq.
Optional book available for purchase.

Sit & Get Fit

Strengthen muscles, burn calories, improve movement and flexibility. Use light weights and bands.
Date: Mondays
Time: 10:30—11:30am
Cost: Members: \$1, \$3 non-members

Cardio Fitness

Enjoy line dancing to increase the level of your heart rate. After a 10 minute cool down exercise, conclude with muscle toning using light weights.
Date: Fridays
Time: 10:30am-11:30am
Cost: \$1 members; \$3 guests

Art Camp

- For the novice to the advanced student
- Multi-media series of classes
- Choose from drawing, water color or acrylic art stations at each class
- Limited supplies available, you are encouraged to provide your own materials

Dates: Mondays, July 24, 31, August 7, 21 & 28
Time: 12:30-2:30pm
Cost: \$5 member; \$7 non-member (per class)
**Pay in Advance: \$20 members; \$30 non-members*

Jewelry Making

Using a variety of colorful beads, make a matching set of bracelet, necklace and earrings
Dates: July 10, 17 and 24
Time: 1:15pm—2:15pm
Cost: No charge for members
\$5 non-members

Cloth Doll Making

Once known as “church” dolls because the children could play without making noise in church, Mary T has evolved this craft into something very artistic. Bring an old, clean t-shirt that can be used for strips for your doll.
Date: Wednesday, July 19
Time: 1:15pm—2:15pm
Cost: No charge for members, \$3 non-members

A variety of exercise and educational programs are available each day. Please check our July calendar for additional daily, ongoing activities and programs.

Registration

Name _____
Email _____

Phone _____
Paid: (Check one): Yes _____ No _____

If you have any questions, please contact: Donna Schumacher, Program Coordinator
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