

Senior Community Services' (SCS) Mission: To promote independent, meaningful living for older adults through direct services and programs in the home and community.

SCS Connection

SCS

SENIOR  
COMMUNITY  
SERVICES

SCS' Annual Art Show Makes A Welcome Return!

By Janet Lloyd Murphy

Senior Community Services was thrilled to welcome back their popular art program this year after a pause during the height of COVID, and to celebrate the comeback, the annual art show returned! The show, “Igniting Creativity: Lighting Up the Artist in You,” opened on July 12 at Delaware County Community College (DCCC) with artwork on display to the public through the beginning of August.

Over 90 people attended the opening celebration; this was an amazing turnout after classes were paused for two years. “It was so exciting to see all the people attending,” said Allison Alfieri, Program Manager of SCS’ Center Without Walls Program (CWW). “It was so hard when in-person classes had to be stopped; artists and instructors missed the camaraderie and support offered.”

**Fifty artists exhibited almost 90 pieces of artwork** in the categories of acrylic painting, mosaics, drawing, oil painting, and watercolor. Artists had the opportunity to offer their artwork for purchase, and two artists sold their works during the run of the show.

Art classes are held at all four SCS senior centers as well as at two of the CWW locations – which extends services to older adults in parts of Delaware County where there are

no centers. Art classes are offered at the Aston Community Center, 2 New Road and at the Concord Senior Center, 817 Concord Road, Glen Mills. A great group of talented instructors at these locations includes Marie Gilligan (Friendship Circle and CWW, watercolor); John Meehan (CWW, oil); Elaine Brown (Friendship Circle, calligraphy); Grace Brown-Johnson (Chester, ceramics); Carol Shelkin (Schoolhouse, mosaics); and Thelma McCarthy (Friendship Circle, drawing).

Development Director John Federico is grateful for the support of the 2023 Art Show sponsors including Independence Blue Cross; Cigna Insurance Company; the Delaware County Office of Services for the Aging (COSA); DCCC administration and staff including Caitlin Flaherty; CCRES Educational and Behavioral Health Services; and the Pennsylvania Council on the Arts. “We couldn’t hold large events like this without the support of generous sponsors,” says Mr. Federico.

For more information on class offerings, check with the three centers listed above, go online at <https://scsdelco.org/>, or look for listings in the Friday Five newsletter. For questions about CWW programs, contact Ms. Alfieri at 484-496-2143 or email her at [aalfieri@scs-delco.org](mailto:aalfieri@scs-delco.org).



The 2023 Art Show would not have been possible without the assistance of set-up volunteers including (left to right) Kasey Cashwell, Dianne Caggiano, Center Without Walls (CWW) Program Manager Allison Alfieri, Pat Missiras, Marie Gilligan, and Kathy Schlenk.



Tricia McMullin, a drawing student at Schoolhouse Center, created this intricate, colorful drawing of Celtic symbols for the show.

More pictures on back page



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Good News For PA Seniors As State Creates Master Plan

By Arthur Weisfeld, Executive Director



This past May, Governor Josh Shapiro signed an Executive Order directing the Pennsylvania Department of Aging to create a first ever Master Plan for Older Adults, a “10-year roadmap” for our state’s senior population. We here at Senior Community Services see many older Delaware County residents who visit our senior centers every week, and we’ve thought, “There’s a lot of older people living in this area.”

Well, as a matter of fact, that’s true! Pennsylvania is home to 3.4 million seniors which makes it the state with the fifth highest senior population in the U.S. In Delaware County alone, 17.6 percent of our county’s population are those citizens 65 and over, according to an estimate done as of July 1, 2022 by the U.S. Census Bureau. This makes the new initiative welcome news for those of us who serve the senior population.

While announcing his Executive Order, Gov. Shapiro said, “I’ve heard firsthand from seniors who told me we need to do more to

help them stay in their homes, tackle rising costs, and have a high quality of life – and they deserve our full support.” One issue the state is working on as part of the plan is a proposal to expand the property tax/rent rebate program. This would be much welcome news for Delaware County residents 65 and over – especially those who are trying to get by on a lower or poverty-level income.

Barbara S. Nicolardi, Director of the Delaware County Office of Services for the Aging (COSA) says, “We are proud to be involved in the development of the Master Plan for Older Adults. This 10-year plan will allow us to understand the wants and needs of the community that we service. It will include goals, objectives, and initiatives that promote the health, well-being, and quality of life of Pennsylvania’s older adult and disabled populations.”

COSA held listening sessions throughout the county in August for public input, but it’s not too late to give feedback to the PA Department of Aging. Individuals who could not attend the sessions can still submit input on the master plan by emailing [AgingPlan@](mailto:AgingPlan@pa.gov)

“We are proud to be involved in the development of the Master Plan for Older Adults. This 10-year plan will allow us to understand the wants and needs of the community that we service. It will include goals, objectives, and initiatives that promote the health, well-being, and quality of life of Pennsylvania’s older adult and disabled populations.”

Barbara S. Nicolardi,  
Director of the Delaware County Office of  
Services for the Aging (COSA)

[pa.gov](http://pa.gov); through an online form; or by sending feedback by mail to the Pennsylvania Department of Aging, c/o Master Plan, 555 Walnut St., 5th Floor, Harrisburg, PA 17101.

More information on the Master Plan for Older Adults can be found online at <https://www.aging.pa.gov/publications/MasterPlan/Pages/default.aspx>. General resources for seniors can be found at <https://www.aging.pa.gov/>.

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## Spotlight on SCS Care Manager Varnia Brunache

By Lynn O'Connor, Associate Director, Advancement and Communications

“Six years ago I met with Trindy Grundy, the Director of Long Term Care at the time, to become an SCS Care Manager. Let’s just say, I would like to work with older adults as a lifelong career,” said Varnia Brunache, SCS Care Manager. “Working with the older adult population is truly a rewarding field to be in. Seniors have paved the way for a more promising future; our job is to help them when they most need it.”

Varnia Brunache is a Care Manager in SCS’s Long Term Care Department. This team of compassionate professionals provides crucial support and services to older adults throughout Delaware County. In addition to managing the care schedules of homebound older adults, SCS Care Managers aid with service coordination, conduct home visits, schedule family meetings, make regular phone calls, and connect older adults to valuable community resources that help them stay as happy, healthy, and independent as possible.

In her spare time, Varnia likes to shop, thrift, and donate volunteer time to her community. Her children are her biggest motivation. Thank you for your work, Varnia!



*If you are interested in learning more about SCS’ Long Term Care Department contact Debbie Templeton, Director of Long Term Care at (484) 534-2050 or email [dtempleton@scs-delco.org](mailto:dtempleton@scs-delco.org). If you or a loved one is interested in applying for in-home/long-term care services contact the Delaware County Office of Services for the Aging’s (COSA’s) Information and Referrals Department, call (610) 490-1300 or 1-800-416-4504.*

*The Board of Directors and staff of SCS extend warm wishes for a healthy and happy holiday season to the people we serve and the people who support our work.*

## Holiday Hours

### Thanksgiving

SCS’ offices and centers will close at 2:00 PM on Wednesday, Nov. 22 for Thanksgiving. All facilities will be closed on Thanksgiving and the day after Thanksgiving. Normal operations will resume on Monday, Nov. 27.

### Christmas

SCS’ offices and centers will close at 2:00 PM on Friday, Dec., 22. SCS’ offices and centers will be closed on Christmas Day and the day after Christmas. Normal operations will resume on Wednesday, Dec. 27.



## Caregiver Academy Celebrates Nine Years!

By Diana Twisler, Program Manager



SCS’ Caregiver Academy (CGA) is a series of six sessions where professionals from the community come in to speak about various topics related to caregiving. During the past couple of years, the sessions were held virtually because of COVID-19. I am happy to report that has changed now, and participants reported that our first session back in person this year, held at the Schoolhouse Center, was a success!

Topics we covered this year included, “Understanding and Responding to Dementia Related Behaviors,” “Preparing for the Future,” “Navigating the Medicare website (Medicare.gov),” “Caring for Someone with Dementia,” (including home safety tips) “Basic First Aid,” “Communicating with your Doctors,” and “Relaxation Techniques.”

The participants seemed to really like having it in person because it allows for better discussion. Some of the feedback from participants was that they really enjoyed the presenters, they found the information informative, and they learned ways to help cope. We will rotate the location of Caregiver Academy sessions around our four centers.

Look for information about next year’s Caregiver Academy schedule which will be published March 2024. If you need caregiver support before then, our Caregiver Support Group meets on the first Wednesday of every month, 9:30 a.m. at Schoolhouse Center. For more information on next year’s CGA sessions stay in touch with SCS on social media, visit <https://scsdelco.org/caregiver/caregiver-help.shtml>, or call me at (484) 540-0372.



*Attendees of a Caregiver Academy presentation by Pam Barton of the Alzheimer’s Association gathered valuable information about understanding and responding to someone with dementia as well as important home safety tips.*

## Center for Lifelong Learning Fall Catalog Is Out!

By Jamee Nowell Smith, Director, Community Services and Chester Senior Center



It's familiar advice that we've all heard before: Stay active, involved, and engaged as you age! According to a 2023 study by Johns Hopkins University, "As an older adult, staying active as you age can work wonders for your physical and mental health and lead to a longer life with greater independence."

Here at Chester Senior Center and at our other three locations, there's so much to look forward to as we transition from the hot summer weather to the cool days of fall! Check out the Fall 2023 Center for Lifelong Learning catalog for great fitness, arts, wellness, and educational programs and events throughout SCS!

Who wouldn't want to be part of such a wide array of vibrant and exciting programs and activities? SCS senior centers are doing our part to help older adults remain active and engaged. Now, please do your part and jump on the active train!

*Here are just a few of the upcoming activities and events you'll find in the catalog listed by category:*

**ARTS:** Mosaics workshop, card stamping class, floral arranging, ceramics, a tour of the Brandywine Museum of Art and Paint & Sip

**FITNESS:** Cardio drumming, Zumba, Walking Club, Gospel Aerobics

**DANCE:** The return of tap and line dancing

**WELLNESS:** A "Memory Awareness Series" with the Del Val Alzheimer's Association, "Empowered Aging" with Peer Star Support, "Breast Cancer Awareness & Fall Fitness Day," and our healthy cooking class

**SOCIAL, SUPPORT SERVICES, AND FUN:** Join our Book Club, the Grief Support Group, or get involved in our Veterans' recognition event and support services

**TECHNOLOGY:** AARP tech classes, one-on-one tech support



Enjoying a summer Book Club meeting at Chester Senior Center were (back row from left to right) Elizabeth Dozier, facilitator Joann Simone, Assistant Director of the J. Lewis Crozer Library; Minnie Gordy, Rosemary Lewis, Sarah Marshall, Lorraine Blagman, Darlene Atta, and Barbara Johnson; and (seated) Ernestine Smith, Zelma Harper and Josephine Davis. Missing from the photo are Book Club participants Tonia Williamson and Linda Gattone. The Chester Book Club meets at 12:30 p.m. every third Wednesday of the month.

## Senior Prom Was Summer's Highlight!

By Karen Clark, Director, Good Neighbor Senior Center



Summer activities were in high gear and participation back to pre-COVID levels in 2023! There was a constant flow of seniors stopping in to pick up their USDA fruit and vegetable vouchers or cooling fans courtesy of COSA. There were the daily activities of BINGO, cardio drumming, ceramics, karaoke, "Name that Tune," birthday celebrations, ZUMBA or the many educational presentations by vendors including the Penn State Nutrition Link who brought cool smoothies! There was the excitement of boarding motor coaches and anticipating excursions to the casinos, Wildwood, N.J., the Temptations show in Collingswood, N.J., and our long-awaited trip to Cowtown in Pilesgrove, N.J.

However, the highlight of our summer was our sizzling Senior Prom held on July 28. More than 20 members and friends attended – even on what meteorologists called "one of the hottest days on record"! Sizzling didn't



Good Neighbor Senior Center members enjoying the Senior Prom included (left to right) Al and Deborah McCode, Dianne Roberts-Gibbs, Ruth Waters, Marsha Lewis, Doris Burgess, Jeanette Hill, Deborah Roberts, Marie Ward, Dollie Cooper, Blondell Murphy, Deborah Fletcher, Mary Ruffin, Dianne Peterson, Carol Gray, and Sharon Barnett.

only describe the weather; attendees were dressed in their evening finery and didn't let the heat get in the way of a great time of fun, food, and fellowship.

Although some wish that summer would never end, fall is upon us, and thoughts of cooler temperatures will be on our minds including wondering what the cost of heating will be this winter. One of the resources we have at our centers is information on the Low Income Home Energy Assistance Program (LIHEAP), a federal program that provides assistance with managing costs associated with home energy

bills, energy crises, and weatherization and energy-related minor home repairs. Ask us about other programs of assistance as well.

Also, we are planning our fall and winter events, and need your input! We encourage you to make suggestions on programs, activities, events, subjects/presenters, vendors, travel destinations, or even new clubs to start. (Shooting pool, pinochle and bridge are not the only games in town!) So, the next time you are at Good Neighbor, or any of our other senior centers, look for the suggestion box and share an idea or two for SCS!

## My New Name is 'Nonna'!

By Christine Helmandollar, Director, Friendship Circle Senior Center



I am so excited to share that I am going to be a grandmother! My son, Mitchel, and his wife, Rachel, are expecting a child in February and I am overjoyed with happiness, excitement, and instant love for a child whom I haven't even met yet.

Many of you in the SCS family have experienced the joy that goes along with this new role in life. Common responses I've received include, "It's the best," "There's nothing better," and even the tongue in cheek retort, "You're able to give them back!" However, two comments made by ladies who are part of my SCS family stand out as touching. Jeannette Dupriest, Friendship Circle member said, "You are experienced and are able to watch your grandbaby grow and share the knowledge that you learned with your children." MaryEl Kober, Aging at Home vol-



Mitchel Helmandollar and his wife, Rachel, son and daughter-in-law of Friendship Circle Director Christine Helmandollar, are anticipating the birth of a new child in February 2024.

unteer, explained, "It's a beautiful thing to know that life continues and that your family expands."

The next thing that grandparents-to-be think about is what they want the beautiful new child to call them. My husband, Mark, had no hesitation in choosing "Pappy." But for me, I just want the name to be a perfect fit! "Granny," "Mom-Mom," "Nanna," "Nan," "Me-Me," and "Grandma" are wonderful options, but I've chosen "Nonna." I believe it will be easy for my grandchild to say (which means they may say it a lot!), and the Italian word for grandmother fits me as well.

I feel blessed to imagine being called Nonna soon and just wish Rachel a wonderful pregnancy. Mitch is going to be a great dad, and I can only hope that I am great in my role too. I can't wait!

## SCHOOLHOUSE CENTER / (610) 237-8100 / 600 SWARTHMORE AVENUE, FOLSOM, PA 19033

### Accomplish The Five Pillars of Healthy Aging At SCS!

By Jessica Hadfield, Director, Schoolhouse Center



According to an article published on Open University's website (<https://www.open.edu/>) written by Dr. Jitka Vseteckova, the five pillars of healthy aging are good nutrition, proper hydration, physical activity, social engagement, including meaningful relationships and activities; and cognitive stimulation. When you focus on these things as you age, you help build a strong foundation for health and longevity. All five of these components can be found at an SCS senior center or at one of our Center Without Walls locations!

At Schoolhouse, we serve tasty, nutritious, and affordable meals five days a week. You can eat with friends and socialize at the same time! Physical activity is plentiful with classes including "Healthy Moves," Zumba and cardio drumming. To stimulate your mind and put your brain to the test, we have many activities including playing cards and Rummikub.

Cognitive stimulation can also come in the form of the informative presentations we plan or on one of the fabulous and popular trips planned by our Travel Committee volunteers, Judi Haines and Bunny Serratore. Socializing and relationships are really at the core of what we do at SCS -- bringing seniors together -- having fun with old friends and making new ones! Aging does not always follow the plan you have set for yourself, but engaging in the positive activities can really make a difference.

As we jump into fall, please stop at our front desk to pick up your monthly calendar and check out all the exciting things we have planned. Be on the lookout for information on upcoming vaccine clinics and a Community Open House Day in October. Painting parties, and hopefully, Phillies and Eagles celebrations will be part of the fun too! Reach out to us with any questions at 610-237-8737.



Christine Cassidy (left), Cora Bartolome (center), and John Bellis (right) enjoying a game of Rummikub, a typical Friday afternoon activity at Schoolhouse Center.

## November Volunteer Networking Event Set

By Christine Helmandollar, Program Director



The Aging at Home Program will hold a new networking event for volunteers on Wednesday, November 15, from 4 to 5:30 p.m., at the Schoolhouse Center in Folsom. Volunteers will have a chance to receive updated information on service procedures and general community information. Aging at Home Program membership is open to seniors residing in the municipalities of Aldan, Collingdale, Darby, East Lansdowne, Glenolden, Lansdowne, Ridley Park, Morton, Norwood, Prospect Park, Tinicum, Ridley Township, Rutledge, and Yeadon.

Around this time last year, volunteers who were serving Aging at Home gathered to share ideas, review policies and brainstorm ways to tackle difficult situations. The event was labeled as a success for several reasons. First, being together allowed us the time to discuss the “nuts and bolts” of the program. We also learned better ways of communicating the many services the Aging at Home Program has to offer including providing rides to seniors or completing a

handyman job. Finally, the event was extra special because the room was filled with 23 volunteers. What hit me like a lightning bolt was the energy, positivity, and power that I felt in the room! I was so encouraged to find a way to spread the word of our many services far and wide! With that in mind, it only made sense to expand the networking event to include the vetted Aging at Home partners to whom we refer jobs.

The event will include vetted partners who currently provide fair estimates for work performed in a member’s home. If you have a favorite business that has completed quality work in your home or that of a relative or friend, encourage them to contact us to attend so we can grow our referral list. Mingling with others and enjoying wine and cheese will provide a great afternoon outing! We have proven that gathering together is a powerful tool that can bring our Aging at Home program to new heights for the benefit of our senior population!

Volunteers and homecare businesses should register with me by Thursday, November 2, at 484-534-2201 or by emailing [chelandollar@scs-delco.org](mailto:chelandollar@scs-delco.org).



**MEDICARE OPEN ENROLLMENT  
BEGINS OCTOBER 15, 2023,  
AND ENDS DECEMBER 7, 2023**

**MAKE SURE YOUR MEDICARE PLAN MEETS YOUR  
HEALTH AND PRESCRIPTION DRUG NEEDS**

Delco's PA MEDI Medicare Program can give you the most up to date, non-biased Medicare information for the year ahead. Individual counseling sessions will help you make informed decisions about your Health Plan and/or Prescription Plan. Counselors are available to conduct Prescription Drug Plan comparisons, and to help in the enrollment process for Medicare, Prescription Plans, and other Medicare Programs to help pay for Medical and Drug Insurance Plans (LIS/MSP/PACE Programs).

**The Open Enrollment Period is a Great Time to:**

- Review your current coverage
- Check your eligibility for Cost Saving Programs
- Compare your plan with other Medicare Plan Options
- Access the [Medicare.gov](https://www.medicare.gov) website to explore plans that meet your prescription and/or medical needs
- Get clear answers to all your questions

Call Glenda A. Radical, Delaware County PA MEDI Medicare Program Director at **(484) 494 - 3769**

**SAVE THE DATE FOR THIS**

# **Aging at Home Event:**

**WEDNESDAY, NOVEMBER 15, 2023  
AT 4:00 PM UNTIL 5:30 PM**

**Schoolhouse Center  
600 Swarthmore Avenue  
Folsom, PA 19033**

**Please RSVP by Thursday, November 2**  
Contact Christine Helmandollar, Program Director  
Phone: 484-534-2201 | Email: [chelandollar@scs-delco.org](mailto:chelandollar@scs-delco.org)



Older adults residing in Aldan, Collingdale, Darby, East Lansdowne, Glenolden, Lansdowne, Ridley Park, Morton, Norwood, Prospect Park, Tinicum, Ridley Township, Rutledge, and Yeadon are eligible for membership in SCS' Aging at Home program. Members gain access to high-value and high-impact services provided by volunteers, including door-through-door transportation by volunteer drivers, handymen, and yard work services, safe, vetted referrals to local contractors, and assistance with online grocery shopping. This event will detail ways to join Aging at Home's roster of dedicated volunteers.

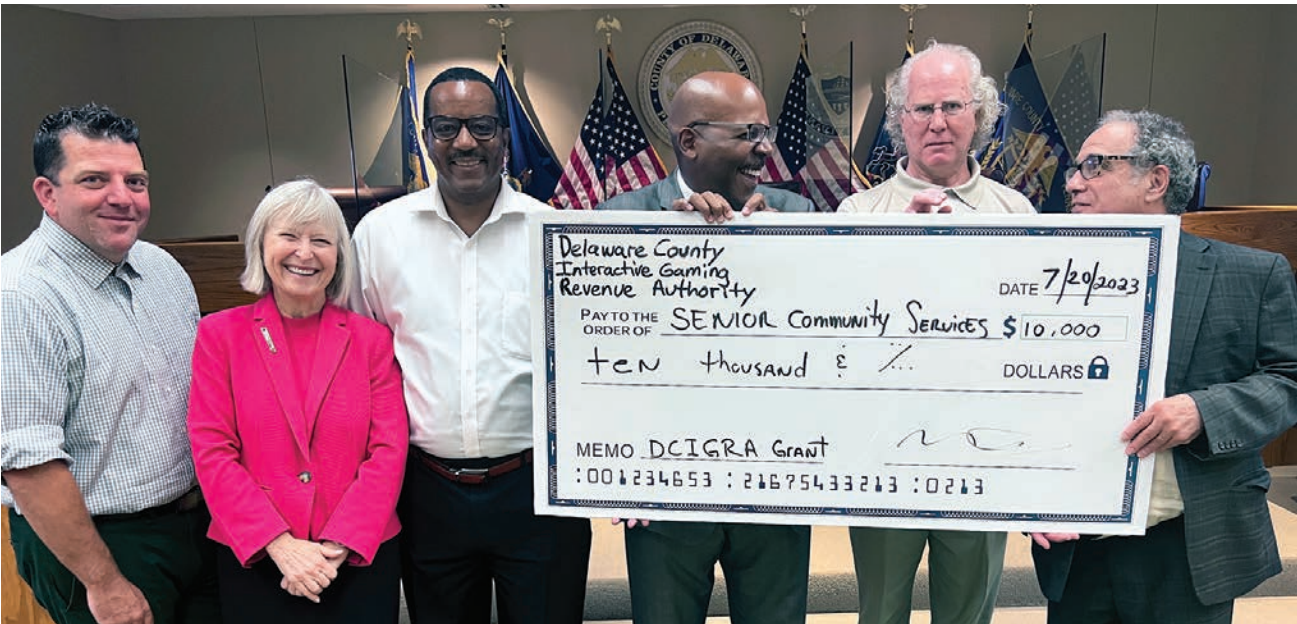
**Look for  
information coming  
out soon about  
holiday events and  
modified home-delivered  
meal schedules.**

# SCS Thanks New and Long-Time Donors

By Lynn Edwards and John Federico

At the end of a long and busy summer, SCS Advancement asks center members and other agency clients to join us in thanking the following donors of \$2,500 or more to the agency between July 1, 2022 and August 31, 2023:

- The Delaware County Interactive Gaming Revenue Authority (DCIGRA)**
- CCRES Educational and Behavioral Health Services**
- Ethel Sergeant Clark Smith Memorial Fund**
- Mercy Home Health & Mercy LIFE**
- Mr. & Mrs. Brian Hogan**
- Borough of Norwood**



Members of the Delaware County Interactive Gaming Revenue Authority board (DCIGRA) presented SCS Executive Director Arthur Weisfeld with a check for \$10,000 in recognition of SCS' stature as a community asset. Pictured here are DCIGRA board members Vincent Rongione, Frances Sheehan, Stefan E. Roots, Paul K. Johnson, MBA, and Ron Evans.

# Schoolhouse Center Hosts Rep. Mary Gay Scanlon's Town Hall

By Lynn Edwards and John Federico

On Thursday, August 31, Congresswoman Mary Gay Scanlon (D-5) held a town hall at Schoolhouse Center. More than 40 older adults attended the town hall. After reading a short statement describing the benefits she has won for the district's businesses, educational institutions, and residents, Scanlon answered questions for more than 45 minutes. Questions touched on a wide range of topics, including immigration reform, gun control, prescription drug pricing, and securing Social Security for future generations of retirees. After spending some time greeting attendees one on one, Scanlon received a briefing from SCS Executive Director Arthur Weisfeld on progress toward renovating Schoolhouse, a project for which Scanlon secured \$2 million in Community Project Funding.



Congresswoman Mary Gay Scanlon spent a few minutes at the conclusion of the town hall-style event at Schoolhouse Center speaking with Paul Krueger, a resident of Aldan and a volunteer with SCS' Aging at Home program.

## CHAMPIONS OF HEALTHY AGING

- Arlington Cemetery Company
- Delaware County Interactive Gaming Revenue Authority (DCIGRA)
- CCRES Educational and Behavioral Health Services
- The Ethel Sergeant Clark Smith Memorial Fund
- Mercy Home Health & Mercy LIFE
- Mr. Brian Hogan
- Borough of Norwood
- Mr. and Mrs. Robert C. Muche
- Borough of Ridley Park
- Ms. Lori Mason
- The Wawa Foundation
- Mr. Joseph P. Miller
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Congresswoman Mary Gay Scanlon spoke to a group of roughly 45 men and women aged 50 and above at a town hall on August 31 at Schoolhouse Center.

## SCS' Annual Art Show



There to admire the beautiful artwork, some of which was their own, were Rosemary Martin, Gail Grant, instructor Marie Gilligan, Vickie Cliett-Hill, Carolyn Loughead, and Friendship Circle Senior Center Director, Christine Helmandollar.



There were many, beautiful mosaic works displayed at the show, including this one entitled, "Chirp and Slurp" by Joan Fiore.

Admiring all of the artwork on display were Jamee Nowell, Director, Chester Senior Center and MJ McDaniel, a dedicated volunteer at the Schoolhouse Center.



Lori Mason, Independent Broker for Independence Blue Cross, sponsor of the 2023 Art Show, chatted with SCS Executive Director Arthur Weisfeld.



Former long-time SCS watercolor and oil painting instructor, Helen Baur, displayed her work, "Practice" at the art show. Helen taught as part of SCS's Center for Lifelong Learning (CLLL) at the Aston, Brookhaven, and Concord locations as well as at Schoolhouse Center. She retired at the end of the 2015 program year.



Jan Wolff's mosaic, "The Lookout" features a Native American scout.



Art Show volunteer, Diane Caggiano, exhibited her watercolor painting entitled, "Calm." Diane attends the CWW Program at the Aston Community Center.

## SCS Selected to Participate in National Vaccine Initiative

By Janet Lloyd Murphy

The National Council on Aging (NCOA) has announced a nationwide effort to ensure that older adults and people with disabilities get the latest COVID and flu vaccines, and Senior Community Services was chosen as one of 150 organizations to participate. The NCOA effort is being funded through a grant received from the U.S. Administration for Community Living (ACL). Under the grant, SCS will provide a minimum of 100 COVID-19 or flu vaccines.

"SCS is proud to be part of this effort to make it as easy as possible for our older adults to get their COVID and flu shots to protect their health," says Development Director John Federico. "The NCOA has been on the forefront of providing credible information and supporting access to centers administering vaccines. This will enable us to be an integral part of the process."

There are vaccine clinics planned for two of our centers as follows: Chester Senior Center, flu, pneumonia, and shingles vaccines, Tuesday,

Oct. 17 from 10 a.m. to 1 p.m. and flu, pneumonia, shingles, and COVID vaccines, Thursday, Nov. 16, 10 a.m. to 1 p.m. (in partnership with Thrive Pharmacy); and Friendship Circle, flu, pneumonia and COVID vaccines, Wednesday, Oct. 18, 9 a.m. to 11 a.m. (in partnership with Delmar Pharmacy and Giant Pharmacy).

Details on other shot clinics not yet scheduled will be reported via email in the "Friday Five" newsletter or posted at each senior center.