

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

SCS Connection



A Salute to Our Super Heroes at the Volunteer Recognition Luncheon



"I volunteer to help people, to be a part of making things better! Volunteering makes me feel good and I know that what I am doing makes someone else feel good as well!"

Nellie Smith, Chester Senior Center Volunteer

"I feel that volunteering helps to make this a better place and that we should all help out however we can. I say life is like a parachute. It works better when it is open. Coming to Good Neighbor enables me to be open to new opportunities to make friends, to give back and to travel to new and exciting places every year."

Mildred Roberson-Jenkins, Good Neighbor Volunteer



Photos by Werth Photography

Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

Nonprofit Organization
US Postage
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Permit No. 57
Upper Darby, PA 19082

Our Super Heroes

By Arthur Weisfeld



Each April we take time to acknowledge the vital role volunteers play at Senior Community Services by hosting the Volunteer Recognition Luncheon. While this event takes place on one day out of the year, each and every day SCS is grateful to our wonderful volunteers. Each of our volunteers has made a significant contribution to this agency and to the lives of older adults. SCS could not do the work it does without our volunteers who bring a range of skills and come in all ages and from throughout our community. Whether they are:

- Fixing a leaky faucet as a handyman with our Aging at Home demonstration program;
- Providing expert and objective advice on Medicare options as a counselor with the APPRISE health insurance program;
- Providing a warm and helpful welcome at the reception desk at one of our senior centers;
- Offering guidance as an Advisory Council member;
- Making a telephone visit to isolated older persons via our new Keep In Touch program, or
- Delivering vital nutrition – and a connection to the outside world – to homebound elderly.

Our volunteers are making a difference. They are sharing the precious gifts of time and genuine caring. I thank each of our volunteers for helping SCS improve the quality of life for so many older adults.

Although the Volunteer Luncheon has been part of SCS for many years, much effort goes into its planning and each year is a little different. There are several striking aspects of newness this year that I would like to highlight:

- We welcomed the former RSVP entertainment groups: Legends Band, Guys and Gals singers, and Clown Troupe.
- We welcomed a record 270 guests to this year's luncheon. It was certainly a wonderful turnout.
- This is our first time at the Lazaretto Ballroom. We enjoyed working with the staff.
- We have a brand new Center Director at Good Neighbor, Joanna Graham.
- Finally, a very important first, this past summer Michele O'Brien joined the SCS staff as our Director of Volunteers (from RSVP). Michele has done a tremendous job planning and orchestrating the luncheon and as the agency's manager of our important volunteer program. We hope that this year's luncheon marks the first of many for Michele.

Again, I extend my deep personal thanks to our terrific volunteers. The service you provide is touching the lives of our neighbors – you change people's lives. You enrich them and bring joy. You are Super Heroes.

Telecommunications Within Reach for Individuals with Disabilities

By Donna Schumacher, HDC Coordinator



TDDP (Telecommunications Device Distribution Program) is initiating a two-year pilot program designed to provide wireless devices to help eligible Pennsylvanians with disabilities with a way to access telecommunications.

The TDDP Wireless Pilot is a pilot program designed to gather information about the need for a permanent program that would provide Pennsylvanians with disabilities a way to access telecommunications such as e-mail, phone, text, or relay service. The Wireless Pilot will also tell us how people with disabilities would use these devices and how much it would cost to run a program like this.

The TFFP Wireless program will distribute the following devices: Apple iPad Air, Apple iPad mini, and Apple iPod touch at no cost. Equipment and communication "apps" will be matched to each individual's needs and preferences by our professional staff and may include iPad® Wi-Fi only, iPad® Mini Wi-Fi or iPod-Touch® Wi-Fi only devices. Accessories may be provided if determined necessary for access (e.g. switches).

There are eligibility requirements that include: being a Pennsylvania resident with a disability that limits your access to mobile telecommunication; be six years of age or older, have individual gross income of 200% of the federal poverty level or less (low income); have access to Wi-Fi service; and have the ability to learn how to use the requested device(s).

Additionally, since an important part of this pilot program is participant communication, training and feedback, you must also agree to the following:

- Attend six meetings at Temple University in Philadelphia (travel/parking expenses are the responsibility of the participant).
- Respond to periodic surveys via email.

If you or someone you know would like to participate, you may contact the Institute in the following ways:

- Web: disabilities.temple.edu/programs/assistive/tddp/wireless.shtml
- Email at TDDP@temple.edu
- Telephone: 215-204-5966

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SCS Management Staff

Executive Director: Arthur Weisfeld
 Associate Director Long Term Care: Trindy Grundy
 Board President: Michael Palazzo

Aging at Home Director: Christine Helmandollar
 APPRISE Program Manager: Glenda A. Radical
 Center Without Walls Coordinator: Farah Esfahani
 Cognitive Stimulation Program Manager: Dorothy Darragh
 Director of Advancement: Lydia Messinger
 FCSP Program Manager: Debbie Templeton
 Fiscal Officer: Robyn Cashwell
 Hearing Discovery Coordinator: Donna Schumacher

Community Donors 2016

Through a donation of \$100 or more, the following businesses support the mission of Schoolhouse Center – providing services to keep older individuals living independently.

Joyce E. Koshetar, D.D.S.
General Dentistry
363 Holmes Rd.
Holmes, PA 19043
610.522.1741

Senior Living at Plush Mills
501 Plush Mill Rd.
Wallingford, PA 19086
610.690.1630
www.plushmills.com

The Residence
at Glen Riddle
Melissa Lubin
263 Glen Riddle Rd.
Media, PA 19063
610.358.9933
www.glenriddleliving.com

McCausland-Garrity Funeral Home
Patricia Garrity-Marchesani
Owner/Supervisor
202 S. Chester Pike
Glenolden, PA 19036
610.583.0148

Pat's Pizza – Ridley
Ted Sagos, Owner
2104 Macdade Blvd.
Holmes, PA 19043
610.583.5555
Fax: 610.583.5551
PatsRidley@gmail.com

Home Helpers of Media
Thomas C. Carroll, MSW., LSW
PO Box 184
Media, PA 19063
Office: 610.358.1110

Acme Pharmacy
Lisa McNamara
Pharmacy Manager
321 Folsom Ave.
Folsom, PA 19033
610.237.3812
Fax: 610.237.3814

Kind Hearted Care, Inc.
Senior Home Care
JoAnn Pola, CEO
1512 Black Rock Rd.
Swarthmore, PA 19081
215.350.1899
Fax: 610.328.4918

Cavanagh Funeral Homes Inc.
Paul Cavanagh
301 Chester Pike
Norwood, PA 19074
610.532.3120
info@cavanaghfuneralhome.com

Pappano & Breslin
Dana McBride Breslin
Christopher Murphy
Certified Elder Law Attorneys
3305 Edgemont Ave.
Brookhaven, PA 19015
610.876.2529

Hosana Health
Care Services, LLC
David N. Kitonga, Manager
18 Campus Blvd.
Newtown Sq. PA 19073
484.423.3440
Fax: 484.423.3401
info@hosanahomehealth.com

Easy Living Concepts
Tony Lacey
1100 Lincoln Ave.
Prospect Park, PA 19076
610 583-9000
www.ezlivingconcepts.com
Tony.lacey@easylivingconcepts.com

Kevin M. Lyons Funeral Service Ltd.
Kevin M. Lyons, Supervisor
202 South Chester Pike
Glenolden, PA 19036
610.583.4400
Rios Pharmacy

Dove Health Care Services
10 East Baltimore Ave.
Clifton Heights, PA 19018
610.285.9066

Liberty In Home Care
Mary Winters/Sales/Marketing
206 Old Lancaster Rd.
Devon, PA 19333
610.251.9440
mwinters@libertycares.com

Loc Dao, R.Ph., M.B.A.
35 South Morton Ave.
Morton, PA 19070
610.543.1858

Home Improvements

By Christine Helmandollar, Director



Having to hire a contractor to repair or remodel your home can be quite daunting. My husband Mark and I rarely outsource any work because we usually do house projects ourselves. But Mark felt quite uncomfortable with refinishing the hardwood floors in the kitchen for fear of ruining them. We toyed with the idea of renting a machine, the time it takes to figure out how to operate the needed machinery, and the best products to use. After several discussions and staring at a homemade budget to do the job, we made a decision to outsource the work. The one variable for us this time is that we usually are friends with the worker or have a referral from another worker. So I found myself thinking about all the things that you should consider before hiring a contractor to do a house project.

There are many local contractors, each with their own pricing payment terms, methods, work ethics, clean-up styles, etc. To find the right contractor to do the work on your home, I invite you to take advantage of the Aging at Home Partner list, one of the program's many benefits. It is a list of senior-friendly businesses that provide quality services to seniors; some even offer discounts to Aging at Home members. Aging at Home makes sure that these businesses are licensed, have received several positive recommendations and know the partners' specialties when it comes to kitchens, bathrooms, or additions.

Taking advantage of the Aging at Home partner list is simple. Call the Aging at Home office (484-534-2201) and explain what kind of work or project you need completed and see if the program has a partner with the expertise you require. Our staff will document and make a referral on your behalf. Expect a telephone call directly from the Aging at Home partner that will schedule an appointment to look at the job and give you a fair/discounted estimate. You have the choice to accept the job.

Aging at Home members are also eligible for a one-time coupon worth \$25 off work performed by an Aging at Home partner (with a referral from Aging at Home). Aging at Home currently has 49 partners and is always looking to add businesses to help Aging at Home members remain in their homes. Aging at Home is a win-win for our partners and members.

Resources for Aging Well in Delaware County

By Trindy Grundy



As promised, we will be highlighting resources and information to help you age well in Delaware County. These resources can be accessed on your computer at home, at your local senior center, by telephone, or by requesting information via email. I trust you will take advantage of these opportunities.

UNCLAIMED PROPERTY

In Pennsylvania, there are over 2.3 billion dollars in unclaimed property. The process to determine if you are the recipient of any unclaimed property is easy and short. You go online and put in your name and/or company in the designated box - and anyone who has unclaimed property with that name, will appear.

The claim form is available and can be printed out for mailing once it has been completed online. It's just that easy!

Website: <http://www.PATreasury.gov/claim>
Address: Pennsylvania Department of Treasury
4th Floor, Riverfront Office Center
1101 South Front Street
Harrisburg, PA 17104-2516
Phone: 1-800-222-2046
Email: tupmail@patreasury.gov

FEDERAL – DO NOT CALL REGISTRY

How many times have you received calls from telemarketers soliciting credit cards, home repairs, lottery winning, etc.? Stop those unwanted calls and report illegal calls by:

- registering online at www.donotcall.gov or
- calling toll-free 1-888-382-1222 (TTY:1-866-290-4236)

BENEFIT CHECK-UP

The Benefit Check-Up form will identify any local, state or federal services and/or programs you may be eligible for. Many seniors do not know the income and asset guidelines for different programs and some can change annually. If you do not qualify this year, you may qualify next year.

The Benefit Check-Up website is: <http://www.benefitscheckup.org/link/70/0>

You can also give me a call at 484-534-2050 and I will promptly send a form to you for completion and return. Your information is kept confidential and your privacy is maintained.

Spring Classes

By Farah Esfahani, CWW Coordinator



I hope you are enjoying this beautiful time of year. The amazing month of May is a time of fresh beginnings. There is so much beauty to capture and many occasions to celebrate in May. Among some of the special holidays and observances are: May Day, Memorial Day, Mother's Day, Teacher Appreciation Week, Nurses Week, and of course Older Americans Month. This month we celebrate the contribution of older adults to our nation. "Blaze a Trail" is the theme for Older Americans Month this year.

The following programs are highlights of some of the free educational presentations we have scheduled for the rest of this semester.

On May 5, Robert and Dana Breslin, Esq. will offer a presentation on "is it true you will lose everything you own if you need nursing home care or other long term care?"

Center Without Walls (CWW) will hold its fourth annual Senior Health and Wellness Fair on May 12. We invite you and your family to attend this event which will offer valuable health information.

Dr. Blanc Sessions, hand surgeon from Crozer Keystone, will offer a seminar on "common hand problems from carpal tunnel syndrome to dupuytren's disease, and thumb arthritis" on May 19.

Eating Smart Series classes will be held on May 17 and June 21. The above programs will be held at the Brookhaven Municipal Building.

At the Springfield Township Building the "Medicare fundamental plans terminology, selection and costs" workshop is scheduled for May 3. Medicare Individual Counseling will be held on May 25 and June 29. Both programs will also be held at the same location.

The Book Club Meeting will be held on May 18 and June 22 at the Aston Community Center. Dianne Caggiano will continue to be facilitator for this discussion group.

Please contact me at (484) 496-2143 or fesfahani@scs-delco.org if you have any questions and or suggestions about CWW programs.

COGNITIVE STIMULATION PROGRAM

Spring into May and June

By Dorothy Darragh, Cognitive Stimulation Program Manager

The *Signs of Spring* have finally taken root and all is beautiful. The Cognitive Stimulation Program (CSP) has a variety of topics to celebrate the season. I would like to encourage everyone to enjoy the variety of kits available.

- Discover the joy of blossoms through the *Flowers & Gardens* kit.
- How about preparing for the sports season by discovering memories in the *Baseball* kit?
- Of course, what would May and June be without honoring the *World of Mothers* and the *World of Fathers*?
- And then celebrate Memorial Day and the Fourth of July with the *Patriotism or Parades, Parties, and Picnics* kit.
- Through two other kits, reminisce about *Vacation Time at the Seashore* as the summer months approach.

Kits are available for use at the Senior Community Services senior centers, nursing homes, residential communities, and one-on-one with homebound clients. For more information, please contact me at 484-496-2144 or at ddarragh@scs-delco.org.

FAMILY CAREGIVER SUPPORT SERVICES

Traveling Tips for Caregivers

By Diana Twisler, Program Manager

Summer is approaching and many people are planning vacations. Vacationing with someone with dementia can be a challenge but it can still be fun. Here are some tips for traveling with someone with dementia:

- Plan ahead by gathering important documents that may be needed during your trip in case of an emergency. For example: insurance cards, physician phone numbers and passports. If traveling by air, keep these documents in your carry-on bag so there is no chance of them being lost.
- Try to keep a very similar routine to the one you follow at home. This will be less upsetting for your loved one. Also make sure that you plan periods of rest throughout your day.
- If your loved one is a wander risk at home they may also try to wander when you are on vacation. You can purchase an identity bracelet and put a card with the name and address of the hotel you are staying at as well as a contact number in case they get lost.
- Traveling can be stressful for some people because they are outside of their normal environment. Take any anti-anxiety medicine with you to help calm the person.
- If you are traveling by car make sure that you do not leave a person with dementia in the car alone.

These are just some tips to help make your travels a little less stressful so that you can have a fun and safe vacation.

Source: Caregiver.com

APPRISE

Free Medicare Preventive Services

By Glenda A. Radical, APPRISE Program Manager



Did you know that your Medicare insurance offers free Medicare services?

The free Medicare services are called “preventive services.” The 24 Medicare preventive services that are free to Medicare beneficiaries are a combination of counseling services, tests, screenings, flu shots, therapy services and welcome and yearly wellness visits.

A few of the free Medicare preventive services are: alcohol misuse screening and counseling, cervical and vaginal cancer screenings, diabetes screenings, glaucoma tests, medical nutrition therapy services, obesity screening and counseling, sexually transmitted infections (STI) screening and counseling, and smoking and tobacco-use cessation counseling.

Without Medicare insurance, an individual would have to pay quite a bit of money for these tests and screenings, but Medicare offers these services at NO COST to the Medicare beneficiary.

More information about these free Medicare preventive services can be found in a book called “Your Guide to Medicare Preventive Services” (CMS Product/Booklet Number 10110). In addition, you may also find these free preventive services in the “2016 Medicare and You Book” on pages 43 to 64. Wherever you see a “Blue Apple” the service is a free Medicare preventive service and the Medicare beneficiary will not be charged for the service if recommended and prescribed by a primary care doctor or in a primary care setting, if the doctor accepts Medicare.

If you would like a copy of “Your Guide to Medicare Preventive Services” or the “2016 Medicare and You Book” you may call me at the Delaware County APPRISE office at 484 494-3769.



Senior Center Highlights...

Below is a calendar of events at each of our four senior centers. For details and more information on any event, please contact your center director or visit www.scs-delco.org

➤ ARTS AND CRAFTS

Card Making & Stamping

May 10, 24, June 14, 28 at 11:15 a.m.

Chester

Mondays – 2:30 p.m.

Schoolhouse

Each class will present a different theme. You will leave the class with special handmade cards and other creative items.

Pencil Drawing

Mondays, 11 a.m. – 12 p.m.

Good Neighbor

Woodcarvers

Mondays – noon

Schoolhouse

Members create extraordinary art from wood.

No Knot Knitters

Tuesdays – 12:30 p.m.

Schoolhouse

New knitters or experienced, join us as we make special gifts for special needs. Note: those who crochet are welcome too.

Pencil Drawing and Water Color Painting

Mondays at 12:30-2 p.m.

Chester

Cost: \$5

All are invited to come and learn the basics of pencil and water color. Enhance your artistic abilities using various media.

Basic Drawing

Wednesdays at 9:30-11:30 a.m.

Schoolhouse

Learn to draw with pencil and charcoal. Drawing is basic to all art. Take this class to build your skills. Cost: \$5/class. Pay the instructor, Mary Ash.

Watercolor Painting

Wednesdays – 1:45-3:45 p.m.

Schoolhouse

Beginner through advanced welcomed. The instructor will focus on individual needs as she teaches approaches and techniques. [Session began 4/13/16] \$50/10-week session.

Oil & Acrylic Painting

Fridays – 12-2 p.m.

Schoolhouse

Our skilled instructor can start the beginner or help the advanced artist enhance their work. New sessions begin every ten weeks. [Session started 4/29/16] \$50/10-week session.

Ceramics

Thursdays at 11:15a.m.-1 p.m.

Chester

Create beautiful ceramics using various stains, glazes and firings. Ceramic pieces are available on site, or you may bring your own.

Sewing

Fridays at 10 a.m. – 1 p.m.

Chester

Learn to create your own beautiful works! Beginners to advanced sewers are welcome.

Mosaic Workshops

Thursdays: 2-5 p.m. (Beginner) 6 -9 p.m. (Advance/Intermediate)

Schoolhouse

Cost: \$84 for 5-week/14-hour class

Instructor Carol Shelkin will introduce all styles of mosaics for indoor & outdoor use. Session three begins May 26 and ends June 23. There is an additional \$30 material fee.

Jewelry Making Workshop

Tuesdays at 2 p.m.

Schoolhouse

Select the gems, the stones, the project and let your creative self roar! Supply your material it's no cost; otherwise \$3/per class.

➤ DISCUSSION GROUPS

Medigap Basics

Monday, May 23 at 1:30 p.m.

Friendship Circle

Fundamental information about Medicare Supplemental Plan terminology, selection, cost, and how the APPRISE Program can assist Medicare beneficiaries concerning supplemental plans. Pertinent for those who would like to save money concerning the 20 percent of the cost that Medicare (medical expense co-pays, coinsurances, and deductibles) does not cover.

SOK (Share our Knowledge)

1st and 3rd Wednesdays at 10 a.m.

Schoolhouse

Members share experience/knowledge on many topics including battles, boats, stamps, and trains. Join in and expand your horizon.

Men's Group

Mondays, 11 a.m. – 12 p.m.

Good Neighbor

Ladies Discussion Group

Monday May 2, June 6 at 10 a.m.

Chester

Enjoy a soothing cup of tea over ladies talk~ you never know where the discussion will go!

Senior Safety & Victim's Services

Monday, May 9 at 1:15 p.m.

Friendship Circle

The Delaware County District Attorney's office will provide access to important news and current information concerning the prevention, investigation and prosecution of crime. Keeping informed makes Delaware County a safer place in which to live, work, play and worship.

Book Club

Wednesday, May 18, June 15 at 12:30 p.m.

Chester

Do you love to read? Come, discuss and enjoy reading the book for the month. Books are on loan from the J. Lewis Crozer Library.

What's New(s)

2nd & 4th Wednesdays – 10:15 a.m.

Schoolhouse

Sandi Thompson leads the conversation about current headlines or the talk of the town.

Hearing Loss and Visual Disabilities

PA Bureau of Blindness and Visual Services (BBVS)

Monday, June 20 at 1:15 p.m.

Friendship Circle

BBVS provides services for those who have hearing loss as well as visual disabilities. Social worker Diane Johnson and P. Maurie Kerrigan, COMS, CLVT will discuss hearing loss as it relates to vision loss.

Kitchen Table Stories

Fourth Thursdays at 10 a.m.

Schoolhouse

This fun, ongoing program encourages you to tell your favorite stories from all stages of your life. Marian Mullahy facilitates.

➤ FITNESS

Seniorcize

Last Tuesday of each month at 10 a.m.

Friendship Circle

Licensed physical therapists from Westgate

...More Highlights

Hills Rehab & Nursing Center will facilitate exercises and a balance program as well as offer a talk on a related health topic.

Chair YOGA

Wednesdays – 3:15p.m.

Schoolhouse

Cost: \$35 for 10-week session or \$4 pay-as-you-go option

Wednesdays at 11 a.m.

Chester

Get the full benefits of yoga (strength & flexibility) without the difficulty of reclining or returning from the floor.

Sit Down Zumba

Tuesdays, 11:15 a.m. – 12 p.m.

Good Neighbor

Line Dancing

(The 1st and 3rd Tuesdays of each month)

Tuesday, May 3, May 17, June 7, and

June 21, 1 – 2 p.m.

Good Neighbor

Thursdays at 1 p.m.

Chester

Tuesdays –2:30 p.m.

Schoolhouse

Cost: \$1/Session

Come and learn the latest line dances while having fun and exercising.

Cardio & Strength Training Exercise

Tuesdays at 5 p.m.

Chester

This moderate-level exercise class helps improve strength, flexibility and endurance. This class uses mats, weights and other equipment. Private personal training and fitness sessions are available after each class for a nominal fee.

Tap Dancing

Wednesdays at 11 a.m.

Chester

Learn this legendary dance form in a fun atmosphere and get fit all at the same time! Tap shoes are recommended but not required.

Healthy Steps

Tuesdays & Thursdays 10 a.m.

Schoolhouse

Begin with a peaceful warm up followed by light aerobic conditioning and close with a relaxing cool down.

Laughter Yoga

Schoolhouse

2nd & 4th Thursdays from 12:30-1:30 p.m.

The body and mind heals with laughter. The spirit heals with joy. That's the Laughter Yoga experience! Ten classes from April 1 – June 3. This class is free thanks to the generosity of The Residence at Glen Riddle.

Mall Walking (Schoolhouse) Walking Club (Good Neighbor)

Monday-Thursday at 9 a.m.

Meet at the lower entrance of the Springfield Mall Target

Schoolhouse

Tuesdays, 10 – 11 a.m.

Good Neighbor

Get the health and social benefits of walking.

Gospel Aerobics

May 4, 12, 18, June 1, 9, 15 at 10 a.m.

Chester

Join this fun spiritual exercise program! Improve your physical and spiritual health through low impact exercise done seated and standing. Fill your body with energy.

Sit and Get Fit

Monday, Tuesday and Thursday at 10 a.m.

Schoolhouse

Tuesdays and Thursdays at 10:30-11:15 a.m.

Chester

Strengthen muscles, burn calories, and improve movement and flexibility. Use light weights and bands for safe and gentle exercise, toning and stretching.

Yoga

Tuesdays –9:00 a.m.

Schoolhouse

Cost: \$40/10-weeks

Yoga promotes strength, flexibility, balance and focus.

Yoga Flow

Saturdays at 11 a.m.

Members: \$3 per class/non-members: \$5 per class

Friendship Circle

Promote strength, flexibility, balance and focus with instructor, Amanda Collins. Breath awareness, posture, and alignment will be emphasized in a class of sequenced Yoga poses.

Zumba

Tuesday, May 10, 24, June 7, 21 at 11:15 a.m.

Chester

Enjoy this popular, lively form of fitness. Exercise to lively music that allows for generous body movement. Improve flexibility, strength, tone, and overall fitness.

➤ GAMES

Mah Jongg

Tuesdays at 12:30 p.m.

Schoolhouse

A Chinese tile game where four players try for the right combinations to win.

Pinochle

Mondays at 12 p.m., Wednesdays and Fridays at 8:30 a.m.

Schoolhouse

Mondays, 1 – 3:30 p.m. and Tuesdays, 1 – 3:30 p.m.

Good Neighbor

There's a place at the table for you in this spirited play.

Breakfast Bingo (\$5 per person)

Friday, May 13 from 9 a.m.– 12 p.m.

Pokeeno

Monday & Wednesday, 1 – 3:30 p.m.

Good Neighbor

Pinochle Tournament

Monday, May 16 at 12:15 p.m.

Monday, June 20 at 12:15 p.m.

Schoolhouse

Cost: \$5 entry free

Playing the hand you're dealt may lead to becoming a cash winner.

➤ HEALTH, NUTRITION AND WELLNESS

Brain Health

Mondays at 9:30 a.m.

Friendship Circle

Improve your ability to remember, learn, plan, concentrate and maintain a clear, active mind. Join instructor Donna Schumacher as we she uses Boggle and other board and logic games in teams and individually to keep your brain active and stimulated.

Just Say Yes—Healthy Eating

Wednesday, May 25 & June 27 at 12:30 p.m.

Chester

May Topic: "Beans: Black Bean Wrap"

June Topic: "Nutrition Facts/Labels: Fruity Banana Smoothie"

Nutrition Talk w/ Cooking Demo

Fourth Tuesday at 12:15 p.m.

Schoolhouse

A fun, interactive, delicious way to learn how to make smart eating choices. Sponsored by Penn State Extension.

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Chester Chatter



Blazing a Trail!

May is a time to celebrate the wisdom and greatness of older adults! Share these special programs to honor our elders:

Older American Month Luncheon ~ Saturday, May 7 from 12 -2 p.m. Enjoy this celebratory luncheon among friends! Sponsored by Phi Delta Kappa Sorority.

Chester Senior Center Art Show ~ Saturday, May 21 from 4-6 p.m. Celebrate the original works of Chester artists in watercolor, pencil, ceramics, jewelry and more! Be present to have a chance to win original artwork! Enjoy wine and fare!

Health & Fun Fair ~ May 26 from 10 a.m. – 2 p.m. Enjoy the fun side of health with health information, screenings, Zumba, chair exercise, cooking demos, healthy trivia and prizes, healthy snacks, and more!

Memorial Service ~ Friday, May 27 at 11 a.m. Celebrate the life and legacy of our members who have passed on. Enjoy live spiritual music, testimonies from loved ones and friends, candle lighting ceremony, and plaque dedication.

5 Crazy People Who Were Right ALL Along! June 15 at 11 a.m.

Paranoia or a crazy idea can often destroy your life. Every once in a while though, a paranoid suspicion or crazy idea is just a truth that sounds too crazy to be real – until it is!

May and June Special Events!

10 Greatest Dancers of the 20th Century! May 17 at 11 a.m.

The art of dance is a unique form of expression, employing a body language that everyone understands. Learn about the 10 greatest dancers chosen by their fame, popularity, and influence. Maybe even take a dance or ... two!

The Bible as Literature: In Partnership with Widener University Osher Lifelong Learning

Recent scholarship has shed much light on the literary styles used in various books of the library commonly known as The Holy Bible. We will look at the two versions of creation and the great flood as presented in the Book of Genesis as well as the love poetry of the Song of Songs. Contradictions and their implications will be examined in books of the New Testament, The Apocrypha. Books of the Old Testament that are not included in some versions of the Sacred Scriptures, will be explored.

Presented by: Theodore O'Tanyi
Thursday, June 2, 9, 16, 23, and 30 at 10 a.m.

Annual Flapjack Fundraiser

June 11 from 8 – 10 a.m.
4301 Pennell Road, Aston, PA 19014

Support this fundraiser to benefit Chester Senior Center programs! Enjoy all-you-can-eat pancakes, sausages, coffee, tea and juice! Tickets are \$10 for adults and \$5 for children 12 and under.

Exploring the iPad, Nook and Other Tablets May 2 at 12:30 – 2 p.m., No fee

Caregiver Academy Classes for Caregivers and the People They Care For

Tuesdays, May 3, 17, 31, and June 14
4 – 5:30 p.m.

This program is provided through generous funding from the ADRC (Aging and Disabilities Resource Center)

SCS' Family Caregiver Support Program and the Chester Senior Center are offering, at no charge, an opportunity for caregivers to attend informative programs that will help you in your role as a family caregiver. Bring the loved one(s) you care for to enjoy a class of their own which will meet concurrently. Caregivers must be in attendance if the person you care for is to participate. You, of course, may attend solo. At the end of each session, you will see how your loved one spent the hour and learn how to bring meaningful activity into your home. Caregivers who attend all six sessions will have an opportunity to win a fabulous prize. The loved one you care for may be an adult of any age, but must be able to participate in activities below; a little needed help is ok. **Supervision and assistance will be provided. Please share any special needs at time of registration.**

Contact Jamee Nowell Smith or Doris Rice with your RSVP (required) 610-497-3550. Let us know if transportation is needed. For more information on the Family Caregiver Support Program please contact-Debbie Templeton at 610-237-6222.

Chester Travelers

Midway – Harrington Casino

May 25 and June 22 at 9 a.m.

Includes transportation, free luncheon buffet, and \$10 coin bonus! Cost: \$25

Finger Lakes, New York – June 23-25

Cost: \$400 members/\$425 non-members

Neil Simon's *Rumors* at Hunterdon Hills

May 12

Cost: \$100 members/\$120 non-members

Englishtown Auction & Flea Market

Saturday, June 11

Cost: \$40 members/\$50 non-members

Wildwood, NJ – June 20-23

Cost: \$375 members/\$405 non-members

Motown Showdown in Atlantic City – July 11

Cost: \$40 members/\$45 non-members

Columbus Flea Market – September 10

Cost: \$40 members/\$50 non-members

Ocean City, Maryland – Aug. 29-September 2

Cost: \$625 members/\$650 non-members

Cape Cod & Martha's Vineyard

African American Heritage Tour

October 3-7

Cost: \$640 members/\$670 non-members

Myrtle Beach, Savannah and the Holy Land, FL

September 17-25

Cost: \$1,010 members/\$1,040 non-members

May & June Birthday Celebrations

Fridays, May 20 and June 29 at 11 a.m.

Celebrate May and June birthdays with live entertainment, a delicious lunch and fun among friends! Members who have birthdays in May & June will receive a complimentary meal for that month's party. The cost for other guests is \$2. Please sign up at the front desk.

Red Hat Society

Tuesdays, May 31 and June 28 at 12:30 p.m.

Join the fun with the Red Hat Ladies!

Electronic Club

Bring your tablet, laptop or smart phone for peer to peer learning!

Tuesdays, Wednesdays, Thursdays

10:30 a.m. – 2 p.m., No fee

Friendship Facts



Did you know that Friendship Circle classes don't stop when Center for Life Long Learning sessions end? We offer a wide variety of continued programming. Here is a sneak peek at our upcoming events:

- **Friendship Circle Walking Club** – Wednesdays at 9:15 a.m.
Meet in the lobby for a short warm-up and stretch and join us for a 30 minute walk around the center and parking lot.
- **Computer Tech Talk with Michael Yurcaba** – first Wednesday of the month at 1:30 p.m. This forum will give you the opportunity to have your computer questions answered.
- **Women's Recognition Tea** – May 10th at 1:30 p.m. Tea, pastries and complimentary tea cup. Guest speaker: Joy Hepkins, RN BSN OCN, Mercy Fitzgerald Hospital
- **Mary T's Mother's Day Craft** – May 11th at 1 p.m. Bring a tea cup from the Women's Recognition Tea.
- **Beverly Hill Middle School Game Day** – May 25th at 1 p.m. Welcome Student Council and have fun playing card and board games.
- **Men's Cook Off** – June 18th at 12 p.m. Taste testing, guest judges, door prizes and entertainment.
- **Men's Breakfast** – June 23rd at 9 a.m. Continental breakfast and door prizes. Guest speaker from Mercy Fitzgerald Hospital will provide tips for maintaining an active and healthy lifestyle.

For more information on these programs and to register, please contact Donna Schumacher, Program Coordinator at dschumacher@scs-delco.org or 484-534-2033.

Stay Informed through Social Media

We are on Facebook! Log on and "Like" *Friendship Circle Senior Center (Senior Community Services)* to see what's happening at the Center. Information on classes and programs is updated each week. Check out photos and video clips from recent events.

To view our monthly activity calendar as well as our nutritious and delicious lunch menu options, log onto SCS' website: www.scs-delco.org. (Click on the "Senior Centers" tab and choose: Friendship Circle Senior Center)

Friendship Outings

Sight and Sound - "Samson"

When: Tuesday, June 21

Time: leave the Center at 8:30 a.m.

Approximate return to center by 6 p.m.

Show: 11 a.m.

Cost: \$130 (includes all taxes and meal gratuities)

***\$65 non-refundable deposit due June 1**

Includes round trip motor coach transportation, reserved seating at Sight & Sound Theater, a fantastic Amish feast, and optional shopping at Kitchen Kettle Village.

A Hershey Christmas

When: Monday, December 19

Time: leave the Center at 8:45 a.m.

Return to Center by 8 p.m.

Cost: \$85 (includes all taxes and tips except driver)

***\$50 non-refundable deposit due August 26**

Enjoy a 2-hour guided tour of Hershey, Yuletide luncheon buffet at Hotel Hershey, admission to Hershey Sweet Lights Drive Through, and 1-hour free time in Chocolate World.

Look for these trips now being developed by our NEW Trip Committee:

- **Ivyland Railroad Family Dinner Train on Sunday, September 25th.** Join us for a great evening in Lahaska for a ride and glorious Italian dinner. Enjoy the sights and shops of this quaint area while waiting for our train to board and depart at 7 p.m.
- **Holiday Lights Longwood Gardens on Thursday, December 1st.** We'll stop at a local restaurant for dinner then off to Longwood to enjoy the lights and displays at this beautiful time of the year. This trip is perfect for the entire family so bring the grandkids!

For more trip information, contact Donna Schumacher at 484-534-2033 or dschumacher@scs-delco.org.

Sunshine Wishes

Vi DiAngelis, Rosemarie Gantz, John Gantz, and Esther Booker

Deepest Sympathy

Our prayers go out to the friends and families of Helen Gelhard and Marge Mooney. Our thoughts are with you during this difficult time.

Friendship Circle Cancer Support Forum

This monthly group provides support for cancer patients, caregivers, survivors and the community in a caring atmosphere.

KICK-OFF

Monday, June 6th at 6 p.m.

Group Leader: Yvonne Florence, breast cancer survivor and founder of "Sisters R Us Circle of Survivors"

Kick-off Speaker: B. Michelle Horton, an ordained minister and associate pastor at Grater Enon Missionary Baptist Church

PINOCHLE TOURNAMENT

Saturday, May 14

Doors open at 10 a.m. for registration

Tournament play is 11 a.m. to 4 p.m.

Winners receive awards!

Cost: \$12 (includes lunch and trophies)

Payment due no later than May 6th

****You must bring your own partner to play****

For further information, please contact Donna Schumacher at 484-534-2033 or dschumacher@scs-delco.org

MEMBER MEMORIAL CELEBRATION

Please join us as we

honor and remember our loved ones.

Friday, May 20th at 9:30 a.m.

RSVP:

Donna Schumacher, Program Coordinator

484-534-2033



Friendship Circle recently hosted a Wii tournament vs. Schoolhouse. A fun time was had by all!

Joanne's Journal

New Beginnings

There is no better time to start anew than springtime. Everything seems to come alive this time of year. The sun shines brighter, the sky seems bluer, our eyes are captivated by a canopy of colors that bursts from flowers and trees, and our ears are enlivened by the sounds of birds chirping a livelier tune now. There even seems to be a little more pep in our steps as we shed our winter garments and venture out into the warmth of the sun. Oh, the joys of spring—my favorite time of the year!

This spring is even more special for me because it was in the midst of this glorious season that I began my tenure as Center Director for Good Neighbor Senior Center. And what better way to get started than to attend Good Neighbor's 6th Annual Legacy of Service Banquet two days before reporting to my new position. Attending the banquet hosted by the Good Neighbor Senior Center Advisory Council afforded me the perfect vantage point from which to view the network of support Good Neighbor is so privileged to enjoy. On this beautiful Saturday afternoon, when many were undoubtedly out enjoying a little fun in the sun, the First African Baptist Church's banquet hall appeared to be filled to capacity with Good Neighbor supporters.

As I listened to the introductions of each banquet honoree and learned of their many accomplishments and contributions to Good Neighbor, I felt humbled to be entrusted with the care of such a beloved community resource. After congratulating the honorees, meeting several of my new colleagues, and experiencing the absolute joy of being warmly welcomed to my new position by members and supporters, I left the banquet with a feeling of great anticipation and a renewed com-

mitment to provide excellent service and leadership to Good Neighbor Senior Center—a facility that, I now realized more than ever, means so much to so many.

During the past several weeks since the banquet and since joining the Good Neighbor family, my commitment has grown into a deeper resolve, as I have had the pleasure of becoming more acquainted with Good Neighbor's members, staff and volunteers and learning of some of their hopes for the center. My first impressions are that Good Neighbor members are a lively group of older adults who continue to enjoy life by embracing change as a natural and essential part of life. They welcome being encouraged to keep giving birth to new ideas because they know that their thoughts and feelings are relevant, and that as long as they are alive, they are in the process of becoming.

Although there is still much for me to learn and share, in the spirit of new beginnings, I am committed to planting seeds that will help stimulate ideas, inspire people to stretch themselves, and to promote growth and change that more optimally reflect the ideals and mission of Senior Community Services—to truly promote independent and meaningful living for every member.

To that end, Good Neighbor members will continue to enjoy a host of recurring monthly activities and an assortment of new adventures too. So, please come in and sign up for a fun time at Good Neighbor. Our program offerings include adult coloring, arts, crafts Bible study, praise and worship, Bingo, Pokeeno, Pinochle, informative health presentations, line dancing, Zumba, reiki and computer classes. New activities include our walking club, flower and vegetable gardening, water aerobics (time and location to be announced on our June calendar).

FEATURED TRIPS, OUTINGS AND ADVENTURES for MAY & JUNE

Casino Trips

Wednesday, May 11 & Wednesday, June 8

Bus departs the center at 10 a.m. promptly. Slot/play package may vary. For questions or comments please contact Sylvia Wilson at (610) 586-8170. *Sorry no refunds*

Thrift Store Hop

Friday, May 5 at 9 a.m. / Cost: \$8

Enjoy a fun-filled day of thrift store hop shopping! Travel to a cluster of thrift stores and shop till you drop. Wear walking shoes and comfortable clothes!

Cherry Valley Vineyards

Friday, May 20, leave at 8:30 a.m. / Cost: \$35

Join us for a tour of this magnificent winery in Saylorsburg, Pennsylvania. Enjoy tasting a variety of wines and participating in a mystery wine contest. Wear walking shoes and comfortable clothes!

Cow Town

Tuesday, May 24, at 9 a.m. / Cost: \$10

Enjoy a fun-filled day of thrift store hop shopping! Travel to a cluster of thrift stores and shop till you drop. Wear walking shoes and comfortable clothes!

New Orleans

June 18 – 26, 2016/9 days and 8 nights

Members: \$799 and non-members: \$829

There is still time to sign up. For information & reservations contact Carole Badgett @ 610-586-8170.

ALL TIME FAVORITES

May Birthday Party

Friday, May 27, 11:30 a.m. – 1 p.m.

June Birthday Party

Friday, May 24, 11:30 a.m. – 1 p.m.

SPECIAL EVENTS in MAY & JUNE

Members Only CHAT & CHEW with New Center Director, Thursday, May 5, 5 – 7 p.m.

Come out to learn about new and upcoming events sponsored by Good Neighbor and share your visions and ideas.

Mother's Day Tea

Friday, May 6, 10 a.m. – 12 p.m.

Senior Sundae

Wednesday, May 18th, 12 p.m. – 1 p.m.

APPRISE (Individual counseling)

Thursday, May 19, 10 a.m. – 2 p.m.

Spa Days: Monday, May 23 and

Monday, June 27, 1 p.m. – 3:30 p.m.

Keystone Talk

Wednesday, May 25, 10:30 a.m. – 12 p.m.

Open House (All are invited)

Thursday, May 26, 5:00 – 7:00 p.m.

The Good Neighbor Senior Center Advisory Council invites new and returning members to

attend this event. Current members are encouraged to bring new members for a prize. This will also be an opportunity to learn about upcoming events and to share your ideas.

Red Hatters Meeting

Thursday, May 26 and Thursday June 23, 1 p.m. – 3:30 p.m.

Devine Source (Healthy eating tips)

Tuesday, June 28, 10 a.m. – 12 p.m.

Kim's Korner



Dear Friends,

How glorious to have an early spring! I hope you enjoyed the flowering trees and the early show of the daffodils and tulips.

There is no denying the inspiration of the growth and renewal in nature.

This winter we've all been watching the news, following the theatrics they call the primaries and caucuses for the presidential election. Now that spring is here with winter only a few weeks behind us, they will be turning up the heat. All the mudslinging commercials is a great reason to turn off the TV and spend time at the center, outside, at church, or gathering with friends and/or family. There are groups of people at the center who gather on weeknights or weekends. If you are interested in being connected, see Sayre. Celebrate Older Americans Month by increasing your activity, both physical and social. Don't forget to attend the special Older Americans Month events: The Senior Expo, Spring Garden Faire, The Spring Fling, Mother's Day, and Memorial Day.

Get out and enjoy your life, it's the only one you get!

Love,
Kim

Program News and Thank Yous

Did you know that in 2015 the **No Knot Knitters** donate: 320 baby hats, 264 chemo caps, 120 comfort squares, 176 lap robes, 15 seaman hats, 94 wash cloths, 33 scarves, 54 hat and scarf sets, 15 hat and mitten sets, and 1 pair of slippers? These were given to 4 hospitals, 4 non-profits, 3 churches and the sheriff's department.

Thank you to **Shirley Carroll, Michelle Smith and the card making class**. They have sold quite a few handcrafted cards; proceeds go to the Advisory Council to be spent on items and programs for the center.

Thank you to the **Advisory Council** for sponsoring our St. Patrick's Party entertainment.

Thank you to the **Clothes Quarters, Inc.** for all the wearable novelties donated for our St. Patrick's Day party. If you go into their store at 521 E. MacDade in Folsom, please mention our appreciation.

Thank you to our student intern, **Katie Ward**. Katie is a student of Eastern University and had her junior year internship at Schoolhouse. We wish her well as she continues her education in social work.

Thank you to all those who contributed to the **Vest a Cop** program. The Taylor Foundation was so thankful for the donation. I was very proud of the members of this center for the selfless contributions to this cause.

Thank you to **Ellen Abramson and Judi Haines** who represented Schoolhouse at the Ridley Health Fair.

Thank you to **Bonnie and Matt** for taking on the cleaning of the basement. It was a formidable task.

Thank you to **Bob Healey, Tom McKelvey and Ed Guzik** for painting the lines on the parking lot. An extra big thanks to Bob for starting the project independently and spearheading this much needed work!

Something to think about:

*Great minds discuss ideas
Average minds discuss events
Small minds discuss people*

Plastic Lid Collection

For those who contributed the plastic lids for Barb and John – they thank you for your support. The program is now over.

Congratulations to:

Mary Kopay who ran the 5k at the Ridley Health Awareness Day and won in her age category.

Shirley Carroll, Bob Healey and Bob Kolb who received a Loyalty Day Award at the Herbert Best VFW.

Betty and Joe Schmucker on the birth of their new great-granddaughter, McKenna.

Memorial Giving

For many people who participate here, Schoolhouse becomes a second family. The center plays a very important part in their lives. At a recent meeting, there was a suggestion to let people know how they can continue to support their center even after they have died. Here are two ways that people can support Schoolhouse as part of their legacy.

- 1) Remember Schoolhouse in your will.
- 2) Ask your family to designate that memorial donations be made instead of buying flowers.

BJ's Membership

If you are a current, paid member of the center, you are eligible to get a discounted BJ's card. If you are interested, see Kim. If you are up for renewal, the center has renewed and now you can as well.

New Staff through Experience Works

We welcome Phyllis Stanford and Rosemary Dougherty.

Sunshine Wishes

Dee Trexler, Marie McCauley, Bob Jensen, Jane Renshaw, Joan Lynn, Sandy Shanahan, Evelyn McElwee.

Condolences

Our sincere sympathy to the family and friends of Jill Boone and Ed Dorsey. Our condolences to Joe and Betty Schmucker who lost a family member.

FUNDRAISING DRIVE FROM BERTUCCI'S! Wednesday, May 25th

We are doing a Dining for Dollars at Bertucci's located at 965 Baltimore Pike in Springfield from 11 a.m. to 10 p.m.

Bertucci's will give us 15 % of every person's check who presents a coupon. The fundraiser applies to take-out too! Pick up coupons at the center and bring your family and friends and enjoy a lunch or dinner out!

Thank You to Our Volunteer Recognition Luncheon Sponsors

Highlights, continued from page 7

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Horticulture Class – Plants & Herbs
May 11, June 22 at 10:30 a.m.
Chester

Learn about new and unusual houseplants and their care as well as herbs from around the world, growing them and using them for nutrition and health!

Vision Care
Thursday, May 19 at 10:30 a.m.

Learn how diabetes affects your last extremity – the eyes!

➤ **JUST FOR FUN**

Movie Monday
10 a.m. – 12 p.m.

Good Neighbor

This free activity is featured every Monday. Refreshments are on the house!

Mocktail Karaoke
Second Monday of the Month (Starting June 13th) at 1 p.m.

Friendship Circle

Take turns singing popular songs over recorded music and enjoy sipping on refreshing “mocktails.”

➤ **RELIGION**

Bible Study
Tuesdays, 9–10 a.m.

Good Neighbor
Tuesdays at 6-7:30 p.m.

Chester

Share in the knowledge and life in the word of God.

➤ **TECHNOLOGY**

Windows 10
Monday, May 2 from 10-12 p.m.

Schoolhouse
Cost: \$15

Get Windows 10 tips from Instructor Beth White.

We would also like to thank Oliver Heating, Cooling, Plumbing, and Electrical for their support.