

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

**SCS**  
SENIOR  
COMMUNITY  
SERVICES

## New Program Makes Independent Living Possible for Seniors

By Heather Dale

The tasks that can keep seniors up at night are not always large-scale, budget busting projects. Instead, they may be small tasks, like changing a light bulb, but are integral to living independently in the community.

A new program, Aging at Home – A Community Network, aims to assist seniors living within the communities that make up the William Penn School District. Aging at Home helps to fill the void for seniors who need just a little help to maintain their independence in the community.

Aging at Home launched in November and nearly 60 people have been enrolled and the number continues to grow. Christine Helmandollar, the director of the program, said that the program helped to find one senior a job, put in a new smoke detector, hang a heavy mirror and in one case, prevent a man in his eighties from becoming homeless.

Helmandollar said that Aging at Home, along with help from the County Office of Services for the Aging (COSA) and State Senator Williams' office were able to help the man move from a home in Yeadon, where he faced eviction, into an apartment in Darby and they were able to do it all in two weeks.

"We were able to make the connections," said Helmandollar. "Together, we completed the puzzle. That's what Aging at Home does."

The program is funded by a three-year grant from the United Way of Greater Philadelphia and Southern New Jersey. The program serves seniors in the following communities: Aldan, Colwyn, Darby, East Lansdowne, Lansdowne and Yeadon boroughs.

The grant will allow staff to provide key services that seniors need to remain independent in the community: help with house/yard work, minor home repairs, dependable transportation, volunteer placement and health screenings. Aging at Home aims to connect seniors with Community Transit, but when that is not possible, volunteers provide rides for a modest fee.

Helmandollar said that volunteers are still needed and that if anyone has special skills or time they are willing to donate to please reach out to the program.

The next major component to the program, as it gains momentum, is to develop relationships with local businesses. Helmandollar said the goal is to link local businesses with seniors. In doing so, the program can help support local businesses and local businesses can extend discounts to seniors who require their assistance.

Associate Director of Long Term Care Supports and Services Trindy Grundy said the program is really starting to take shape with the formation of the Neighborhood Advisory Council, the marketing of the program and now developing relationships with local businesses.

"The grassroots in place will help to build support and services for

the community," Grundy said. "Aging at Home gives us the opportunity to collaborate with everyone, a cross section of professionals, community leaders and families."

If you need assistance and live in one of the communities served by Aging at Home or would like to volunteer your time, please contact the program at: 484-534-2201 or log onto the SCS website at: [scs-delco.org](http://scs-delco.org) and click on the Aging at Home tag to make an inquiry.



Aging at Home volunteers Henry Boerstling and Bob Sokoloff help hang a heavy mirror. This new program aims to provide the help necessary to keep seniors living independently in the community.

### Connect With Us!

Please contact the Aging at Home office located at  
Friendship Circle Senior Center  
on the campus of Mercy Fitzgerald Hospital  
1515 Lansdowne Avenue, Darby 19023

484-534-2201  
[agingathome@scs-delco.org](mailto:agingathome@scs-delco.org)

Senior Community Services  
600 Swarthmore Avenue  
Folsom, PA 19033

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

This month I defer to my wife, which is always a good decision. I look forward to finally saying goodbye to this winter and welcoming spring. I am especially awaiting the month of May, which is Older Americans Month - a celebration that is near and dear to me. Until then, enjoy these Notes from Dr. V. Take care, Arthur



**Grandparents who Provide  
Childcare Find Success by  
Setting Limits**

The life span in the United States is increasing. It is amazing but true that many individuals will live almost twice as long as they would have in the very early 1900s. The consequence of this longevity is that many individuals enjoy a long period of good health beyond the age of 65 during which they can be helpful to members of their family. A very common form of helpfulness is the provision of childcare. For many grandparents, this childcare is occasional, for example, watching Ellie on Saturday night so her parents can go to the movies. However, for other grandparents, it is a much more intensive, time-consuming involvement as when the grandparent serves as the caregiver while mom and dad are away at their full-time jobs. Grandparents care for 21 percent of all of the children whose mothers are working. This involvement is even more strenuous when the child has special needs, for example, a child whose allergies involve great care about what the child eats or the activities she pursues. Some grandparents, because of extraordinary circumstances (for example, a parent's death), take on the full-time care of their grandchildren and serve as parental figures.

This opportunity to contribute to the well-being of grandchildren, and their parents, is invaluable. Undoubtedly, parents are able to pursue their work activities with a greater sense of tranquility knowing that their children are receiving care from those who love them. For grandparents, too, having the time to cultivate

a deep and close relationship with their child's child is priceless. Yet, for some grandparents, the demands of caring for children can come at a cost. Despite enjoying a good measure of health, that grandparent-caregiver may have some minor health issues that need attention. And yet, the requirements of caring for children can easily interfere with attending to one's own needs. Doctors' appointments may go unscheduled as the grandparent finds that he or she has no time to keep them. Grandparents at times may push themselves beyond their own points of endurance. Grandparents may also neglect their own emotional needs. Getting together with friends may become a backburner activity. Pleasurable hobbies may be forsaken.

Despite all of the challenges of providing care for grandchildren, research shows that most grandparents show physical health that is either equal to or even better than the level health they had prior to providing care. The increase in activity level that childcare brings has many health benefits. Of greater concern is grandparents' psychological health. Those grandparents who provide full-time care for their grandchild show an increased risk for depression and greater tension in their marital relationship. Once again, this is full-time care. But even briefer caregiving stints can increase the risk of psychological problems.

The good news is that by observing some principles of mental health, grandparents can enjoy a warm and close relationship with grandchildren, the satisfaction of helping their children, and a state of well-being. A first principle is to make personal health—physical and psy-

chological—a top priority. No one benefits from a grandparent's neglecting healthcare needs—not the grandparent, not the child. A second principle is to know your limitations. Try to discern at what point you have overextended yourself and cut back. Sometimes doing so involves difficult conversations with your children. Ultimately, however, they will be the beneficiaries of your efforts to stay within your comfort zones. In this circumstance, guilt may be your enemy. Feelings of guilt may prevent you from telling your daughter or son that on certain days of the week, you may not be available to provide childcare. Yet, once again, realize that in all likelihood, your child would rather you preserve your mental and physical health than spare him or her the inconveniences of finding alternate care. The third principle is to develop a network of support. Do not try to grandparent on an island. Just as you may have done when your children were truly children, find others who are in the same situation. Get together. Share triumphs, frustrations, disappointments, and the occasional casserole. You may even be able to cover for one another so that each of you has an opportunity to engage in your own self-care. Finally, do not give up those adult activities that bring you joy be it exercise, bridge club, gourmet cooking, or art classes. Although observing these principles requires a good deal of planning, the pay offs are great for all members of your family.

'Dr. V.' is Virginia Brabender, psychologist, professor of clinical psychology at Widener University's Institute for Graduate Clinical Psychology, and editor of *Working With Adoptive Parents: Research, Theory, and Therapeutic Interventions*.

<b><i>In This Issue...</i></b>	
Notes from Dr. V.	2
Family Caregiver Support Services	3
Senior Center at Home Spotlight	3
Care Management	4
Cognitive Stimulation Program	4
Apprise	4
Volunteer Services and Outreach	5
Center Without Walls	5
Hearing Discovery Center	5
Senior Center Program Highlights	6-7
Chester Senior Center	8
Friendship Circle Senior Center	9
Good Neighbor Senior Center	10
Schoolhouse Senior Center	11

**Join us for The 4th Annual  
Legacy of Service Banquet  
April 12 at 1 p.m.  
First African Baptist Church  
901 Clifton Avenue, Sharon Hill**

**RSVP to Carmen Olive at  
610-586-8170 by April 1  
\$40 per person / \$350 Table of 10**

**Honorees:**  
**Reverend Queenie Bennett**  
**Claude J. Edney, Jr.**  
**Theresa Harris - Johnson**  
**Linda Miller**  
**Denise V. Stewart**  
**Thomas F. Thorpe**  
**Representative Ronald G. Waters**  
**Mother Ernestine Watson**  
**Exhorter Sylvia Wilson**

**SCS Management Staff**

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

APPRISE Program Coordinator: Glenda A. Radical  
Center Without Walls Coordinator: Farah Esfahani  
Cognitive Stimulation Coordinator: Dorothy Darragh  
Director of Development: M.C. Palladino  
FCSP Program Manager: Debbie Templeton  
Fiscal Officer: Robyn Cashwell  
Hearing Discovery Coordinator: Donna Schumacher  
SCAH Program Manager: Barbara Caso  
Director of Volunteers and Outreach: Tiffany Schaff

## Hannah Bell Harper

By Barbara Caso, Program Manager, Senior Center at Home

Hannah Bell Harper was born and raised in Upland as an only child. After graduating from Eddystone High School in 1952, she worked for a store that sold carpeting and blinds. She was their secretary and says they did a great job teaching her the ropes with book-keeping. When Hannah Bell married, she raised her son and daughter in Middletown. She currently enjoys biweekly visits from SCAH's Therapeutic Recreation Assistant Frannie Schmerling. Together, they explore and engage in a variety of activities including brain games and craft projects.

**How did you like living in Middletown?** I lived very close to Linvilla which was nice. I spent most of my time looking after the kids, the house and the yard. But what I really loved to do was decorate for each holiday. I especially loved my Halloween decorations. I had such unique decorations that all of the buses from Elwyn that rode by would stop to watch what I had put outside of my home. It was enjoyable for me.

**What interests or hobbies have you pursued throughout the years?** I have always loved antiques. I had a taste for furniture, glassware, furs, antique hats and clothing. I liked a little bit of everything. I enjoyed going to auctions all over Delaware and Chester counties and I eventually opened my own shop and ran it for a couple of years in Down-

ingtown. It was decorated so sweetly that I would end up putting "sold" stickers on everything because I loved them all so much I wanted to keep them for myself. I also enjoyed crafts and took lessons in Wallingford and at Linvilla for ceramics and other things like seasonal crafts. In addition to that, I loved to cook. I especially liked making big pots of food for my family.



**Tell me about your SCAH visits [with Frannie]...** I look forward to her visits. Frannie and I play card games like Crazy 8s and word games where you have to break a long word apart into smaller words. We do a little bit of everything because I am also working on a St. Patrick's Day wreath for my front door. I am really looking forward to our next project. Together, we will be making a sign for my "Memory Lane" wall where I have hung many of my treasured collectables.

**What do you like most about participating in the SCAH program?** What I like most are the activities that test my brain. These things make me feel like I have accomplished something and I feel rewarded. I really feel refreshed after that. I love the program and I love having Frannie come here. I just love the arts and crafts and variety of games we can do together.

## FAMILY CAREGIVER SUPPORT SERVICES

### Dementia Caregiving Strategies

By Stacey Babiak, FCSP Care Manager

Caregiving can be a difficult role, especially when caregiving for an individual with dementia. I was recently reading an article about this, and wanted to share some of the main points of it because I found them both helpful and reassuring. I gathered the following from Angela Lunde's Alzheimer's Blog: Strategies for Dementia Caregiving, posted August 4, 2009.

First, "being reasonable, rational, and logical will just get you into trouble." We feel the need to make sense of something that the individual is saying that may not make sense to us by using rational and logical questions. Rather, be straightforward, and use simple sentences when communicating with the care receiver.

Second, "therapeutic communication reduces stress." We tend to be very honest, and provide details. However, this can be very excessive and stressful to an individual with dementia. Instead, don't complicate the matter if your loved one believes something that may or may not be true, and don't press for trying to correct them, especially with a lot of details.

Third, "it's perfectly normal to question the diagnosis when someone has moments of lucidity." It is very hard to remember that we are responding to a disease, not the person. These moments should be treasured, not questioned with doubt.

Lastly, "offering a sense of control goes a long way." Everyone wants to feel a certain sense of control in our own lives, and this fact remains the same in individuals with dementia. While the blog didn't suggest actually giving them this control per se, it did suggest creating this "illusion of control" to support a positive attitude in the person. The blog uses the example of, instead of saying, "I want you to take a bath now," try, "I know how much you love taking a bath in the evenings, and thank you for letting me help you out."

This brief article I have shared with you isn't intended to solve all your problems or even to work for everyone, but they are suggestions that could work for you, and I hope they do. Often times I think some of the stress of caring for a person with dementia can be eased some with a few changes in how the disease is perceived, and changes in communication.

## Is it Spring Yet?

By Trindy Grundy

Associate Director for Long Term Care Supports & Services



Have you heard this saying: “April showers bring May flowers?” I truly await the fulfillment of that saying.

This winter was one for the record books. Spring is here and we can start to plant our seedlings for a summer harvest and enjoy the beautiful array of flowers in our yards.

March, April and May are notable months to anyone working in the field of aging. Why do you think that is?

First, March is the month the National American Society of Aging Conference (ASA) takes place. This conference was held in San Diego, California this year and ASA is celebrating its 60th anniversary. More importantly, our former Director of Delaware County Office on Services for the Aging (COSA) Louis G. Colbert will complete his final year as board chairman. ASA is the largest multi-disciplinary conference on aging in the nation and I feel privileged to be a part of this network. I cannot wait to share the wealth of information I learned at the conference with the SCS team.

Second, April is National Volunteer Month and we know how vital volunteers are to Senior Community Services and its programs. These programs are dependent on the many gifts of time and service that we receive from our volunteers. We salute them today and every day and thank them for partnering with us in our mission to serve seniors and help them remain independent in their homes in the community.

Finally, May is Older American’s Month and we celebrate with our partners and providers in the many events planned throughout the county – in particular, the Centenarian Luncheon and the Senior Expo. For the luncheon, anyone 100 and older is acknowledged if they live in Delaware County or once lived in Delaware County. The Senior Expo brings together numerous providers of aging services, along with entertainment and giveaways. You do not want to miss either of these events!

Please continue to read our *SCS Connection* for more information and opportunities.

*My brother in-law, Bernard, who I had recently written about, passed on February 1. Thank you to everyone for their cards and prayers.*

## Honoring the Stars of the Cognitive Stimulation Program

By Dorothy Darragh, Cognitive Stimulation Program Manager

I would like to take the opportunity, during National Volunteer Month, to honor my two longstanding volunteers. These two young men have been most instrumental in keeping the Cognitive Stimulation Program organized and running smoothly.

Kevin, a 21 year old autistic man has been arriving on Tuesdays since July 2012 through the Devereux Foundation. He comes with his lunch, a smile and an eagerness to earn his ensuing trip to Wawa. During Kevin’s tenure, he has increased his production from 10 to 16 kit check-ins – a notable increase. He is pleasant and engaging and often provides a laugh or two with his subtle sense of humor. Because of his age, Kevin’s program would be changing in 2014 and I was saddened that I might lose him. I was delighted to have learned recently, that he will continue to be assisting with the program. Hurrah!

Eugene, a senior at Strath Haven High School, began volunteering in July 2012. Eugene is a remarkable young man with a strong commitment to responsibility. Eugene has been my legs for the past year and I am eternally grateful to him for that. He has been very engaged in the kit maintenance and preparing them for distribution. During the agency’s recent survey project, Eugene eagerly worked on the data preparation of the results. His work ethic will serve him well as he embarks on his next step in life – college! I will miss him, but am so excited for him and what the future holds for him. Go Eugene!

Kudos to the Volunteer Program at SCS and Tiffany Schaff. I thank her for these two young men and her work procuring such great volunteers! If you are interested or know anyone interested in volunteering, please contact Tiffany at 484-496-2149.

## Urgent Care Centers are Medicare’s Newest Benefit for 2014

By Glenda A. Radical, APPRISE Program Manager



### What is an Urgent Care Center?

Urgent care centers provide immediate medical treatment for minor and moderate illnesses and injuries like cuts and scrapes or respiratory and sinus infections. Most centers are open seven days a week with evening hours and an appointment is usually not needed.

### How Do Urgent Care Centers Compare to an Emergency Room?

Emergency Rooms (ERs) provide vital treatment for patients with life-threatening illnesses and injuries. They are staffed 24 hours a day, seven days a week. However, ERs can be expensive and often have long waits for treatment.

Urgent care centers are different. They provide medical treatment for minor and moderate illnesses and injuries, usually with no appointment needed. While many urgent care centers are open daily and have evening hours, most close at night. They are typically less expensive than emergency rooms and have shorter waiting times.

### When Should I Visit an Urgent Care Center?

If you have a non-life threatening illness or injury needing immediate treatment, urgent care is a great choice. You’ll receive direct attention from trained clinicians.

There are reasons why using an ER for minor and moderate conditions may not be advisable. An ER can be expensive and you may experience long waits for treatment. A primary care physician can be another option. However, your doctor’s office may not be open daily with extended hours, or offer on-site diagnostic tests.

### Do All Medicare Plans Offer Urgent Care Center Benefits?

Yes, all Medicare plans offer the urgent care benefit, and in Delaware County, both Original Medicare and the four Medicare Advantage Plans offer urgent care as a benefit to their Medicare beneficiaries. If you have questions concerning how to locate an urgent care facility in Delaware County or which Medicare plans are available to Delaware County residents. Please feel free to give the Delaware County Apprise Program a call at 484 494-3769.

Source: Humana.com

## Braving the Elements, SCS Volunteers Shine

By Tiffany Schaff,  
Director of Volunteers and Outreach



The annual Volunteer Recognition Luncheon is upon us and I, for one, am ecstatic to celebrate the men and women who donate their time to make our centers and programs special. This year, our *Old Hollywood: SCS Volunteers Shine* theme is perfect. SCS' volunteers are celebrities here, braving the cold, snow, and ice to help us do what we do best: serve older adults in Delaware County.

If you hadn't noticed, it's been a brutal winter. This winter represents the third snowiest winter in 130 years and we have had over 55 inches of snow fall and an abundance of snow days. I've lived in the northeast area of the country for a mere 10 years, but I haven't seen anything like this. It's been relentless. Since December 8, at least one inch of snow has been recorded on 12 calendar days, or about every 4 days, on average. "Snow" has become a word that we choose not to say in fear that it will come back. Nine storms later, we're finally free from the worst of it.

Through all of this, our meal drivers and runners have shone brightly. Climbing over now and ice and driving in conditions that many of us would not dare to go out in. I commend each and every one on their dedication and passion. As I mentioned previously, it is because of our volunteers that we're able to offer the great things that we do in Delaware County. The meal delivery teams are incredibly dedicated and certainly deserve an extra pat on the back or two.

Speaking of stars, we have the grandfather of one among us! The hit NBC show "The Voice" airs Mondays and Tuesdays. If you haven't seen it, it's a fantastic show and one of my favorites. Four celebrities decide to choose the person auditioning. Mike Pellegrino's (Schoolhouse) granddaughter, Audra McLaughlin, was on TV in March and all four celebrity musicians wanted a chance to work for this talented girl. Audra is officially on the show and has a chance to win a record contract. Catch "The Voice" Mondays and Tuesdays at 8 p.m.

## Hearing Aid Options Expand

By Donna Schumacher,  
HDC Coordinator



Last month I shared with you some insights on hearing aids versus assistive listening devices or personal sound amplification devices (psads). I mentioned that a lot of folks, because of the prohibitive cost of actual hearing aids, consider using psads.

Strangely enough, an article appeared in the Sunday, March 9 *Philadelphia Inquirer* regarding hearing aids, their cost, and the plethora of options surrounding hearing devices.

The article helped explain why hearing aids can be pricey and some safe alternatives, provided you are a techie (and aren't most Boomers?). But even if you just want a traditional hearing aid, there may be some hope now through the unbundling of services that may help reduce the cost of hearing aids and make them more accessible.

What is unbundling of services? Well, traditionally when you purchased a hearing aid, you also purchased the services of the audiologist, the customization of the aid, upkeep services, and training on how to use your aids. When the product is unbundled, you can opt-out of follow-ups and pay for them separately if you ever need them, choose what bells and whistles you may want and pretty much save up to \$500. Of course, it may turn out later that you need more follow-up than you thought and these per visit costs are more than expected.

Another option for the tech savvy consumer is to order online. If you order online, companies will refer you to a local audiologist – for a fee.

The article also includes a sidebar that lists the current options and prices – unavailable up to now. So you can actually make a more informed decision as to cost versus services.

Now, I can't go into detail – not enough space here, but I do have the complete article in my office if you would like to see it. Or, if you are in that group considering getting a hearing aid or needing another, I would strongly encourage that you find the article online and read it in its entirety. Good reading!

## CWW Gives Thanks to SCS Volunteers

By Farah Esfahani,  
CWW Coordinator



Dear Friends,

This year marks the 40th anniversary of National Volunteer Week when our nation honors the dedicated volunteers for their service to others. The theme for National Volunteer Week (April 6-12) this year is "Celebrate Service." This is a perfect opportunity for me to thank our volunteers who offer magnificent service to the people we serve. They are a valuable part of Senior Community Services and the backbone of our organization. Without them we could never accomplish all we do for Center Without Walls participants. Special thanks to Robert and Dana Breslin, Esq. for their tremendous effort and outstanding service to Senior Community Services. They make a difference in the lives of older adults in the community.

This month the following programs will be offered at our three locations:

"Everything You Need to Know Before Selling Your House" by Robert and Dana Breslin, Esq. on April 9.

"Medicare 101" by Marty Spiegel, Apprise Volunteer, on April 16.

Gold Zumba class with licensed instructor, Heidi Barnett, will start on April 8.

All of the above programs will be held at Aston Community Center.

At Brookhaven Municipal Building the following programs will take place:

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 April 10.

The topic for the Eating Smart Series on April 8 is "get the best food for less."

At the Rachel Kohl Library at Concord, Christophe Murphy, Esq. will offer a seminar on "The Importance of Having a Will, Power of Attorney and Health Care Directive" on April 29.

AARP refresher driving course will also be held at the same location on April 17.

Please contact me at 484-496-2143 or [fesfahani@scs-delco.org](mailto:fesfahani@scs-delco.org) if you have any questions or further information about CWW spring semester programs/classes.

# 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](http://www.scs-delco.org)

## ➤ ARTS AND CRAFTS

### Origami

Thursday, April 3, 10 and 17 at 1 p.m.

### Friendship Circle

Cost: \$3 per class

Participate in 1 or all 3 Origami workshops. These classes blend the history of the art as well as hands-on instruction to produce your own Origami art. No experience necessary but pre-registration is required.

### Woodcarving

Mondays at noon

### Schoolhouse

Members create extraordinary art from wood.

### Pencil Drawing and Watercolor Painting

Mondays from 12:30 to 2 p.m.

### Chester

All are invited to come and learn the basics of pencil and watercolor arts or enhance their artistic abilities.

### No Knot Knitters

Tuesdays at 12:30 p.m.

### Schoolhouse

New knitters or experienced, join us as we make special gifts for special needs.

### Basic Jewelry Designs

Every Tuesday at 12:45 p.m.

### Good Neighbor

Do you love jewelry? Are you interested in making your own? Then, expand your creativity and learn how to make your own jewelry your friends and family would be jealous of. A special class will be offered to all beginners that will teach basic leading techniques and basic wire techniques. Supplies included.

### Watercolor Paining

Wednesdays at 1:45 p.m.

### Schoolhouse

Cost: \$50 for 10 sessions

Beginner through advanced artists welcomed. Artist Helen Baur will focus on individual needs as she teaches approaches and techniques to highlight your art. The next 10-sessions begin on April 8.

### Mosaic Workshop

Thursdays at 6 p.m.

### Schoolhouse

Cost: \$84 for 5 sessions

This course is suitable for beginners and experienced artists. The course will introduce all styles of mosaics for indoor and outdoor use. The cost of materials is an additional \$25.

### Scrapbooking & Card Making

Thursdays from 10:30 a.m. to 1:30 p.m.

### Chester

Learn various techniques using scrapbooking equipment, special papers and trinkets to create greeting cards, flyers, gift bags and more!

### Ceramics

Thursdays from 11:15 a.m. to 1 p.m.

### Chester

Create beautiful pieces of ceramic arts using various stains, glazes and firings. Ceramic pieces are available on site, but participants may bring in their own.

### Sewing

Fridays from 10 a.m. to 1 p.m.

### Chester

Learn to create your own beautiful work! New and advanced sewers are welcome in this group.

### Oil & Acrylic Painting

Fridays at 12 p.m.

### Schoolhouse

Cost: \$50 for 10 sessions

Our skilled instructor can get a beginner started or help the advanced artist enhance their work. New sessions begin every ten weeks.

### Pencil Drawing

Every Friday at 10 a.m.

### Good Neighbor

Beginning artists will learn drawing basics from form, composition and proportion. Advanced artists will be challenged with new techniques in different media such as charcoal, pen, ink, and pastel.

### Creating Photo Collages

Friday, April 25 from 2 to 4 p.m.

### Chester

Learn to use digital photos to create photo collages using various programs and tricks. Also

learn how to create a photo slide show with graphics and music.

### Crafts

Every Friday at 1 p.m.

### Good Neighbor

Come show off your craftiness while learning new and exciting techniques. Make anything from door hangings to doilies.

## ➤ DISCUSSION GROUPS

### Caregiver Support Group

Tuesday, April 1 at 3 p.m.

### Chester

Join this group to receive support from professionals and others caregivers as we share experiences, resources, and information to help each other through the caregiving process. This month's meeting will present information on extra financial help for Medicare recipients and Seniors Helping Seniors, an organization that provides safety assessments in the home to include safety modifications, occupational therapy assessments and support to make needed changes for better safety at home.

### What's New(s)

2nd & 4th Wednesday at 10:15 a.m.

### Schoolhouse

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

### Kitchen Table Stories

4th Thursday at 10 a.m.

### Schoolhouse

Every third Tuesday of the month at 11 a.m.

### Good Neighbor

Come join us with your stories in our monthly reminiscence group. This is a group designed to promote wellness by allowing people to review their own histories and share particular life stories in a supportive and fun manner.

### Good and Welfare Group

2nd and 4th Thursday of Every Month at 12:45 p.m.

### Good Neighbor

This group covers different topics that interest and are facing seniors like current events, keeping in touch with loved one as you age, homebound seniors and much more.

### Positive Aging Book Group

2nd Thursday at 9:30 a.m.

### Schoolhouse

Facilitator Marian Mullahy, guides the recall and reviews an assigned book.

## ...More Highlights

### Book Club

**Wednesday, April 16 at 12:30 p.m.**

#### Chester

Do you have a love for reading? Come and discuss the book of the month.

### Gateway Health Awareness Series:

#### Aging Well or Not?

**Wednesday, April 16 at 1 p.m.**

#### Chester

Are you aging well? How would you know? What measures would you use? Come and determine if you are aging well and learn about things you can do to age gracefully!

### Understanding Depression

**Thursday, April 17 at 7 p.m.**

#### Schoolhouse

Dr. Barry Jacobs will describe and discuss the signs and symptoms of depression and how it is treated.

### Human Sexuality

**Thursday, April 24 at 4:30 p.m.**

#### Schoolhouse

With facilitator Ashley Madar, we will look at spirituality and sexuality. Please RSVP.

## > FITNESS AND DANCE

### Walking Club

**Daily at 9:30 a.m.**

#### Good Neighbor

Join the Walking Club and burn calories! It's good for your health and can help clear your mind! Walking locations will vary.

### Healthy Steps

**Tuesdays and Thursdays at 10 a.m.**

#### Schoolhouse

Begin with a peaceful warm up, followed by light aerobic conditioning and close with a relaxing cool down. Instructors Pat Phillips and Betty Schumucker lead this class located in the second floor conference room.

### Cardio & Strength Training Exercise

**Tuesdays at 5 p.m.**

#### Chester

This is a moderate-level exercise class that helps to improve strength, flexibility and endurance. This class involves the use of mats, weights, and other equipment. Private personal training and fitness sessions are available after each class for a nominal fee.

### Line Dance Classes

**Tuesdays at 6 p.m. and Thursdays at 1 p.m.**

#### Chester

**Tuesdays at 2:30 p.m.**

#### Schoolhouse

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

### Sit & Get Fit

**Tuesdays and Thursdays at 10:30 a.m.**

#### Chester

**Mondays, Tuesdays and Thursdays at 10 a.m.**

#### Schoolhouse

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

### Sit Down Zumba

**Tuesday, April 1 and 8 at 10:30 a.m.**

#### Good Neighbor

**Fee: \$2.50 per class or \$25 for 10 sessions**

This is a Latin-inspired dance workout that combines Salsa, Meringue, Reggae and Hip Hop. You will lose pounds and have a blast.

### Country Soul Line Dance

**Friday in April at 3 p.m.**

#### Friendship Circle

**Cost: \$3 per class**

Enjoy an easy, low impact country line dance class to soul music!

### Silver Sneakers Fitness: Muscular Strength & Range of Movement

**Tuesday, April 15, 22 and 29 at 10:30 a.m.**

#### Good Neighbor

**Fee: \$3 per class or \$30 for 10 sessions**

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Handheld weights, elastic tubing with handles, and chairs are used for seated and or/or standing support. Instructor: Janet Ford, Silver Sneakers certified

### Gospel Aerobics

**Wednesday, April 2, 16 and 25 at 10 a.m.**

#### Chester

Join this fun, spiritual exercise program! Improve your physical and spiritual health through low impact exercise that will fill you with energy. Exercises are done seated and standing.

### Tai Chi

**Mondays at 10 a.m.**

#### Schoolhouse

**Cost: \$40 for six sessions**

It's easy on the joints and organs, increases range of motion, and clears the mind. This exercise is safe for all ages.

### Yoga

**Tuesdays at 9 a.m.**

#### Schoolhouse

**Cost: \$40 for 10 sessions**

Promotes strength, flexibility, balance and focus. Instructor Dotti Greg is a licensed physical therapist.

### Wii Games

**Daily from 12:45 to 3 p.m.**

#### Good Neighbor

Try your hand and stay fit with games of Wii bowling, tennis or baseball. Friendly competition is encouraged!

### Fitness with Music, Singing, Dancing and Laughs

**Every Wednesday at 10 a.m.**

#### Good Neighbor

Strengthen muscles, burn calories, and improve movement and flexibility. Use light weights and bands for safe and gentle exercises, toning, and stretching. Ends with a relaxation period. Instructor: Elsie Mueller

### Tap Dancing

**Wednesdays at 1 p.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.

### Jazz Dance

**Wednesdays at 2 p.m.**

#### Chester

Try this stylish dance style! The class involves learning basic movements that include simple leg lifts, twirls and stances that will come together for a beautiful dance!

### Zumba

**Thursdays through May 22 at 3 p.m.**

**Cost: \$40 for 10 sessions**

#### Schoolhouse

This Latin-inspired workout combines Salsa, Meringue, Reggae, Hip Hop, etc. Join fitness coordinator Bridget Bernhardt for this upbeat class!

### Yoga at Twilight

**Thursdays through May 13 at 4 p.m.**

#### Schoolhouse

**Cost: \$40 for 10 sessions**

Using chairs, you will tone and condition your body while learning breathing and relaxation techniques. Don Simpson is your certified yoga instructor.

*Continued on page 12*

## Chester Chatter



### Spring Training for Diabetes

Come to the 1st annual Spring Training for Diabetes event on Thursday, April 24 from 10 a.m. to 2 p.m. Come dressed in your Phillies red and white, ready to train and learn to manage and beat diabetes in our community! Below is a snapshot of some of the day's activities:

- 10 a.m. Welcome and first pitch
- 10:30 a.m. Exercise demo, foot screenings, glucose screenings, A1C testing
- 11 a.m. Wii baseball challenge, brown bag medication sessions, balance screenings, healthy cooking and shopping demo
- 11:30 a.m. Alternative treatment options presented by Dr. Roger Mustalish
- 12 p.m. Lunch is served; popcorn, peanuts, pretzels and other baseball treats
- 12:30 p.m. Walking challenge
- 1 p.m. Using your monitors properly
- 1:30 p.m. Door prizes and games

See you at Spring Training,  
Jamee

## Chester Travelers

### Midway—Harrington Casino

April 23 at 9 a.m. Cost: \$25

*Includes transportation, free luncheon buffet, and \$10 coin bonus!*

### Motown Forever Show – Tropicana Casino, Atlantic City

May 5; Cost: \$57 Members/\$62 Non-members

*Includes roundtrip coach transportation, live Motown Forever show, \$15 slot play.*

### Red Hatters' Trip to Lancaster, June 11-13

Cost: \$295 per person (double occupancy)

*Enjoy roundtrip motor coach transportation to Lancaster, 2 night stay at a deluxe hotel, 2 breakfasts, 2 dinners, live Moses show at the Sight & Sound Theater, guided tour of Amish country, visit to Kitchen Kettle Village, Landis Valley Museum and more!*

### Wildwood, NJ, June 16-19

Cost: \$375 members/\$400 non-members

*Enjoy an early summertime stay at the Royal Canadian Resort, 3 full breakfasts, 3 dinners including the Renault Winery, visit to Atlantic and Ocean City, NJ, tram car passes, live shows, motorcoach transportation and more!*

### Red Roost Crab Feast in Ocean City, MD

July 14; Cost: \$111 per person

*Includes transportation, delicious feast at Red Roost Restaurant with crabs, shrimp, chicken, clams, corn and more. Enjoy free time in Ocean City, MD, and live entertainment.*

### Ocean City, MD, August 25-29

Cost: \$600 members/\$635 Non-Members

*Includes ocean view or ocean front (additional fee) hotel accommodations, breakfast daily, 3 dinners including JR's, Red Roost and Phillips, visit a winery for a tour and tasting, shopping at Rehoboth Outlets, stop at Harrington Casino, transportation and more.*

### San Francisco, California by Train

September 17-28; Cost: \$2,569 per person

(certain amenities are extra)

*Enjoy a beautiful train ride across country by Amtrak, hotel accommodations at the Tuscan Inn in San Francisco, daily meals, tour Alcatraz, Monterey and Carmel, San Francisco, ride a cable car and much more!*

*Watch for more details about these two trips:*

### Stompin' at the Savoy Show in New York!

October 18

Cost: \$110 members/\$115 non-members

### Tour Vermont & New Hampshire by Train

October 14 – 17

Cost: \$569 per person for members/\$595 per person for non-members (double occupancy)

## April is Volunteer Recognition Month!

We salute all Chester Senior Center volunteers for all that you do to make the center the great place that it is! Whether calling bingo, serving on the advisory board, packing homebound meals, making phone calls, organizing and stuffing packets and mailings, serving coffee and lunch, leading a class or activity, gardening, cleaning and so much more—you are valued and needed! I am grateful to God for the wonderful volunteers who are small in number but strong in giving at the Chester Senior Center!

### Thank You to:

- Pathways for conducting free tax prep for our members.
- All who participated in Community Resource Day—your service is appreciated!
- Just Pizza owners and staff, Joan Neal, and Barbara Mills for serving as judges of the Chili Cook-Off! Congratulations to winner Ed Myers!
- Attorney Thomas Kerstan and Legal Aid for presenting the Renter's Rights Workshop.
- Everyone who helps to make the Chester Senior Center better!

## Greetings from Vicky!

### April is National Poetry Month

National Poetry Month was inspired by the success of Black History Month (February), and Women's History Month (March). The first National Poetry Month was held in 1996.

If you have a favorite poem, share it with your family or friends. One of my favorite poems is *Phenomenal Women* by Maya Angelou. If you have a favorite poem, please bring it in to share during our Poetry Café at 12:30 p.m. every day in April.

### April Birthday Celebration

Friday, April 25 at 11 a.m.

Celebrate April birthdays with live entertainment, a delicious lunch and fun among friends! Members with April birthdays will receive a complimentary meal. The cost for other guests is \$2. Please sign up at the front desk.

## In Sympathy

We extend our deepest sympathy to the family of Willa Mae Thomas on her recent passing. Our thoughts and prayers are with you always.

## Spring Stress Buster

April 25 from 6 – 8 p.m. Cost: \$5

Relax, dance to live jazz and blues music, enjoy light refreshments, cocktails and wine and relieve the stress!

## Computer Forum

Monday, April 28 at 1 p.m.

What questions do you have about using your computer, laptop, or particular programs or smartphone apps? Bring your questions, laptops, smartphones, or other wireless device and have your individual questions answered.

## Red Hat Society

Tuesday, April 29 at 12:30 p.m.

Join the group for outings, fellowship, and special events.

## Get Well Wishes

Jean Corbitt, Corine Hatcher, Doretha Loper, Jennie Travers, Wilma Plummer



## Friendship Facts



Poetry. *noun*

*A piece of literature written in a meter; verse*

Poems are exciting to read; some rhyme, others take on a musical flow, and most express deep thoughts. Poetry, for the most part, is fun to read and many people have used this form of writing for social reasons. When I think of poetry, I think of one famous American poet, Edgar Allen Poe. I spent many high school English classes breaking down the meaning of his work. To me, his writings were depressing, dark, and a bit off-the-wall. But to this day, I appreciate his talent and the way that he put words together.

Do you need to have a special talent to write or enjoy poetry? We don't think so. If you stopped writing for whatever reason, I invite you to attend Friendship Circle Senior Center to listen or take part in our upcoming Poetry Workshop. Stacy Cartledge and Liz Chang, associate professors of English and published poets will guide you through a three-part workshop on writing and understanding poetry of all types. The three classes run on April 9, 16, and 23 at 1 p.m. and cost a total of \$9.

On April 30, Friendship will host a Coffee House Poetry Reading event for participants to share their finished works with everyone. So come on, be hip and try your poetic skills.

*Christine*

## Volunteer Opportunities at Friendship Circle:

- Gardens (planting, tending, watering, weeding, and picking.) Let's make 2014 the year that Friendship Garden is green-terrific!!
- Front desk work; receptionist
- Meal driver/substitute driver

Shout out to current Friendship Circle volunteers. Anyone who has volunteered a minimum of 40 hours is invited to the Volunteer Recognition Luncheon on April 23. Response cards are due back to Christine as soon as possible for planning purposes.

Friendship Circle Advisory Council and center staff are gathering email addresses of members. Please provide your email address at the front desk so that we can give you up-to-date information about center activities.

## Program Highlights

### Church Dolls

Tuesday, April 15 at 1 p.m.

During the Civil War, dolls were made out of handkerchiefs and carried to church. Thus the term "church dolls" was coined. Join us to learn more and make your own handkerchief doll.

### Landscape Design – Master Gardener Program

Friday, April 11 at 1 p.m.

Learn about landscape design and how to make your individual garden beautiful.

### An Act of Love

Thursday, April 24 at 1 p.m.

Yolonda Hughes (elder law attorney and Friendship member) will present a program on estate planning and final arrangements. If you are intimidated by this topic or think you have it all figured out, you are encouraged to come to this program which tries to take a more light-hearted, spiritual approach to a sensitive topic.

### Lock Up Your Meds

Tuesday, April 22 at 1 p.m.

What an opportune time to offer this program – Earth Day. Our Holcomb Behavioral Services instructor will give you tips on why it is so important to lock up all your medications – even those bottles of Tylenol and ibuprofen. She will also give instruction on how to safely and properly dispose of unused medications. Protect yourself, your loved ones, and the environment.

### Movie and Pizza

Friday, April 25 at 11:30 a.m.

Cost: \$2 (for lunch)

"Robot and Frank" is a film starring Frank Langella and Susan Sarandon. The film tells the story of an aging ex-convict who is experiencing mental deterioration and is given the gift of a robot companion by his attorney son.

### Garden Sale – Friendship Circle Plant & Flower Sale

Spring is here and Friendship Circle's traditional fundraising project is underway – the Plant and Flower Sale. Order forms are available on the wheel in the Friendship lobby or by telephoning the front desk. Delivery is scheduled for Wednesday, April 30 (This is always a plus because the southeast region planting time is always near Mother's Day). The sale supplements the expense of our garden (purchasing of plants, compost, and garden needs). Thank you.

## Friendship Outings

### A Raisin in the Sun

Wednesday, April 30

Cost: \$205 per person

Starring Denzel Washington and Diahann Carroll. Trip includes transportation, excellent tickets and all gratuities. Lunch is on your own. Payment plan available.

### Painted Tea Cup (Drexel Hill, PA)

Tuesday, May 6

Fancy tea sandwiches and pastries are served with a variety of teas. Transportation is on your own. Meet at the Painted Tea Cup for a 1 p.m. reservation. Cost: \$28( includes fee and gratuity; payment due at time of registration)

### Moses (Sight and Sound Theater in Lancaster)

Thursday, May 8

Cost: \$120 per person; payment plan available

Transportation, Amish lunch feast at Shady Maple, reserved seating for 2:45 p.m. showing of *Moses*, shopping at Kitchen Kettle Village.

### Downtown Abbey Costume Exhibit at

Winterthur – Wednesday, May 21

Cost: \$45. Payment is due by May 9 (Bus departs Ridley Township Library at 9 a.m.)

Transportation, tour of the garden, guided tour of both the house and costume exhibit; lunch on your own (picnicking is encouraged!)

### QVC – Friday, June 27

Cost: \$85. Non-refundable deposit of \$50 due Friday, May 23; the remaining amount of \$35 due to by June 20.

Includes transportation, admission and guided tour of QVC Studio, buffet lunch at American Treasures.

## New Computers at Friendship Circle

A special thanks to the Senior Community Service administration for our new computers with the Windows 7 platform. I welcome you to come on in and try out the new computers in our lab. Computer classes are filling up so I encourage you to enroll now: Basic Computers (beginning April 1 at 2:15 p.m., \$20); Advanced Email (beginning April 1 at 1 p.m., \$10); Search Engines (April 15 at 1 p.m., \$10); Windows 7 (April 10 at 1 p.m., \$20). Registration can be taken in person at the Friendship front desk or by telephoning the center at 610-237-6222.

## Carmen's Corner



Dear Friends of Good Neighbor, Once again we are having our annual fundraiser, the 4th Annual Legacy of Service Honoree Banquet. We will honor nine individuals who have helped with Good Neighbor and the community. We are asking all members to help us make our fundraiser a huge success. Our fundraiser helps to support us and keep activities, programs, classes and events going in the center. Last year our fundraiser helped us reduce prices for classes and also allowed us to pay for our Christmas party and summer picnic. As inflation rises, more funds are needed to keep activities going. Please purchase a ticket for \$40 or a table of 10 for \$350.

As winter comes to an end please continue to be safe. I was reminded of the dangers of winter when my mother fell on a patch of ice and broke her femur. Keep her in your prayers as she undergoes surgery and hopefully makes a speedy recovery. Continue to be a good neighbor to all.

Carmen

## Center Happenings

### Big Breakfast Bingo

Friday, April 11 at 9:30 a.m.

It's the hottest thing around. For the low cost of \$5, you will get a wonderful hot breakfast that includes grits, sausage, bacon, eggs, biscuits, jelly and juice, not to mention two bingo cards and the chance to win cash prizes. Come get your belly filled and try your luck!

### Pinochle Tournament

First Monday of every month at 11 a.m.

Everyone who would like to take part in the tournament please come in and practice with the team every day at 1 p.m. The tournament will be held the first Monday of every month.

### Pinochle

Mondays through Fridays at 12:45 p.m.

Come enjoy a fun game of Pinochle with your friends after lunch. All are welcome to play.

### Pokeeno

Mondays and Wednesdays from 12:45 to 3 p.m.

Enjoy a fun game of Pokeeno with friends.

### Hearing Aid Specialist

Wednesday, April 2 at 11 a.m.

Sound Investment Hearing Aid Service will be giving free hearings tests to anyone interested. Testing time is 10 minutes per person. Instructor: Britt Cardwell

### Out to Lunch: First Monday of each month

Cost: \$5 (transportation)

Come and enjoy a wonderful lunch out on the town at a beautiful restaurant. The cost of lunch is on your own.

### April Birthday Party: Friday, April 25 at 11 a.m.

If your birthday is in April come out and join your peers for a birthday bash! Even if your birthday isn't in April, still come and be part of the celebration!

### Cigna Health Services – Healthy Winter Snacks Tuesday, April 22 at 11:30 a.m.

Cigna Health Spring Services and Good Neighbor team up to provide health information to improve the quality of your life.

### Community Outreach

Thursday, April 10 at 11 a.m.

Senator Williams' office will come to the center to discuss neighborhood concerns and tackle issues facing our community. Everyone is welcome and encouraged to come out and keep abreast of changes in our community. There will be an opportunity to questions.

### Red Hatters

Fourth Thursday of each month at 1 p.m.

Join the group for outings, fellowship and special events.

## Thank You

Thanks to everyone at the center who continues to come out and support us.

## Get Well Wishes

Our prayers go out to all our homebound members. We are praying for a speedy recovery. Never does a day go by without some special thoughts of you. Get well soon!

## Deepest Sympathy

Our deepest sympathy goes out to the family and friends of Marie Wilson. Please accept our most heartfelt sympathies for your loss. Our thoughts and prayers are with you and your family during this difficult time.

Panama Canal Cruise 2015  
Princess Cruises on the Coral Princess  
13 days/12 nights  
March 20-April 1, 2015  
Cost: \$3,249-\$3,899

## Trips

### Booth's Corner

Friday, April 4 at 9:30 a.m. Cost: \$8

Come join us for a fun bargain-hunting and shopping day. Register at the front desk.

### Casino Trip: Showboat Casino

Tuesday, April 8 (instead of Wed. this month)

The cost is \$5 per person and includes a \$5 slot play. To sign up, speak with Ms. Sylvia or Ms. Tillie Jones. Come try your luck with us.

### Motown Forever at the Tropicana Casino in Atlantic City, NJ

Monday, May 5. Cost: \$69

The Motown Forever show celebrates the classic songs from Berry Gordy's hit makers of the 60s and 70s. This package includes matinee performance at 3 p.m., buffet lunch, a \$15 slot play and motor coach transportation. The bus departs Good Neighbor at 10:45 a.m. and returns at 8 p.m. A deposit of \$25 is due by March 1. Please make checks payable to Good Neighbor Senior Center. Contact Carmen

Olive at Good Neighbor Center 610-856-8170 for reservations or if you have any questions.

### Tunica Casino and Memphis

June 21-29 (9 days/8 nights)

Cost: \$650

Join us for this trip to the Casino Capital of the south and the home of the blues in Memphis. Trip includes motor coach transportation, 14 meals (6 dinners and 8 breakfasts) as well as a guided tour of Memphis including the National Civil Rights Museum and the Tunica Museum.

### Caribbean Cruise: Norwegian Cruise Line on the Norwegian Gem

November 24-December 3, 2014

(10 days, 9 nights)

Cost: \$1,099 to \$1,519

An easy 12-month payment plan is available. Flyers are at the front desk with more details. For reservations or additional information, please contact Carmen Olive at (610) 924-7920.

## Kim's Korner



Dear Friends,

As I write this note to you the sun is shining, the snow is finally gone and the daffodils will be blooming very soon. The days are longer, the air is full of hope and expectation. I am anxious to get outside to work in my garden and start my walking again. I know my dog Georgie will welcome the walks as well.

Like many of you, I had a rough winter. Jim and I lost his dad, a very special man whom I loved dearly. It's easy to get into a slump with winter or with loss. I am reminded of the basic concept that happiness is a choice. This is something that we have to deliberately choose, every day. My friend M.C. in the administrative office reminded me to apply the practice of mindfulness meditation. (We have classes in this at Schoolhouse on Mondays and Fridays). This is a way of training your mind to focus. Here are 5 practices to consider as you tough out those rough times.

1. Free your heart from hatred, practice forgiveness.
  2. Free your mind from worries.
  3. Live simply.
  4. Give more.
  5. Expect less.
- Enjoy the renewal of spring,

Kim

## Trip News

**Showboat Casino for only \$3!**

**Monday, April 7**

This is the deal of the year! For only \$3 you get bus transportation, casino, \$5.00 slot credit, tax and gratuities. Leave at 9 a.m., return 6 p.m. (There will only be one bus with 46 seats. Don't wait, this will fill quickly!)

**Paper Mill Playhouse: *South Pacific***

**Thursday, April 24**

**Cost: \$114**

The cost includes tickets to the show with orchestra seats, bus and gratuities. Lunch at Charlie Brown's includes salad, bread, baked potato, seasonal fresh veggie, choice of duchess cut prime rib, sesame ginger chicken or coconut shrimp as well as homestyle NY cheesecake.

**Wednesday, May 7 - *A Gentleman's Guide to Love and Murder* – On Broadway**

**Cost: \$160**

Enjoy this new musical romp about a serial killer with lofty ambitions! The cost includes orchestra tickets, lunch at Bubba Gump Shrimp Co. in Times Square, choice of entrée: Mama Blue's southern fried shrimp, shrimp scampi, sweet home BBQ burger, sixie style baby back ribs, Bourbon Street mahi mahi or Lt. Dan's southern fried chicken. All gratuities are included.

**Resorts Casino – "The Clusters"**

**Monday, June 9**

**Cost: \$53**

Prince includes cost of bus transportation, show music of the 50s and 60s and buffet. Leave Schoolhouse at 9:00 a.m.; return at 6 p.m.

**Rocking Horse Resort**

**September 8-12**

**Cost: \$619 for double occupancy room**

The price includes 5 days, 4 nights along with 3 meals per day, hay rides, shuffleboard, horseback riding, bocci, sauna, swimming pool, paddleboats and more! Evening activities include live entertainment and dancing. All Inclusive. Please call Barb Percival to make a reservation: 610 237-8100.

**Trains Across the Mountains – Vermont and New Hampshire at Peak Foliage**

**October 3-6**

**Cost: \$531 double occupancy, \$687 single**

The cost includes 3 nights, 3 breakfasts, 1 dinner with entertainment, 1 dinner train, tour of Castle in the Clouds mansion, ride Conway scenic railroad and enjoy beautiful scenery of the Mount Washington area, covered bridges and much more!

**American Queen Steamboat Civil War Cruise**  
**October 31-November 8 (9 Days, 8 Nights)**

Travel down the Tennessee River where each port of call played a part in the conflict that tore our nation apart. Depart from Chattanooga and travel to Alabama, Kentucky, Missouri and Disembark in Memphis. Prices range from \$3,469 and include air and ground transportation.



Children from the DiLorenzo Montessori School recently entertained Schoolhouse members.

## Congratulations

Congratulations to Audra McLaughlin, Mike Pelligrino's granddaughter who appeared on the TV show *The Voice*. Audra has sung at our holiday parties. We wish her success, opportunity, and to stay talented and sweet.

## Thank you to:

The Advisory Council for sponsoring our St. Patrick's Day party.

The Advisory Council for purchasing the second cabinet for the dining room (paid for from the SH Memorial Fund)

## Sunshine Wishes to:

Rose Alcaro, Marie Angillio, Agnes Brennan, Pat Dougherty, Larry Galvin, Marie Hoey, Dee Jester, Joan Lynn, Evelyn McElwee, Mike Pellegrino, Tony Pearlingi, Pat Schwartz, Pasqual Villano

## Memorial Service

On April 16 at 9:30 a.m., Schoolhouse will hold its memorial service. This is a time where we gather to remember the members who have passed since the last service. Come to remember and honor friends. Families will be invited. Refreshments will be served.

The following members will be remembered: Alex Balnis, Rita Bavusa, Mary Becht, Barbara Burgett, Terry Campion, Florence Capuzzi, Don Carducci, Helen Carpenelli, Nancy Collins, Dot Cooper, Ed Croce, Lena Curcio, Joe DeGenova, Bob DeJesse, Joe Dell'Orefice, Margaret Ferguson, Eugene Fusco, Tom Griffin, Elizabeth Holefelder, Joe Kelly, Marcia Komorowski, Dan McGill, Marilyn Rafter, Mary Salkowitz, Marion Sannuti, Howard Sheldrake, Ed Smith, Pat Steinbacher, Kay Webber.

Highlights, continued from page 7

## ➤ GAMES

### **Pinochle Basics Class**

**April 2 and 9 at 10:30 a.m.**

**Schoolhouse**

**Cost: \$5 for 4 sessions**

Beginners will learn how to value and bid their hands, and how to play with confidence. Mike Pearlingi will take the mystery out of this very social game.

### **MahJong**

**Tuesdays at 12:30 p.m.**

**Schoolhouse**

A Chinese tile game, where four players try to find the right combination that leads to one winner. We will teach you how to win.

### **Pinochle**

**Tuesdays, Wednesdays and Fridays at**

**8:30 a.m.**

**Schoolhouse**

Spirited play where no one needs to wait long to get in a game.

### **Pinochle Tournament**

**Monday, April 21 at 12:15p.m.**

**Schoolhouse**

**Cost: \$5 entry fee**

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

### **Comprehensive Bridge Course**

**Fridays through May 16 from 10 a.m. to noon**

**Schoolhouse**

**Cost: \$50 for 10 sessions**

Grand Master John Pino will teach the card game that gives a lifetime of enjoyment, mental stimulation and the best opportunity to meet new people around the world.

## ➤ NUTRITION

### **Eating Smart Talk**

**"Get the Best Foods for Less"**

**Tuesday, April 8 at 11:15 a.m.**

**Chester**

Learn to get healthy foods that actually taste good and that are budget friendly!

### **April Nutrition Talks**

**Get the Best Food for Less**

**Tuesday, April 15 at 12:30 p.m.**

**Cooking Demo**

**Thursday, April 17 at 12:30 p.m.**

**Good Neighbor**

Want to know how to stretch those dollars in a healthy way? Here are a few tips.

### **Healthy Foods Expo**

**Thursday, April 17 at 11 a.m.**

**Chester**

Become a pro at healthy eating by learning how to make traditional dishes healthy and nutritious! Visit the various tables for samples of healthy breakfasts, lunches, dinners, desserts, juices and snacks. Recipe cards will be available as well.

### **Healthy Cooking Demo**

**Wednesday, April 30 at 12:30 p.m.**

**Chester**

See firsthand how to prepare a healthy, delicious meal in no time at all! This month's recipe is for tuna burgers. Sample the finished product and share your thoughts.

## ➤ RELIGION

### **Bible Study**

**Tuesdays from 6 to 7:30 p.m.**

**Chester**

Share in the knowledge and life in the word of God. Join Pastor Allen Jones in this inspirational study group!

**Every Tuesday and Thursday at 9:30 a.m.**

**Good Neighbor**

**Facilitator: Reverend Alice Weaver**

This club is a study of the gospels and other books in the Old and New Testament in the Bible. The discussions are passionate and thought provoking.

### **Praise with Song**

**Every Thursday at 10:30 a.m.**

**Good Neighbor**

Come out to praise the Lord while singing along to your favorite gospel tunes. Don't be shy; come have your sins forgiven. Amen.

## ➤ TECHNOLOGY

### **Computer Tech Talk Group**

**First Wednesday of Each Month at 2:30 p.m.**

**Schoolhouse**

We will share information and learn from each other. A chance to get your computer questions or problems resolved. There's room for every level of experience so bring your pad, pencil and expertise. Free Wi-Fi available. Rich Conti facilitates.

### **Exploring the iPad, Nook, and other tablets**

**Monday, April 7 and Wednesday, April 9 at 1 p.m.**

**Chester**

**Cost: \$15**

Learn the tricks of using the popular iPad and other tablets for fun, business and general use. Bring in your device, connect to Wi-Fi and become a pro.

### **Beyond the Basics**

**Tuesday, April 8th and 15 at 1 p.m.**

**Schoolhouse**

**Cost: \$25**

Instructor Beth White says "If you have any experience with computers, join us as we learn how to find and organize files, explore important websites and work with more tools of the operating system."

### **Getting Free Stuff on the Internet**

**Friday, April 11 at 2 p.m.**

**Chester**

Everybody likes free stuff. Come and learn how to safely get free items from various Internet sites. Get discounts, coupons, free samples, and so much more!

### **Windows 8**

**Friday, April 11 at 10 a.m.**

**Schoolhouse**

**Cost: \$15**

Bring your Windows 8 laptop to learn the basics of this operating system. You will learn the shortcuts and best ways of doing common tasks.

### **Social Networking**

**Thursday, April 24 at 2 p.m.**

**Schoolhouse**

**Cost: \$15**

We will begin with a discussion about the various social networking programs, and then create and use Facebook accounts. Instructor is Beth White.

### **Schoolhouse Special Events**

**AARP Driving Class Refresher, April 2 at noon**

Improve your safety behind the wheel and qualify for a nice discount on your auto insurance. This four-hour class is for students who have completed the 8-hour class within the past 3 years.

**Caregivers/Care Receivers Program**

**Wednesday, April 2 & 23 from 4:15 to 5:30 p.m.**

These creative programs run concurrently: Compassion and Self Care for the Caregiver, Creative Arts for the Care Receiver.