

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



Cognitive Stimulation Program Utilizes the Power of the Past

By Heather Dale

Gathered around in a circle, the intimate group eagerly watched as familiar objects emerged from the box. All of the items, a small figurine of a school bus, a chalk board, an abacus and even a school uniform, elicited memories and sparked discussion from those present. But nothing stirred up long-held memories than the music from their childhood.

Dot Darragh, the Cognitive Stimulation Program Manager at Senior Community Services led this small group of care receivers, some of whom are diagnosed with dementia, through a presentation of the Cognitive Stimulation kit “School Days.” The result was an impassioned sing-a-long that included: “America the Beautiful,” “Kumbaya,” “This Land Is Your Land” and others.

Darragh said the experience was enlightening and really demonstrates the beauty of the program and its ability to dig deep into our minds and memories and retrieve what we hold so dear.

“That’s the core of our life in the end, our friendships and what we have done [in our lives],” she said, adding that anything involving music seems to really resonate with participants.

The Cognitive Stimulation Program was developed over 30 years ago by the Horizons Unlimited Geriatric Education Corporation and is now offered by SCS. There are close to 400 kits containing 160 topics that can be used one-on-one or in a group setting. The themes include Broadway musicals, friendship, Norman Rockwell as well as themes pertaining to travel, nature, holidays, seasons and more. Darragh said she has seen individuals – from those who are active and mentally sharp – to those diagnosed with dementia benefit from the kits.

As the name of the program suggests, the goal is to stimulate cognition and to keep the brain active. The Cognitive Stimulation Program provides kits to a host of organizations, facilities and individuals throughout Delaware County and the region. One of those facilities is Dunwoody Village in Newtown Square.

At Dunwoody, which serves residents of varying levels of need, several kits are utilized each month.

“It’s great for our residents, but it’s also great for our staff because it’s everything they would need to gather all together in one kit,” said Recreation Coordinator Emily Waxenfelter. “You get great results. It’s a great conversation starter, especially with the higher functioning residents.”

Waxenfelter said that for lower functioning residents the tactile stimulation of items within the kits help make the experience interactive.

Darragh, along with two volunteers, keeps the program running. The requests for kits at adult day care centers, assisted living and nursing facilities as well as SCS’ own programs like Senior Center at Home and



Clockwise: The Cognitive Stimulation Program’s Program Manager Dorothy Darragh engages care receivers in reminiscence using the “School Days” kit during a recent presentation at Schoolhouse Center. Care Receiver Penny Marinakis recalls using an abacus. The “School Days” kit includes several items that provide a range of sensory stimulation for participants.

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Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

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Opening Lines of Communication

By Arthur Weisfeld



What is your favorite way to communicate with other people? When I was growing up, the possibilities were much more limited than today. If face-to-face communication was impossible, communication took place over the phone. For example, if I wanted to spend an extra hour at my friend's house, the eight-year-old version of me would place a call to my parents. Sometimes I couldn't get through, and it wasn't because anyone at our house was on the phone. We had a party line. In fact, my aunt and uncle who lived down the street were the other party. When I went to college, I also relied on telephone calls except now we were on a bit of a schedule. On Sunday evenings, my parents and I had a pretty robust conversation in which we would catch up on the big and small happenings in one another's life. I know that some of my peers found letter writing to be a good way to communicate. Even though I would have been happy to have my mailbox at school full of letters, I didn't find the prospect of writing them at all enticing.

How things have changed! When my son Jacob began college, we had him on a schedule of a twice a week phone call—Wednesday and Sunday nights. That continued through much of his college career and was a great source of pleasure. However, gradually, he began to send us emails. When he spent his semester abroad in Rome, and had a particular adventure to share, he often found an email message to be preferable to an expensive phone call. However, there were expensive phone calls, too. That's before we knew about Skype.

Four years later when our daughter Gabi began college, email was a thing of the past. Her way was to send text messages: "Hey, Mom and Dad, can you send some money?"; "Mom and Dad, how's the dog doing with me gone?"; and "Mom and Dad, can you send me my black sweater, ASAP?" What was great about the text messages was that we heard (and hear) from her very often—usually multiple times a day. Yet, we found (and find) that these frequent bursts of communications don't have nearly the richness of lengthy phone conversations. On the other hand, when we do have the occasional phone conversation, we can do "FaceTime," and it reassures us—as it would any parent—to see that she looks okay.

Here's what I've learned. Every medium of communication has its advantages and disadvantages. At times, we may long for the good old days of people taking pen to paper, or even making a phone call. But, if we want to communicate with all generations, a little flexibility is in order. I suspect if I'm lucky enough to have grandchildren (my son is now in the seventh year of a relationship to a wonderful girl so there's hope), I may well find myself communicating in ways none of us have imagined! Maybe the person with whom we're in communication will appear in our room in the form of a hologram--who knows? If you haven't made a foray into one of these newer modes of communication, I encourage you to do so. None of them are hard to use and all of them open up some new way of interacting with those we love.

Rewarding Volunteer Opportunities Available with SCAH

By Tiffany Schaff

Director of Volunteers and Outreach

Senior Center at Home (SCAH), run by Program Manager Barbara Caso, serves the most isolated older adults in Delaware County. These homebound participants may not have a spouse, friend, or a family member who visits. Senior Community Services recognized that these older adults were in need of a companion and created Senior Center at Home.

Barbara runs the program, but she doesn't do it alone. She has an assistant, Frannie, and volunteers who visit the homebound participants. These volunteers are dedicated and passionate about forming lasting bonds with the participants. The volunteers are paired with the participants based on location to their home and shared interests. Some volunteers may cook, reminisce, work on puzzles and create crafts. No matter the activity, they are enriching the lives of the participants and changing their own lives in the process.

Senior Center at Home is currently looking for volunteers to visit participants in their homes. Volunteers have said that it brings them such joy to be able to make a connection with an isolated older adult who would otherwise not have anyone. SCAH, like many of the programs at SCS, relies on the service of dedicated volunteers. It would be so wonderful to see even more volunteers dedicate their time to help serve more homebound seniors who are so deserving of their companionship. If this is an opportunity that you are interested in, please contact me at (484) 496-2149 or tschaff@scs-delco.org.

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**Aging at Home – A Community Network
Serving the greater Lansdowne area**

👉 DRIVERS WANTED
Consumer Transportation
3 days a week availability, 4 hour shift

*** Drivers Receive Stipend ***
Agency Provided Vehicle

Clean driving record, criminal background check and physical required

Call Christine Helmandollar, Director, Aging at Home
484-534-2207

Frannie Schmerling

By Barbara Caso, Program Manager, Senior Center at Home

In March 2012, SCAH was searching for a new Therapeutic Recreation Assistant. At that time, SCAH was connected with Temple University students who were conducting reassessments for our unique program. One of these students informed a fellow classmate about our program and the open position we were seeking to fill. That classmate was Frannie Schmerling.

Frannie had graduated from Touro College with a Bachelor's degree in speech pathology and was just two months away from graduating from Temple University with her Master's in therapeutic recreation. She submitted her resume to SCAH with a glowing letter of recommendation. I called Frannie immediately to schedule an interview. On paper, she was an obvious great fit for our program and I could not wait to meet her in person.



Frannie Schmerling proudly displays her certificate showing that she is officially a CTRS.

During the interview process, Frannie shared her passion for not only working with older adults but for befriending them as well. In fact, it was her 80-year-old friend, Bernice who suggested finding a program that involved all sorts of recreational activities. It was that suggestion that ultimately led Frannie to finding out about Temple University's Therapeutic Recreation Program. I wanted to see Frannie's passion for seniors as it related to recreation in action. Her second interview involved a visit out in the field with one of SCAH's homebound participants, Carol. Frannie immediately understood Carol's needs and did not hesitate to make suggestions that would enhance Carol's experience while engaging in an art project. For example, Frannie understood what seating arrangement worked best to easily communicate with Carol who suffers from a hearing loss due to Meniere's disease. Upon witnessing Frannie's stellar skills during this visit, she was hired on the spot.

After graduating from Temple and working for SCAH for over two years, Frannie was ready to take her NCTRC certification exam to become a Certified Therapeutic Recreation Specialist. I am happy to report that Frannie passed this exam in May. This means that she is recognized by the National Council for Therapeutic Recreation Certification (NCTRC) as a professional who meets established standards for certification in education, experience, and continuing professional development. This certification opens up doors to continuing education units (CEU) that will provide opportunities to broaden her scope of knowledge in the field of therapeutic recreation. Frannie is looking forward to attending future conferences to earn CEUs, collect valuable resources, and learn effective evidence-based interventions to share with other SCS staff members and utilize while serving SCAH's isolated, homebound older adults.

Aging at Home keep Darragh on her toes, but she added, the program is always looking for new customers.

Kits can be rented out on a weekly, biweekly or monthly basis. Organizations within Delaware County can purchase a membership. A membership allows for an organization to receive one, two or unlimited rentals per month, depending on the membership they purchase. Individuals can rent kits as well.

Darragh has been the program manager for two years and is still amazed by the information and contents within the kits.

"I'm just fascinated by the stuff that I learn, from the littlest bits of information to the big bits," she said. "That is the program, it's telling a story that makes you think ... and to find something that is interesting."

For more information or to rent a kit, please contact Dorothy Darragh at: 484-496-2144 or ddarragh@scs-delco.org.

The Cognitive Stimulation Program is supported by the Hoxie Harrison Smith Foundation, the Boeing Corporation, County Office of Services for the Aging (COSA), the Eleanor Roth Charitable Trust and community donations.

FCSP Grateful for Family's Gratitude

Susie Marcone, a care receiver in the Family Caregiver Support Program passed away on June 1. Her family asked that in lieu of flowers that donations be made to the Family Caregiver Support Program. The program is sincerely grateful for the family's generosity.

"It was my privilege to know them," said Herb Jenkin who was the care manager for both Mrs. Marcone and her husband who passed away in 2013.

Please contact Program Manager Debbie Templeton at: 484-540-0372 or dtempleton@scs-delco.org or mail donations to: Senior Community Services, Attention: FCSP, 1515 Lansdowne Avenue, Darby, PA 19023

Caregiver Support Groups and Presentations

Tuesday, July 1 at 3 p.m. at Chester Senior Center

Sharon White, of NHS, will present "Depression – The Invisible Face of Caregiving." This session will focus on the consequence of being a caregiver, and normalize accompanying depression. Attendees will be encouraged to openly discuss how this role can easily lead to depression and explore what role it plays in the lives of caregivers, tips for how to minimize and deal with it. Attendees will also develop their own "Depression First Aid Kit."

Wednesday, July 2 at 9:30 a.m. at Schoolhouse Center

Caregiver Support Group

Wednesday, July 23 at 1 p.m. at Friendship Circle Senior Center

Caregiver Support Group

Tuesday August 5 at 3 p.m. at Chester Senior Center

The Family Caregiver Support Program is pleased to offer a presentation on caregiver guilt.

Wednesday August 6 at 9:30 a.m. at Schoolhouse Center

The Family Caregiver Support Program is pleased to offer a presentation on caregiver guilt.

Diabetes Supplies and Services

How are these supplies and services covered by Medicare?

By Glenda A. Radical

APPRISE Program Manager



Millions of people who receive Medicare may be affected by diabetes and as a result many are in need of diabetic supplies and services. Some diabetic services may be covered under Medicare Part B Medical Insurance. Medicare may pay 80 percent of the cost and the Medicare beneficiary may be responsible for the remaining 20 percent. Moreover, some diabetes supplies and services may also be covered under Part D, the Medicare Prescription Plan.

Blood sugar self-testing equipment and supplies are covered under Part B Medicare insurance as “Durable Medical Equipment.” You do not have to be an insulin-dependant diabetic to have supplies and services covered by Medicare. The supplies and equipment include: blood sugar monitors and test strips, lancets and lancet devices, insulin pumps and therapeutic shoes or inserts.

In order for Medicare to cover these supplies and/or services under Part B you will need to get a prescription from your doctor. The prescription should include whether you have diabetes, what kind of blood sugar monitor you need and why you need it, whether you use insulin, how often you should test your blood, and how many test strips and lancets you need for one month.

Diabetic services covered under Medicare Part B include: diabetic screenings, diabetes self-management training, medical nutrition therapy, foot exams and treatment, Hemoglobin A1c testing and glaucoma tests. A doctor’s order must be written for these services and Medicare claims must be submitted by the doctor office/facility for Medicare to pay for 80 percent of the Medicare Part B covered service.

Some diabetic services and supplies like insulin and other drugs as well as syringes and inhaled insulin devices may be covered through Medicare by getting a prescription from your doctor and presenting your Part D prescription card to the pharmacy for payment of these supplies.

For more information about diabetes supplies and services call the Delaware County Apprise Program at 484 494-3769. Individual counseling appointments are available if you would like to meet with an Apprise Program Counselor.

What is Therapeutic Recreation?

By Barbara Caso, SCAH Program Manager



Therapeutic recreation is therapy based on engagement in recreational activities such as music and art to enhance the functioning, independence, and well-being of individuals based upon their assessed needs. The purpose of this intervention is to help individuals improve or maintain physical, cognitive, social, emotional, and spiritual functioning in order to promote and enhance quality of life. Therapeutic recreation is an established health-related profession committed to promoting the connection between health and recreation involvement. Studies have shown that children cope better with being hospitalized when given a chance to play, people recovering from physical injuries stay healthier longer when they are physically and socially active, and older adults maintain sharper minds and a higher level of social involvement when they are given opportunities to engage in leisure pursuits.

Therapeutic recreation is a field that offers the opportunity to become certified. A Certified Therapeutic Recreation Specialist (CTRS) is a professional who works to improve the mental, emotional, and physical well-being of those with a specific disability or illness. A CTRS possesses certification by the National Council for Therapeutic Recreation Certification (NCTRC) and has acquired a body of knowledge that includes theory, philosophy, and practice that spans a wide range of disabling conditions and illnesses. Certification by the NCTRC ensures that the CTRS is a service provider that adheres to quality standards.

Senior Center at Home (SCAH) is pleased to announce that we have our very own CTRS on staff. Many of our participants have the pleasure of receiving biweekly home visits from SCAH’s Therapeutic Recreation Assistant Frannie Schmerling. In May, Frannie successfully passed the NCTRC certification exam and is now one of approximately 16,000 Certified Therapeutic Recreation Specialists on the NCTRC registry. SCAH is proud to have Frannie on our team of dedicated staff and volunteers and we would like to congratulate her on her amazing achievements.

Please check out the Senior Spotlight section of the *SCS Connection* to find out more about Frannie’s incredible journey to becoming a Certified Therapeutic Recreation Specialist.

Healthy Eating and Aging

By Stacey Babiak, FCSP Care Manager

Healthy eating is an important part of wholesome living both for ourselves as caregivers, and for our loved ones. As we age, healthy eating becomes even more significant. According to HelpGuide.org, healthy eating can boost benefits like increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation time, better management of chronic health problems, increased positivity, greater emotional balance, and enhanced independence. It is easy to understand why healthy eating is beneficial in the caregiver/care receiver relationship.

According to HelpGuide.org, the food pyramid is a good place to start for healthy eating. It’s important to include fruits, vegetables, calcium, grains, and protein in your daily diet. Additionally, HelpGuide.org suggests drinking a lot of water, as adults are more prone to dehydration as they age. Vitamin B is also key as it becomes more difficult to absorb this vitamin. Vitamin D is essential as well as our skin is less efficient at synthesizing this vitamin.

HelpGuide.org also recommends making other eating habits a part of your regular diet. They recommend reducing sodium, eating “good” fats (example: olive oil, salmon, and walnuts), adding fiber, avoiding “bad” carbs (example: white flour, refined sugar, and white rice), looking for hidden sugar especially in breads and canned soups, cooking smart (example: steaming and sautéing in olive oil), and putting five colors on your plate (mostly by using fruits and vegetables).

Ensuring you are getting the right nutrients isn’t always enough when it comes to healthy eating and aging. There are also other components, too. HelpGuide.org stresses the importance of never skipping a meal, and the importance snacking within reason as long as they are healthy choices. The source also recommends not eating alone. Research shows that socialization can promote better eating. A common problem with healthy eating and aging is difficulty swallowing. The website suggests drinking smoothies that are rich in fruit, vegetables, yogurt, and even protein powder, for individuals who have difficulty chewing and/or swallowing.

Healthy eating is important throughout life, but especially when aging. Healthy eating can be a key component in promoting a better caregiver/care receiver relationship.

Do You Like Challenges?

By Trindy Grundy

Associate Director for Long Term Care Supports & Services



Senior Community Services is proud to announce that as of July 1, it has served older adults in Delaware County for nearly 38 years. Please join us in celebrating this momentous milestone for our organization and the people we continue to serve.

The Long Term Care Department provides support and services to consumers referred by the Delaware County Office of Services for the Aging (COSA), and now helps to oversee the new and innovative "Aging at Home" pilot program funded through the United Way of Greater Philadelphia and Southern New Jersey. Aging at Home provides services to residents in the greater Lansdowne area (Aldan, Colwyn, Darby, East Lansdowne, Lansdowne and Yeadon).

The last fiscal year (July 1, 2013 – June 30, 2014) was challenging for our department, especially with the release of over 300 consumers from our waiting list. Until August 2013, we had limited public funds available to provide "hard services" such as personal care, home support, and adult day care without consumers paying for these services out-of-pocket. However, Governor Tom Corbett released over \$800,000 to COSA and we were challenged with helping to spend the funds on consumers in the Options Program, including those on the waiting list. We never dreamed that this challenge would become our reality.

I don't know about you, but some challenges are GOOD, and this was definitely a GOOD one! Our care management team worked expeditiously and faithfully to meet the needs of the consumers on the waiting list and at the same time, identify major issues (such as roofing and heating) which were previously not funded to assist our consumers.

Under the Directorship of Denise V. Stewart, at COSA, our team was able to assist over 700 people. Job well done!

The initial question to you was "Do You Like Challenges?" While all challenges are not as exciting as the one we faced this past year, I would like to challenge you by asking: "How do you make your challenge a good one?"

State Program Offers Free Adaptive Phones for those with Disabilities

By Donna Schumacher

HDC Coordinator



The Hearing Discovery Center has long been associated with Pennsylvania's Initiative on Assistive Technology (PIAT). The center also serves as a branch of the lending library for assistive devices from Temple University including providing information on the Telecommunication Device Distribution Program (TDDP). All aspects of the program cater to those with a range of disabilities, not just those with hearing loss.

The TDDP provides FREE specialized telephone equipment to those who meet the program's eligibility requirements. To qualify for the TDDP you must:

- Be a Pennsylvania resident
- Have a disability or disabilities that prevent you from making and/or receiving phone calls independently;
- Be six years of age or older;
- Have individual gross income of 200 percent of the federal poverty level or less (low income);
- Have current telephone service; and
- Have the ability to learn how to use the requested device(s)

If the above guidelines pertain to you, you may be eligible for free equipment - there are several devices from which to choose.

Diana Jurist is an assistive technology specialist with PIAT and she very kindly provided the above overview of the program. We will have the opportunity to see some of the equipment and hear more about the program when Diana comes to Friendship Circle for a program in the fall and also presents specific hearing assistance information to our Hearing Loss Support Group at their fall meeting.

If you are interested, please either call me at 484-534-2033 or contact Diana at: 215-872-5097 or email or Diana.Jurist@temple.edu.

CWW Artists Showcase Work

By Farah Esfahani

CWW Coordinator



For the last 6 years, Senior Community Services held its Annual Senior Art Show at the Delaware County Community College Art Gallery. Unfortunately this year we were unable to hold the event at DCCC due to renovations in the art gallery. After discussing the issue with the CWW artists and instructors, it was decided to hold one art exhibition at each of our locations. The art show has always represented an important component to the CWW art classes.

The two art shows which were held in Aston and Concord were very successful and were a testament to the abilities and achievements of our art students and the instructors. Heartfelt congratulations to all the artists who participated in the exhibitions. You never cease to amaze us with your talents and creativity. The last exhibition is scheduled for Friday, September 12 at the Brookhaven Municipal Building. All the artists from our 5 art classes are invited and encouraged to display their artwork. Detailed information will be provided.

I am so pleased that Center Without Walls (CWW) participants are taking advantage of the summer classes at the Aston and Brookhaven locations.

The Eating Smart Series is scheduled for July 8 and August 12, with the topics "Smart Size Your Portions" and "My Plate." Our partnership with Rocky Run YMCA continues and as a result, our participants are able to attend the Aqua Shallow Exercise Classes three times a week. The next session will start on July 21.

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



Participants from the Aston drawing class proudly exhibited their work in June.

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

Woodcarvers
Mondays at noon
Schoolhouse

Members create extraordinary art from wood.

No Knot Knitters
Tuesdays at 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.

Mosaic Workshop
Thursdays, July 17, 24, 31 and August 7 at 6 p.m.
Schoolhouse
Cost: \$84 for a 5 week session

Suitable for all levels, beginners and experienced. The course will introduce all styles of mosaics for indoor and outdoor use. There is a \$25 fee for materials.

Watercolor Painting
Wednesdays beginning July 18 at 1:45 p.m.
Schoolhouse
Cost: \$50 for 10 sessions

Beginner through advanced artists welcomed. Instructor Helen Baur will focus on individual needs as she teaches approaches and techniques to highlight your art.

Pencil Drawing and Watercolor Painting
Mondays at 12:30 – 2 p.m.
Chester

All are invited to come and learn the basics of pencil and watercolor arts or enhance your artistic abilities through various forms of the medium.

Oil & Acrylic Painting
Fridays at 12 p.m.
Schoolhouse
Cost: \$50 for 10 sessions

Our skilled instructor can start the beginner or help the advanced artist enhance their work.

Scrapbooking and 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 ceramics 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 works! Novice to advanced sewers are welcome in this group.

Jewelry Making Workshop
Tuesdays at 2 p.m.
Schoolhouse

Select the gems, the stones, the project and let your creative self roar! Supply your materials and there is no cost for the class, otherwise it is \$3 per class.

➤ DISCUSSION GROUPS

Caregiver Support Group
Tuesday, July 1 and August 5 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. Stay tuned for special guest speakers and other surprises!

SOK (Share our Knowledge) Club
First and Third Thursdays at 10:30 a.m.
Schoolhouse

July 2 – Gabby Weisfeld on Communication
July 16 – Chauncey Scarbrough of Main Line Public Works

What's New(s)
Second and Fourth Wednesdays at 10:15 a.m.
Schoolhouse

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

Kitchen Table Stories
Fourth Thursday at 10 a.m.
Schoolhouse
Facilitator: Maian Mullahy

Kitchen Table Stories
Every third Tuesday of the month at 11 a.m.
Good Neighbor
Facilitators: Rev. Alyce Weaver and Miriam Buchanan

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.

➤ FITNESS

Gospel Aerobics
Wednesday, July 2, 16, 25 at 10 a.m.
Wednesday, August 15, 20, 29 at 10 a.m.
Chester

Join this fun, spiritual exercise program! Improve your physical and spiritual health through low impact exercise, both seated and standing.

Healthy Steps
Tuesdays and Thursdays at 10 a.m.
Schoolhouse

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

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. End with a relaxation period. Instructor: Elsie Mueller

Sit Down Yoga
Tuesdays beginning in July to August 26 at 10:30 a.m.
Good Neighbor
Fee: \$2.50 per class/10 sessions

Strengthen muscles and burn calories at the same time – all while sitting and doing relaxing yoga exercises. You will feel 100 percent better once you have stretched and relieved some stress and gained more mobility. Instructor: Janet Ford

Line Dance Classes
Tuesdays at 6 p.m. & 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.

...More Highlights

Sit and Get Fit

Monday, Tuesday and Thursday at 10 a.m.

Schoolhouse

Tuesdays and Thursdays at 10:30 a.m.

Chester

While seated, using light weights and bands, we strengthen muscles, burn calories, improve movement and flexibility.

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.

Tai Chi

Mondays at 10 a.m.

Schoolhouse

Cost: \$40 for six weeks

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 weeks

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

Cardio and 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. This class is sponsored by Coventry Care Health Plan.

Zumba

Thursdays at 1:45 p.m.

Schoolhouse

Cost: \$40 for 10 weeks

This Latin inspired workout combines Salsa, Merengue, Reggae, Hip Hop, etc. Fitness coordinator Bridget Bernhardt will take you through the dance.

Yoga at Twilight

Thursdays at 3:30 p.m.

Schoolhouse

Cost: \$40 for 10 weeks

Using chairs, you'll tone and condition your

body while you learn breathing and relaxation techniques. Don Simpson is your certified yoga instructor.

> GAMES

Mah Jongg

Tuesdays at 12:30 p.m.

Schoolhouse

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

Pool Tournament

Schoolhouse vs. Chester

Tuesday, July 29 at 11 a.m. at Schoolhouse

Let's cheer on the home team who we hope will bring home a win!

Pool/Billiards Lessons

Wednesday, July 30, August 6 and 13 at 10 a.m.

Cost: \$3

For the novice or not yet "intermediate" pool player, Suzanne Luick will be on hand to help you learn the basics of the game and/or brush up on some of your existing skills. Class size is limited, so please sign up early.

Pinocle Tournament

First Monday of every month at 11 a.m.

Good Neighbor

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.

Pokeeno

Mondays and Wednesdays from 12:45 p.m.

to 3 p.m.

Good Neighbor

Come and enjoy a fun game of Pokeeno with friends.

Wii Games

Mondays - Fridays from 12:45 - 3 p.m.

Good Neighbor

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

Pinocle

Mondays (12 p.m.) and Wednesdays and

Fridays at 8:30 a.m.

Schoolhouse

Mondays through Fridays at 12:45 p.m.

Good Neighbor

Spirited play with room for any player. Just a short wait to get in a game.

Pinocle Tournament

Monday, July 21 at 12:15 p.m.

Monday, August 18 at 12:15 p.m.

Schoolhouse

Cost: \$5 entry fee

Playing the hand you're dealt may lead to you going home a winner of cash.

> HEALTH AND WELLNESS

Living with Diabetes

Every fourth Wednesday at 11 a.m.

Good Neighbor

Facilitator: Dr. Paula Gray

Learn about diabetic issues, treatments, prevention, and eye health.

Gateway Health Awareness Series

H.A.S. Program: Ask the Doctor!!

Wednesday, July 16 and August 20 at 1 p.m.

Health Awareness BINGO!

Chester

The Health Awareness Series (H.A.S.) provides health education on many health topics.

> RELIGION

Bible Study

Tuesdays from 6 - 7:30 p.m.

Chester

Facilitator: Pastor Allen Jones

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

Good Neighbor

Facilitator: Reverend Alice Weaver

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

Praise with Song

Every Thursday at 10:30 a.m.

Good Neighbor

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 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.

Basic Computers

Tuesdays in July at 1 p.m.

Cost: \$20

For the novice user. Use of the mouse will be an integral part of the class. Instructor: Michael Yurcaba

Chester Chatter



The Chester Senior Center is changing and growing daily! This is an awesome thing and we should all be proud for we all play some role in the center's success. Yet, the work must continue; therefore we are always looking for support in various ways to strengthen our programs. We are currently looking to fill the following roles:

- ~ Designing flyers, postcards and other marketing materials
- ~ Outreach volunteers: making phone calls, sending cards, spreading the word, etc.
- ~ Fundraising volunteers: seeking sponsorships, donations, networking, etc.
- ~ Garden volunteers: indoor and outdoor gardening projects

If you or someone you know fits into one of these roles and you are willing to help please see Jamee. Also if you have a skill that is not listed that you want to share, please let us know. We all can play a part!

Annual Picnic

Chester Senior Center celebrates 26 years in our building! Every August it is our tradition to celebrate our anniversary with a picnic. Join us on Friday, August 29 from 11 a.m. to 2 p.m. Enjoy a delicious BBQ lunch, live entertainment, candy bar, games, door prizes and good fun. Please sign up at the front desk.

Christmas in July!

It's a perfect time to start Christmas shopping! Shop away at Christmas in July every Wednesday during July with vendors such as Traci Lynn Jewelry, Diane's Handbags, Attitude by Chantel Jewelry, beauty and skin care products, baked goods and more! Enjoy special pricing and values! Vendor tables will be open from 11 a.m. to 3 p.m. Interested vendors can purchase tables for \$50 and can contact Vicky at 610-497-3550 for more information.

Ice Cream Social - Thurs., July 17 at 12:30 p.m.

Come out and enjoy hand dipped ice cream covered with your favorite toppings.

Water Ice Social - Wed., August 20 at 12:30 p.m.

Come out and enjoy hand dipped water ice.

July & August Birthday Celebrations

Friday, July 25 and August 22 at 11:00 a.m.

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

Diners Club

Friday, July 18 & August 15 at 11:00 a.m.

Come and enjoy the afternoon out as we dine at one of our delicious, local restaurants.

Red Hatters - Tuesday, July 29 at 12:30 p.m.

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

Get Well Wishes: Harvey Gibbs, Corine Hatcher, Doretha Loper, Jennie Travers, Wilma Plummer

In Sympathy: We extend our deepest condolences to the families of our members Elinore "Lynn" Durnell, Austin "Bernard" Harris, Jeannette Purnell, and Helen Williams who recently passed.

Chester Travelers

Midway—Harrington Casino

July 30 & August 27 at 9 a.m.

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

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.

Family Fun Day in Wildwood, NJ, August 4

Cost: \$32 adults/ \$20 children 12 and under

Includes transportation and snacks! Enjoy a fun day on your own on the beach or boardwalk!

Sands Bethlehem Casino with the Red Hatters August 13

Cost: \$40 per person

Cost includes transportation, \$20 free slot

play, \$5 food credit, and time for shopping at the Outlets at Sands in Bethlehem, driver gratuities and prizes on the bus!

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.

Stompin' at the Savoy Show in New York!

October 18

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

Travel to New York for a fabulous live show featuring Barbara D. Mills, and a variety show of great performers including tap dancers, jazz and gospel entertainers, a battle of the horns, other great Broadway performers! Dinner included at Dallas BBQ.

Tour Vermont & New Hampshire by Train

October 14-17

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

Enjoy a beautiful motor coach bus ride to Vermont and New Hampshire and enjoy the beautiful fall foliage! Accommodations are at Fireside Inn & Suites and include 3 breakfasts, 3 dinners, a dinner train, tour the Castle in the Clouds, visit famous area attractions, time for shopping. The tour will include several train rides through the New England area!

Christmas in Nashville, Tennessee

December 8-13

Cost: \$956 members/\$981 non-members

Includes transportation, lodging at the Opryland Hotel, General Jackson Luncheon cruise, tickets to the Rockettes Radio City Christmas Spectacular at the Grand Ole Opry House, tours of Nashville, Country Christmas Dinner show, meals, and more!

Thank You to:

- Coventry Health Care for sponsoring the Tuesday evening cardio exercise class! Your support is greatly appreciated!
- A who donated and supported the Bingo Fundraiser: Harrah's Casino, Diane's Hand-

bags, Michelle's Jewelry, Applebee's, Chester Advisory Council

- All who supported the 3rd Annual Flapjack Fundraiser at Applebee's! We had a great time!
- Carrie Jennings, Grace Brown Johnson, Darin Handy, Robert Johnson, and Frank Har-

ris for creating and tending the front flower garden!

- The Chester Tappers for performing and representing us so well at the dance recital held at Neumann College! You ladies rock!
- Margaret Johnson and Asbury AME Church for the weekly food donations.

Friendship Facts



Principal Connection – “Passing the Torch”

Educators debate the wisdom of leading a great place like Friendship Circle for a long time (7 years to be exact) and making a difference versus taking on new and exciting challenges like my new role as the Aging at Home Director. Transition is scary and I know in my heart that I made the right choice. The new position has brought me new life and I enjoy stepping out in the community. The only downfall is that I am not as involved on a daily basis. So my weekly involvement with you is going to have to be enough.

If I did my job right, passing leadership from me to the new director should be like a revolving door. What provides the lasting continuity in our center is our collective commitment to fellow members and our SCS center to improve the quality of lives for older adults. That is the real glue that holds us together. With this said, I really am not leaving you – I am just serving you in another way so that you can remain living independently in your home. Help me welcome the new director with open arms so I may better serve you. Thank you.

Christine

Friendship Garden

Our crop looks beautiful and the vegetables are flourishing with the constant rain. Many thanks to our garden team members for their work: Doris Taraba, Annette Williams, Larry Reavis, Charlie Dunn, Ray Young, Jill Boone, Robert Jackson and Rita Kida. Volunteer work of watering, weeding, and picking is ongoing and needed daily. The garden team meets and works as a group every Friday from 8:30 to 10 a.m. Please contact the center if you have an interest in serving. Vegetables will be sold as available.



Watch and Jewelry Repair/Precious Metals Appraisal Clinic Wednesday, July 9 from 9 a.m. to 3 p.m.

I.G.C. Corporation will be here all day to appraise your coins, flatware, jewelry, etc. They will also be available to repair some of your watches and jewelry.

Annual Senior Center Survey 2014

Did you complete a survey? The Advisory Council is leading this project to help serve you better and make program plans for the future. Thank you for taking the time to complete a survey.

A special thanks to Friendship art instructors Marie L. Gilligan and Monica Sperling and the 18 artists who displayed their art work at the Friendship Circle Senior Center Mini Community Art Show. Nearly 50 guests attended the event at Art Space Lansdowne. See page 12 for photos from the show.

Voucher Distribution – Fridays from Fridays from 8 a.m. to 3 p.m.

It is that time a year again! Vouchers for \$20 are available for people 65 and older. Proof of age and residency in Delaware County is required. There are 10 farmer’s markets/farm stands where you can use your vouchers: Booths, Indian Orchards, Lancaster, Lansdowne, Linvilla Orchards, Media Farmers Market, Oakmont, Ridley Park, Swarthmore and Tinicum.

Friendship Outings

Annapolis, Wednesday, August 27

Cost: \$110 with \$50 deposit due by July 30

This trip includes a guided tour of the Maryland Statehouse and US Naval Academy with lunch at the naval base as well as a guided history tour of Annapolis, sightseeing boat cruise, and free time for shopping and sightseeing.

Turkey Hill Experience Friday, September 12

Make your own ice cream and tea and see how Turkey Hill makes their products. Trip includes side trip to “Watch and Clock” tour. Please register by August 15. Cost: \$58 per person including

Evangel Cathedral Christmas Celebration (Upper Marlboro, MD)

Saturday, December 6; Cost: \$180

A cast of over 200 live animals, a laser light show, amazing special effects and brand new scenes makes this an unforgettable experience. Cost includes meal and snacks en route. A non-refundable deposit of \$75 is due by May 30. A payment plan is available.

To register, make a deposit or if you have any questions about these trips, please contact Program Coordinator Donna Schumacher at 484-534-2033.

Advisory Council – Cast Your Vote

The Friendship Circle Advisory Council provides ongoing support and direction for the center. It has been a tradition that we vote for new Advisory Council members during the third week of July. Please check out the display board so you can see who is running and then cast your vote. The 2014-2015 Advisory Council will be posted in mid-August and will meet as a group in September.

Carmen's Corner



Dear Friends of Good Neighbor,

This summer is heating up to be a hot one. I want to once again remind our seniors that keeping cool and staying hydrated is very important. Summer is one of my favorite times of the year. This is usually when I am immersed in my garden. However, the senior center has been doing a good job of keeping me occupied, due to all the activities and events we are planning. I have noticed a lot more energy within the center and a lot of energy in our seniors too. I have noticed a lot more participation and involvement from everybody. It may have started with a few but this type of energy is contagious. After such a historically terrible winter, it seems as if everyone is happy for some warmth. This is truly turning into the center I envisioned and I have everyone to thank for it. From the staff, to the people who volunteer, even the members who continue to support our efforts here: it is because of all of you that this change is possible. I encourage continuing in this direction and making our center an even more beautiful and serene place.

Carmen

Thank You

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

A special thank you goes out to Shacoy Walker for introducing new things to our center and enhancing our dining environment. We want to let her know that the community is behind and happy that she is part of the center.

A special thanks goes out to Carole Badgett for stepping up to become the assistant activities coordinator. She has been a great help by enhancing the flow of events and planning. Her dedication to our seniors has been proven time and time again. She is an amazing asset to the center.

Another thanks goes out to Janie Strong and her committee for their excellent job on our center travel t-shirts. Everyone was pleased with the results.

Get Well Wishes

Our prayers go out to all of 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!

Trips

**Casino Trip to Harrington Raceway
Wednesday, July 9; August 13 location TBA**

Come try your luck with us! The bus will depart the center at 9:30 a.m. and will arrive at the casino around noon. We will leave the casino at 5 p.m. The trip includes \$15 slot play and a lunch buffet. To sign up please speak with Ms. Sylvia or Ms. Tillie Jones.

**Ocean City and the Tangier Outlets in Rehoboth
Wednesday, July 30**

Cost: \$100 (includes taxes and tips)

The cost of this trip includes roundtrip motor coach transportation, free time on the beach in Ocean City, MD, a sit down luncheon at the world famous Phillips, as well as shopping and browsing at the Tangier Outlets in Rehoboth. A deposit is required at sign up. Final payments are due on July 3. Please call 610-586-8170 to sign up or if you have any questions.

**"Moses" at Sight and Sound in Lancaster, PA
Wednesday, September 17**

Cost: \$120

This trip is presented by Good Neighbor Senior Center and Curran Travel Inc. We will depart from Good Neighbor at 9:30 a.m. by motor coach and dine at the Shady Maple Smorgasbord at 11:30 a.m. We will then see the incredible production of "Moses" at the Millennium Theatre at 2:45 p.m. and depart for home at approximately 5:15 p.m. Please call Carmen Olive at 610-586-8170 to reserve your spot or if you have any questions.

**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.

Panama Canal Cruise 2015

Princess Cruises on the Coral Princess

13 days/12 nights; March 20-April 1, 2015

Cost: \$3,249-\$3,899

Center Happenings

Produce Voucher Program

**Mondays from 9:30 a.m. to 12:30 p.m.
(as long as supply of vouchers lasts)**

You may sign up in person or a proxy form will be provided for those unable to sign in person. A list of participating farmers markets and sellers will be provided when you sign in.

Big Breakfast Bingo

Every Second Friday at 9:30 a.m.

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

Community Outreach

Second Thursday of each month at 11 a.m.

Senator Williams' office will come to the center to discuss issues and concerns impacting our neighborhoods. Everyone is welcome and encouraged to come out and keep abreast of changes in our community. Questions will be answered according to individual needs.

Movie Theater Thursdays

Cost: \$12 for ticket and transportation

Join us for a monthly outing to a theater for the latest movies. Call the center or ask at the desk for the exact date and time.

Red Hatters

Every Fourth Thursday of each month at 1 p.m.

Join the group for outings, fellowship and special events.

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 during the month. The cost of lunch is on your own.

July and August Birthday Parties

Friday, July 25 and August 22 at 11:00 a.m.

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

Deepest Sympathy: To all family and friends of Good Neighbors who have lost loved ones this month: please accept our most heartfelt sympathies for your loss. Our thoughts and prayers are with you and your family during this difficult time.

Kim's Korner



Dear Friends,

It feels like winter just ended and already I am writing for the July/August newsletter. I have no idea where the time went, only that we have been very, very busy.

Over the spring we said goodbye to two of our Experience Works staff, Rose Thornton and Eleanor Smith. We are busier than ever and shorthanded as well. Our attendance numbers are at record high. With so many new friends, we all have to be patient and understanding if you can't always sit where you wish or don't get your meal that quickly.

If possible, carpool with friends, especially on high attendance days like parties or trips. If you can, park on the street. If you are able to walk across the parking lot, please save the few handicapped spots for those with a severe disability.

If you are someone with time and would like to help our very busy office, homebound delivery or kitchen staff we want to talk to you!

Enjoy your summer and be careful in the heat. Drink more decaffeinated/non-alcoholic fluids. Exercise in the cooler part of the day. Come to the center for time with friends; it saves on the food budget; it decreases your electric bill (using our electricity) and gets you away from the four walls.

Make time to stop and watch a sunset, gaze at some stars, make a new friend, admire a flower, hug a child and practice flexibility, forgiveness and patience.

Love,
Kim

A Special Thank You to:

- Our friends at Eaton Areospace for helping us with our cookout!
- Ron Parra and all the kitchen volunteers who worked tirelessly to prepare the amazing cookout meal.
- The Schoolhouse Advisory Council and Jim Rudolph for sponsoring the luncheon for the veterans on Memorial Day.
- Betty Schmucker for selling the Giant gift cards and the Macy's coupons.

Congratulations to:

Joe Gilligan and his family who is celebrating the high school graduation of his nephew Lars Gilligan in Manassas, Virginia.

Joe Kowalewski on the publication of the second edition of his book *A Watercolor How to: Tips and Techniques My Instructor Never Taught Me*.

All of our Senior Games winners from Schoolhouse. See page 12 for their names.

Condolences

Our sympathy to the friends and family of Florence Christy. Florence was one of our original members. We are so saddened by the loss of this very dear friend. I also extend sympathy to the families of Florence Morton, Rocco Lanza and Adele Gilligan.

Our sincerest thank you to the family of Florence Christy for graciously designating the center for memorial contributions. If you wish to give in memory of Florence Christy, just make out a check to Schoolhouse and give it to Kim. We will let the family know of this meaningful and generous gift.

Taking the Summer Off!

Joan Disney, our legal advocate, has taken the summer off. If you have a pressing legal question, see Kim and we will try to direct you to a resource. Please note that the names of three fabulous elder law attorneys are on the back of our calendar.

Giant Cards and Macy's Coupons!

Schoolhouse Center is selling Giant gift cards. You pay the exact amount of the card and get the same value when you shop. Giant gives the center a donation for every \$100 in gift cards purchased. Buy these and use them for your groceries. We are selling them on Tuesdays and Thursdays. Betty Schmucker is the volunteer in charge of this program. She is here on Tuesday, Thursday and Friday.

Betty is also selling \$5 coupons for a Macy's shopping day in August. You purchase a coupon for \$5 and you save money all day! You could get good deals on back to school clothes for the grandkids, treat yourself to some new fall clothes or even a TV. Use it to get your Christmas shopping done and over with in August!

Warning Signs of Heat Related Illness

Mild: decreased energy, Slight loss of appetite, nausea, lightheadedness

Moderate: heavy sweating, thirst, faintness, giddiness, headache, confusion

Treatment: Get person into cool place; give more fluids to drink; remove excess clothing; rest

Heat Emergency: Throbbing headache, mental confusion, irritability, combativeness, rapid heartbeat, difficulty breathing, dry skin (no sweating), vomiting, diarrhea, muscle cramps, staggering

Treatment: Call 911. This is a medical emergency.

Lessons Learned from Fire Drill

Our most recent fire drill was held in May. I wanted to review a few items. Those who are on/in the second floor, first floor craft room and rest rooms should exit from the Swarthmore Avenue exit and cross the street to safety. Those who are in the dining room should exit from the 6th Avenue door. Anyone in the computer lab and pool room should exit from the pool room door, move towards the fence, and then walk out to the other side of Swarthmore Avenue. Those in the living room and front office should exit from the main entrance. If the living room is crowded, some should feel free to exit from the pool room door.

It is important to know what to do and where to go in the event of a fire. Please review the evacuation plans posted in every room.

The Gardeners are Back at it!

I hope you've noticed the lovely plantings by our Schoolhouse sign. Our gardening team weeded, cleaned up from the winter, and spent six hours planting. Our dear friend Pat Kowalski is no longer able to lead this group. We are very fortunate to have the help of a Master Gardener, Thom Mrazik, who will take over leadership of the team. Welcome aboard, Thom! Thanks team for the very hard work that made the garden look so nice!

Sunshine Wishes to: Helen Baur, Joyce Boyle, Charles Focht, Barb Lenzi, Larry Galvin, Marie Angello, Ethel and Marve Galloway, Mike Pellegrino

Schoolhouse Gardens



Schoolhouse is now working with a master gardener to guide our gardening team.

Friendship Circle Art Show



Nearly 50 people attended Friendship Circle Senior Center's Inaugural Community Art Show, "Artistic Endeavors" in June. Eighteen of the center's artists showcased their works at Art Space in Lansdowne. The new venue allowed for family, friends and members of the community alike to come out and show their support for their artist and view their work that was on display.

Art classes will continue in August with a watercolor class being offered each Monday from 10 to 11:30 a.m. Marie Gilligan is the instructor for the class. The cost of all four classes is \$20. Please contact Program Coordinator Donna Schumacher at 484-534-2033 or dschumacher@scs-delco.org to register.

Watercolor and oil painting classes will be offered in the fall, beginning on September 29. The watercolor class will be offered for 10 weeks from 10 to 11:30 a.m. and the oil painting class will run for 5 weeks from 1 to 2:30 p.m. Both classes will be taught by Marie Gilligan. Please contact Donna to register or for more information.

Senior Games

SCS Senior Games Medalists

- Chuck Becker: bronze
- John Bettcher: gold
- Matthew Brady: 3 gold
- Larry Brown: gold and bronze
- JoAnna Campbell: silver
- Larry Campbell: gold, 3 silver and 2 bronze
- Shirley Caroll: 2 gold
- Joe Crisante: bronze
- Rick Dennis: gold, 4 silver and bronze
- Susan Dennis: gold and 2 silver
- Joe Diviney: bronze
- Theresa Gaffney: 1 silver
- Joe Gilligan: 2 bronze
- Jannet Hammet: bronze
- Barry Hanes: silver
- John Krok: gold and silver
- David Lammons: 2 silver
- Barb Lenzi: gold and 2 silver
- Aldo Liberi: 3 gold and bronze
- Suzanne Luick: silver
- Joan Lynn: 2 silver
- Barb Percival: gold
- Shirley Ruger: 2 gold and 3 silver
- Marge Sieger: bronze
- Blonzella Slappy: silver
- Betty Whitehead: 3 gold, 3 silver and bronze
- Annette Williams: gold, silver
- Frank Williamson: gold and bronze
- Ray Young: gold, 3 bronze

