

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



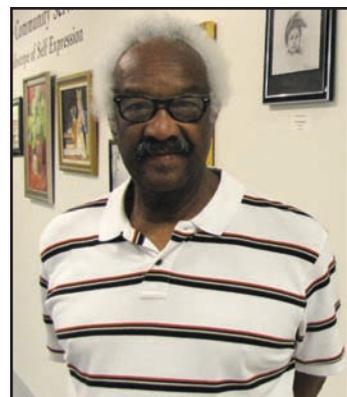
SCS Art Show Offers a Kaleidoscope of Self Expression

By Gabi Weisfeld

This summer, Senior Community Services (SCS) held its 11th Annual Art Show: A Kaleidoscope of Self Expression at Delaware County Community College (DCCC).

Over 200 pieces of art created by 104 participants at SCS Senior Centers including Schoolhouse, Good Neighbor, Chester, and Friendship Circle as well as the Center Without Walls Program (CWW), were on display. CWW holds classes in Springfield, Concord, Aston, and Brookhaven.

Artists, friends, and family came to DCCC to celebrate and enjoy the art produced in a variety of mediums including watercolor, oil paint, pencil drawing, woodcarving, mosaic, and jewelry.



Van Buren Payne, art instructor

Van Buren Payne, 75, a watercolor and drawing instructor, has been a lover of art since the age of 4, and has been drawing and creating different art ever since. Payne's art mediums range from pencil to paint and beyond. He showed three pieces of artwork at the show including: "Red Cabbage," "Three Ears of Corn," and "Box of Onions."

Eileen Haupt, attends multiple CWW drawing and watercolor classes in Aston and Brookhaven. Haupt said she found a love for art after retirement and wanted to try something new. Haupt entered two pencil drawings into the art show, "Rosetta" and "Diego." Haupt credits her success and enjoyment to the teachers, and her peers in the class.

Haupt acknowledged that it can be intimidating to start a new hobby, especially when other students have already established themselves. She said that the classes foster a learning environment that are welcoming and accepting.

Richard Johnson, the former Gallery director at DCCC said that the SCS Art Show is one of the best. He said that even though few people are on campus in the summer, the event always brings a big and enthusiastic crowd.

Caitlin Flaherty, Assistant to the Dean for Art Programming, and Gallery director at DCCC said she looks forward to the SCS Art Show because of the impact it has on the community.

"I enjoy when visitors come into the gallery to see the exhibition and find that they know one (or several) of the artists - it could be their neighbor, a former co-worker, a family member or friend," Flaherty said. "This is an exhibition that brings together families and the communities through art, and we are incredibly happy and honored to help make that possible each year."

For more information on upcoming art classes please contact:

Chester Senior Center:
610-497-3550

Good Neighbor Senior Center:
610-586-8170

Friendship Circle Senior Center:
610-237-6222

Schoolhouse Senior Center:
610-237-8100

Center Without Walls (offering programming in Aston, Brookhaven, Concord, and Springfield):
484-496-2143



Senior Community Services
600 Swarthmore Avenue
Folsom, PA 19033

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

Reminiscence Amid Loss, Brings Joy

By Arthur Weisfeld



In August, my family and I traveled to Florida for my mother's unveiling. Some of you may not know that an unveiling is a Jewish ritual where the family and close friends gather at the gravesite and the tombstone is unveiled. The event has a twofold purpose. The first is to honor the person who has died, in this case, my mother, Lillian Weisfeld. The second is for family members to provide comfort and support to one another. This event is generally held within a year after the death of the loved one.

It was a sweltering day that day but I was happy to see that my mother's grave was under a tree, not the palm trees that punctuate most of the Florida landscape but a real shade-giving tree. I had forgotten that detail from a year ago. Her grave abuts that of a boy who died when he was only 19 and it gave me pause to recognize what a rich, full life my 91-year-old mother enjoyed. The service was brief. The rabbi read a few psalms. Then, my sister offered some beautiful reflections on my mother—sharing memories I myself had either forgotten or ones that were unique to my sister. She truly captured my mother's giving spirit, and that quality is memorable to anyone who had the good fortune to know my mother. I commented on how my mother now existed in each one of us in her ongoing capacity to inspire each of us to be more actively giving toward one another, but particularly, to my father who, like many of our readers, has experienced the crushing pain of losing his soulmate and life partner. The rabbi then invited my sister and me to remove the cloth from the monument. Seeing her name carved in stone left no room for any of us to deny the finality and somberness of what transpired only a year ago.



The closing Jewish ritual of the unveiling is for each of us to leave a pebble at the gravesite. It's a way of saying "I was here. I was with you on this important occasion." The cemetery personnel had told us earlier that they would give us a bag of brightly colored stones for this purpose. They forgot. The rabbi said that that was a good thing because this way, each of us would have to search around the environs of her monument and find our own individual stone. By the time we left, Mom had quite a little collection, all shapes and sizes much like the varied relationships she had with each of us—all loving and all individual.

The unveiling was not a joyous occasion because it confronted us with loss. However, it had joyous aspects. The opportunity to reminisce together, to be reminded of beautiful times, to know that physical absence is only just that, an experience to savor. And that we did.

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SCS Management Staff

Executive Director: Arthur Weisfeld
 Associate Director Long Term Care: Trindy Grundy
 Board President: Michael Palazzo
 Aging at Home Director: Christine Helmandollar
 APPRISE Program Manager: Glenda A. Radical
 Center Without Walls Coordinator: Farah Esfahani
 Cognitive Stimulation Program Manager: Dorothy Darragh
 Director of Advancement: Lydia Foxwell
 FCSP Program Manager: Debbie Templeton
 Fiscal Officer: Robyn Cashwell
 Hearing Discovery Coordinator: Donna Schumacher
 SCAH Program Coordinator: Frannie Schmerling

SENIOR COMMUNITY SERVICES PRESENTS
Aging at Home - A Community Network's Inaugural
Black Tie Bingo Gala
 FRIDAY, OCTOBER 16, 2015
 SPRINGFIELD COUNTRY CLUB
 7 O'CLOCK: COCKTAILS
 8 O'CLOCK: DINNER

Thank you for supporting *Aging at Home - A Community Network*! All proceeds from this evening will contribute to sustaining this valuable program so that it may continue to provide helpful services to the senior community in Delaware County. Please enjoy a night filled with food, two drink tickets and a cash bar, bingo and a silent auction!

Ticket Information:
 \$85 EACH, \$160 COUPLE, \$60 SENIOR SCHOLARSHIP, \$640 TABLE

Schoolhouse Center Dinner Theater Presents:

"Death in Them There Hills"

Friday, October 23 at 6 p.m.

Join the fun in helping our inspector, again played by Mark Bernstein, solve the murder of Dusty Jones. This annual Schoolhouse event has good food, good company, and much fun. Tickets go fast so be sure to get yours early. Stop by Schoolhouse to purchase yours'. Cost: \$30

AARP Smart Driving Safety Program

This program helps older drivers improve their skills and learn how to avoid accidents and traffic violations. Insurance discounts available upon completion. For people with hearing disabilities, Friendship Circle Senior Center is equipped with a room loop. You must be pre-registered for the class. Contact Friendship Circle at 610-237-6222 and Schoolhouse at 610-237-8100. The cost for the course is \$15 for AARP members and \$20 for non-members. Bring check or money order payable to AARP on the day of your class.

Full class for first-time attendees (must attend both days in the session to receive certificate)

September 10 and 11 (Friendship Circle)
 November 12 and 13 (Friendship Circle)
 9 a.m. to 1 p.m.
 October 14 and 21 (Schoolhouse)
 12 to 4 p.m.

Refresher course (must show certificate of completion from a previous class)

Oct. 23 or Dec. 11 (Friendship Circle)
 9 a.m. to 1 p.m.
 Sept. 30 or Oct. 28 (Schoolhouse)
 12 to 4 p.m.

Robert Jackson

By Lydia Foxwell, Director of Development

If you have been to Friendship Circle, you have likely had the pleasure of meeting Robert Jackson. Robert has been a member of Friendship Circle for nearly 5 years. He vividly remembers his first day in the center.

“I was there for [produce] vouchers, and then a member asked me to play Rummikub, so I sat down to play, then the paperwork was filled out and I was a member,” he said.

Now, on any given day Robert can be found helping out around the center, setting up rooms for classes, giving his time in the garden, actively involved in the pool room, assisting with home-delivered meals, and driving another member home at the end of the day.



(left to right) Friendship Circle Senior Center Director Barbara Caso; Robert Jackson

“Robert goes above and beyond for the center, from all of the daily little things that help so much, to giving extra funds during the center membership drive,” said Friendship Circle Center Director Barbara Caso. “Robert cares so much about this center – you can tell it really means so much to him to be involved, to help others, to give back, and to support the center in any way he can.”

Robert said he is already looking forward to the center’s upcoming membership drive and giving “extra.” “I don’t give back to the center for recognition, that’s not what it’s about” he said. “I give from my heart.”

Friendship Circle and Senior Community Services are so grateful for Jackson’s donation, but also his commitment to the center and the members.

By Frannie Schmerling, Program Coordinator

On Wednesday July 22 Senior Center at Home (SCAH) held its Inaugural Advisory Council meeting at Schoolhouse Center. The council was formed to help strengthen three main facets of SCAH: the recruitment and retention of volunteers, funding, and marketing. Gathered together with me were the following individuals:

- SCAH volunteer Lisa Bell
- SCAH’s previous Program Manager and current Director of Friendship Circle Senior Center Barbara Caso
- SCS Care Manager Lisa Diehl
- SCS’s Director of Development Lydia Foxwell
- Gloria Joffe of COSA’s Gateway Program
- The Therapeutic Recreation Program director at Temple University, Rhonda Nelson
- SCS’s previous Director of Development and currently working with area hospice programs M.C. Palladino
- From the Barker Lounge of Folsom and a PAWS volunteer Anne Thompson (with Sydney at her toes)

Additional members include COSA’s Theresa Butts, Michelle Frumento of Your Mannerly Mutt, and Dot Darragh of SCS’s Cognitive Stimulation Program.

SCS’s Executive Director Arthur Weisfeld welcomed the council, reiterating its importance mainly due to recent funding cutbacks.

After introductions, members watched a video that showed SCAH participants enjoying their home visits. Then, Caso detailed the history of SCAH and described where the program is now. She explained that PEW Charitable Trusts had been SCAH’s main source of funding for about 20 years, but this year marked the conclusion of the last 3-year grant cycle that forced major program changes including cutbacks in staff and participant numbers.

Lastly, council members made suggestions about how to best serve participants and sustain the unique therapeutic recreation program that SCAH provides for the homebound senior population. We are all looking forward to coming together again in late October to see how far we have come.

I look forward to writing one more installment of my column as SCAH’s Program Coordinator, as I will be moving to Maryland after my wedding in November.

By Donna Schumacher, HDC Coordinator



We know about guide dogs and other service dogs that help people with a variety of disabilities function independently. They are wondrous animals. But in conversation with folks, it seems like an amazing revelation when I mention that there are such service dogs for those with hearing loss.

I was fortunate enough to attend a demonstration at the Chester County chapter of the Hearing Loss Association of America. I was truly amazed at what these dogs can do – from recognizing the name of their owner to alert them that someone was calling them, to hearing the water running in the sink and alerting that it was not turned off.

Here is some background on the organization:

Dogs for the Deaf rescues animals from shelters throughout the western United States. After professional training at their southern Oregon facility, the dogs are placed with:

- People with a variety of disabilities and challenges including: hearing loss and deafness.
- Full-time professionals (teachers, physicians, counselors, and other healthcare professionals) in the treatment of and work with their clients.

I am hoping that for our first meeting in the fall, we will have an “ambassador” and a service dog present their “stuff.” Right now, as with most organizations like this, getting volunteers to present programs or even foster and train these magnificent animals is difficult. There are not many in our part of the country, as the organization is based in Oregon.

We are hoping for an October date (former chapters members please take note – we will no longer meet on Saturdays) and I will let you know as soon as it is confirmed. Or you can send me an email; just contact me at dschumacher@scs-delco.org.

In the meantime, feel free to go to the website - <http://www.dogsforthe deaf.org> to find out more about the organization and it’s wonderful dogs.

FREE Coupon Booklet Available for Aging at Home Members

By Christine Helmandollar, Director



Aging at Home is happy to introduce a new and innovative product, available only to Aging at Home members. The program has just started giving coupon booklets to new members and those renewing their memberships. These books offer discounts on home repairs, free classes at Friendship Cricle Senior Center and other valuable discounts and incentives.

The hope is that with these coupon booklets, seniors will become more aware of the services that are offered in the community and in turn, become more connected with services and active in the Greater Lansdowne area.

These coupons offer immediate value and savings, allowing members to take advantage of a new senior resource, while building support of services that they currently use. Services and discounts included in the booklet are: a complimentary assessment consultation; \$25 discount on home repairs; one free Center for Life Long Learning Class at Friendship Circle; one free hot lunch at Friendship Circle; one free roundtrip transportation ride; priority reservation for leaf raking; discount/priority reservation for snow removal; and a complimentary health insurance consultation.

Michael Palazzo, Senior Community Services Board President was the brainchild behind the booklet and said while the benefits of Aging at Home are abstract, the coupon booklet gives members something tangible.

"I thought that if we could hand the participants something physical when they enrolled that represented the value of the program, we may have better luck in collecting the annual membership cost," Palazzo said.

Members eligible for the coupon booklet must pay membership on and after July 1, 2015. Booklets will be offered one-time only; therefore, members who paid membership before July 1 will have the opportunity to receive a booklet upon renewal of their annual membership fee. Hopefully, the coupon booklet is a tool for increasing enrollment and provides an incentive to pay the enrollment fee, and gives the members a better sense of the benefits they will receive from the program.

For more information, please contact Aging at Home at: 484-534-2201.

If It Matters to You, It Matters to Us

By Lisa Deihl, Gwen Smith, and Ann Swayngim

Care management can be hard to define, as it can be an all-encompassing role. As Senior Community Services (SCS) care managers, we spend a significant amount of time conducting assessments and arranging services through COSA, but that isn't all we do. Our primary focus is to keep people living as independently and as safely as possible in their own homes.

Although some may be fearful of our visits or find our questions intrusive, your care and well-being is our primary concern. Sometimes a little help with things that you are struggling with can extend how long you are able remain safely at home. Although resources are often limited, we do our best to find and share the resources that are in the Delaware County community.

Here is a brief success story and great resource that we would like to share:

A 78-year-old woman with many medical issues felt confined to her home due to weakness and trouble with balance. She uses a motorized wheelchair, but her apartment is on the second floor of her building. During her initial phone conversation with her care manager, she stated that she has been unable to leave or get to any doctor appointments. She said she was so upset by this, and that she cries herself to sleep at night.

At the first home visit, she told her care manager that she was particularly stuck on the second floor due to a recent fall. She had injured her shoulder and hip, but she never went to the hospital. In pain and unable to manage her basic needs, she had not seen her primary care doctor in over 6 months. She had missed several appointments due to her inability to get out of her apartment or into a car. She applied for a first floor apartment, but is still waiting for availability.

Her case manager reassured her that resources are available to help her, despite her being homebound. A referral was sent to Primary Home Care (a medical group that does home visits). Primary Home Care was able to see her in her own apartment within a week. The care manager also provided information regarding other resources that will help her manage her bathing, obtain a stair ride, and receive counseling.

Before the care manager had been involved, she felt like a prisoner in her home. After a care manager provided her with multiple resources, she felt like a real person again, and she continues to live independently in her own apartment. As

continued on page 5

CWW Offers Stimulating Programming this Fall

By Farah Esfahani, CWW Coordinator



Dear Friends:

I hope you had a delightful and relaxing summer. Center Without Walls (CWW) art classes will start at the beginning of September. The six art classes will be held at Aston Community Center, Brookhaven Municipal Building, Concord Senior Center, and the Rachel Kohl Library. I would like to thank our talented instructors: Helen Baur, Agnes Bakow, and Van Buren Payne, as our art classes have been very popular and successful.

Yoga classes at Brookhaven and Springfield and Zumba classes at Aston will begin mid-September. I invite you to take advantage of the array of challenging and high-quality programs we have developed for this semester.

The program highlights for the presentations scheduled at Aston Community Center include:

- "How to minimize your taxes and prevent tax problems for your heirs" by Robert and Dana Breslin, Esq. on October 7.
- "Medicare Annual Enrollment Updates" by Apprise Program Manager Glenda Radical on October 21.
- "The Girl on the Train" by Paula Hawkins is the first book to be discussed at the book club meeting on September 16 by facilitator, Dianne Caggiano.
- Judy Neubauer, MSN, CRNP, from Crozer Keystone Health Systems, will conduct a workshop on "How to keep your memory sharp as you age" on October 27 at the Brookhaven Municipal Building.
- The topic for the Eating Smart Series class by Penn State University on September 22 is "Smart Size Your Portion" and will be held at the Brookhaven Municipal Building.

The saying goes, "An ounce of prevention is worth a pound of cure." To protect your health during the flu season, Senior Community Services and Brookhaven Borough will sponsor a flu shot clinic on October 8, from 9 a.m. to 12 p.m.

For information about the locations of the above programs, please contact me at 484-496-2143 or fesfahani@scs-delco.org. I will be happy to assist you and to respond to your questions about the CWW fall semester classes.

Coping With Stress

By Herb Jenkin, Care Manager

Stress! There's that word we are all familiar with and experience in many aspects of our lives. Whether it's work, family, finances, or an unexpected crisis, the feeling of being overwhelmed seems like it's right around the corner. If not addressed, stress can lead to depression. Caregiving for disabled and frail elderly relatives can carry its own set of stressors. So what are these issues common to so many family caregivers and how can we minimize the toll they extract from those dedicated to preserving quality of life for their loved ones and themselves?

Physical tasks which can be difficult and draining. Caring for an older family member often requires heavy duty lifting, personal care, toileting assistance, and complete household management. These activities can be physically exhausting.

Loss of work and/or social life. Often caregivers give up jobs, social opportunities, and sacrifice spending time with their own families in order to provide care to frail family members.

Isolation. Many caregivers feel trapped within the demanding schedule of caring for an older relative and don't recognize that they have removed themselves from normal day-to-day routines that used to bring them in contact with others. Examples are work, social time, church attendance, and activities that bring them pleasure.

Lack of family supports. Rather than sharing the burden of providing care, in some families there is often a designated caregiver. This puts an unfair burden on one family member and can cause resentment.

Financial strain. Caring for older loved ones can be costly. Hiring help and paying for home adaptation and supplies can be expensive.

Lack of self-care. With all the responsibilities that come with the job of family caregiver, it's easy to neglect one's own physical, mental, social, and spiritual health.

Do any of the above mentioned sound like what's happening in your life? There are no easy answers. Each of us must find what works for us. Please take the opportunity to review what is stressing you. Being aware of the stressors will help you try to address them. Here are a few suggestions.

- Accept that you may need help from others, including family, friends, neighbors, com-

continued, next column

Medicare Open Enrollment is Around the Corner. Are You Prepared?

By Glenda A. Radical, APPRISE Program Manager



From October 15 to December 7 Medicare beneficiaries have the opportunity to change their Medicare Part A, B, and D Plans.

During this time the Delaware County Apprise Program provides free individual counseling sessions to assist with Medicare questions, plan changes, and enrollment into new plans that may be offered during the 2016 Medicare Annual Enrollment season. Moreover, there will be several Medicare 2016 update presentations provided throughout Delaware County.

Many people think that "If it's not broken, why fix it?" with their Medicare Plans. But, there may be changes to your health insurance plan you could be unaware of. When you review your Medicare or health and prescription plan information each year you may find yourself saving money due to the plan change information for the new year. This is the time to make sound decisions and plan changes that will help to benefit you in the upcoming year.

With that said, all Medicare beneficiaries should use this time to do the following:

1. Take this time period to learn about any new changes to the Medicare laws or health plans that are being offered for the 2016 calendar year.
2. Check to see if health or Part D Plan premiums or Medicare Part B premiums have increased or decreased for the new year.
3. Inquire about changes in co-pays and coinsurance with Medicare for 2016.

4. Check to see if Medicare Part A (hospitalization), Part B (medical), and Part D (prescription) deductibles increase, decrease, or remained the same for the upcoming year.
5. Check to see if there have been any changes to the Medicare Cost-Sharing pertaining to your prescription drug costs in relation to brand name and generic drugs.
6. Check to see if the prescription drugs that you were taking in 2015 are still on your present plan's formulary (Prescription Plan Drug List) for 2016 and, if not, find out what plans are available in Delaware County include all of your medications.
7. Inquire about preferred pharmacies vs. network pharmacies. Know the preferred pharmacies for the prescription plans you have presently. Preferred pharmacies are always less expensive and will be the pharmacies that save you lots of money.
8. Find out if your plan or any new plan has medication restrictions for the prescription drugs you are presently taking.
9. Check to see if the plan you have has any new prior authorizations to the health or drug plan you currently have.

Call the Delaware County Apprise Program at 484-494-3767 to schedule an individual counseling session or to attend a Medicare 2016 update presentation. You can also visit the State Apprise Program at www.apprise.state.pa.us, SCS at www.scs-delco.org, and COSA at www.delcosa.org for Medicare 2016 counseling or presentation listings.

Coping With Stress, continued from previous column

- munity programs, medical societies, and religious and fraternal groups.
- Talk regularly with family, friends, and your doctor or if necessary a mental health professional. Find a support group, locally or on the Internet, so you can share your feelings before they escalate into problems.
 - Set limits. It is OK to say "no" to taking on more than you can handle – physically and emotionally.
 - Eat nutritiously, exercise regularly, and get enough sleep.
 - Let go of unrealistic expectations and demands, including martyrdom.
 - Keep a sense of humor.

If It Matters to You, It Matters to Us, continued from page 4
care managers: if it matters to you, it matters to us.

To contact Primary Home Care for a visiting medical professional, call 215-635-3151. You must be homebound, have Medicare as your primary insurance and be willing to change your primary physician to Primary Home Care.

If you have questions about Care Management, please contact the Long Term Care Department at: 610-237-6222 and ask for the Long Term Care Department.

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

Pencil Drawing and Watercolor Painting

Mondays from 12:30-2 p.m.

Chester

Cost: \$5

All are invited to come and learn the basics of pencil and watercolor art. Enhance your artistic abilities in various media.

Card Making (New!)

Mondays at 2 p.m.

Schoolhouse

Making your own cards communicates caring and personalization. It can also save you a lot of money. Join us. In each session you'll make one for yourself and one for the center to sell. Instructor: Shirley Carroll

Ceramics

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

Chester

Create beautiful pieces of ceramic art 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. – 1 p.m.

Chester

Cost: \$5 for non-members

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

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, all are welcome. Join us as we make special gifts for special needs.

Basic Drawing

Second and Fourth Wednesdays from 9:30-11:30 a.m.

Schoolhouse

Cost: \$5 per class, please pay the instructor Mary Ash

Learn to draw with pencil and charcoal.

Drawing is basic to all art. Take this class to build your skills.

Watercolor Painting

Wednesdays from 1:45-3:45 p.m.

Schoolhouse

Cost: \$50 for 10 weeks

Beginner through advanced welcome. The instructor will focus on individual needs as she teaches various approaches and techniques.

Oil & Acrylic Painting

Fridays at 2 p.m.

Schoolhouse

Cost: \$50 for 10 weeks

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

Mosaic Workshops

Thursday, September 17, 24 and October 1, 22, and 29 (5-weeks)

Beginner course meets from 2 to 5 p.m.

Advanced to Intermediate meets from 6 to 9 p.m. (last class is 2 hours)

Cost: \$84/\$30 fee for materials

Schoolhouse

Instructor Carol Shelkin will introduce all styles of mosaics for indoor and outdoor use.

Jewelry Making Workshop

Tuesdays at 2 p.m.

Schoolhouse

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

➤ DISCUSSION GROUPS

Medicare Update 2016

Wednesday, October 21 from 9:30 – 11:30 a.m.

Good Neighbor

Get informed so that you can make the best decisions about your health care. Learn about Medicare and any changes and updates for 2016. Find out how these changes will affect you.

Individual Counseling Session Provided by the Apprise Program

September 23 from 10 a.m. - 2 pm

Good Neighbor

Individual counseling sessions are 45-minute sessions scheduled to assist Medicare beneficiaries with Medicare questions, concerns, and

enrollment into Medicare Advantage Plans, Part D Prescription Plans, Medicare Cost-Savings Programs, and Medigap Plans. Call Good Neighbor to schedule your counseling session.

Good and Welfare Group

Second and Fourth Thursday of each month at 12:45 p.m

Good Neighbor

Instructor: Betty Alves

This group covers a range of topics impacting seniors such as current events and more.

Caregiver Support Group

Tuesday, September 1 & October 6 at 2 p.m.
Chester

Join us for a discussion with Shivkumar Hatti, MD about depression, Alzheimer's disease and other important topics.

Book Club

Wednesday, September 16 and October 21 at 12:30 p.m.

Chester

Do you love to read? Come, discuss and enjoy reading the book for the month.

SOK (Share our Knowledge)

First and Third Wednesdays at 10 a.m.

Schoolhouse

Members share experience/knowledge on many things, including battles, boats, stamps, and trains.

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

Every Third Tuesday 11 a.m.

Good Neighbor

Fourth Thursdays, 10 a.m.

Schoolhouse

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

Free Legal Assistance for Older Adults

Thursday, October 1 from 10 a.m.- 12 p.m.

Good Neighbor

Free Legal Assistance for Older Adults is a program sponsored by Legal Aid of Southeastern Pennsylvania. Call the center to schedule an appointment.

...More Highlights

Ladies Discussion Group

Tuesday, September 8 at 1 p.m.

Chester

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

Financial Smarts for Seniors (5-part series)

October 19: Money Management/Budgeting

October 26: Improving/Preserving Credit

November 2: ID Theft and Scams

November 9: Social Security

November 16: Reverse Mortgages

Friendship Circle

Presented by Clarifi (Financial Literacy Organization). These programs offer programs to help seniors meet the challenges they face with their finances while living on a fixed income and dealing with rising healthcare costs and increased cost of living.

➤ FITNESS

Zumba

Mondays and Wednesdays at 9:30 a.m.

Friendship Circle

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

This fitness program fuses Latin dances like Salsa, Cumbia, Merengue, Flamenco, Tango and even belly dancing with aerobic exercise. For ages 50 and older. Certified Instructor: Dara Patrusky

Gospel Aerobics

September 2, 16, and 24 at 10 a.m.

October 8, 14, and 28 at 10 a.m.

Chester

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

Fitness Mix

First, second, and third Tuesday of each month at 10 a.m.

Friendship Circle

Free for members and \$1 per class for non-members

Instructor: Elsie Mueller

Sit and be fit. Increase strength, flexibility, stamina and balance through simple exercises. Join in at anytime.

Cardio & Strength Training Exercise

Tuesdays at 5 p.m.

Chester

This is a moderate-level exercise class that helps to improve strength, flexibility and en-

durance. This class uses mats, weights, and other equipment. This class is generously sponsored by Aetna/Coventry Health Care.

Chair Zumba

Tuesday, September 1, 15, 29, at 11:00 a.m.

Tuesday, October 13, 27 at 11:00 a.m.

Chester

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

Aqua Easy

Mondays/Wednesdays/Fridays from 9:30 to 10:15 a.m. Cost \$70/Session

Wednesdays Only - Cost \$35/Session

Session 1= September 2- October 23

Session 2= November 2-December 20

Schoolhouse @ Ridley YMCA (900 South Ave., Secane)

An easy-to-follow, low-impact exercise performed in the shallow end of Ridley's YMCA pool. No "Y" membership needed.

Aqua Jogging (New!)

Mondays/Wednesdays/Fridays from 9:30 to 10 a.m.

Schoolhouse @ Ridley YMCA (900 South Ave., Secane)

Session 1= September 2- October 23

Session 2= November 2-December 20

Schoolhouse @ Ridley YMCA (900 South Ave., Secane)

Cost: \$70/session

Held in the pool's deep end with buoyancy belts. Exercises are aimed to improve range of motion and strengthen muscles. No "Y" Membership needed.

Chair YOGA

Wednesdays beginning on September 2 at 3:15 p.m.

Schoolhouse

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

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.

Laughter Yoga (New!)

Second and Fourth Thursday at 12:30 p.m.

Schoolhouse

Cost: \$2/class

The body heals with play. The mind heals

with laughter. The spirit heals with joy. That's the Laughter Yoga experience!

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.

Yoga

Tuesdays at 9 a.m.

Schoolhouse

Cost: \$40 for 10-weeks

Yoga promotes strength, flexibility, balance and focus.

Line Dance Classes

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

Chester

Cost: Tuesdays - \$4/Thursdays - \$1

Tuesdays at 2:30 p.m.

Schoolhouse

Cost: \$1/session

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

Walking Club

Monday-Friday from 9:30-10:30 a.m.

Good Neighbor

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

Mall Walking

Monday-Thursday at 9 a.m.

Schoolhouse

Get the health and social benefits of walking without worrying about the weather or finding a walking buddy. Meet Bonnie or Jill inside the Target (lower level) entrance of the Springfield Mall.

Tap Dancing

Wednesdays 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.

➤ GAMES

Free Bingo Thursdays

Every first, second, and third Thursday of each month (no Bingo on 10/15)

Good Neighbor

Come join us for an afternoon of free Bingo, free snacks, and choice of a free gift. For more

Continued on page 12

Chester Chatter



Chester Senior Center Ambassadors!

I am pleased to introduce our Center Ambassadors: Margaret Johnson, Dorothy Lawson, and Avis Matthews! These three wonderful volunteers will be on hand to welcome new members, give center tours, stay in touch with our center members, help with connecting people to needed resources, and assist with various center programs! Their willing and kind spirits make them perfect for the role and I thank them for all they have done thus far! Please welcome them all in their new role!

Chester Travelers

Midway—Harrington Casino

September 30 and October 28 at 9 a.m.

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

Cost: \$25

Columbus Flea Market Trip

Saturday, September 12 at 7 a.m.

Cost: \$100 members/\$115 non-members

Pine Grove Dude Ranch

October 4-9

Cost: \$430 members/\$460 non-members

New Orleans

October 24-November 1

Cost: \$1,012 members/\$1,042 non-members

55 Alive & Kickin' Musical

Saturday, November 21

Includes transportation to New York, luncheon buffet, and live show!

Cost: \$110 members/\$130 non-members

Sight & Sound's *Samson*

March 31, 2016

Includes transportation, show and dinner buffet at Shady Maple Restaurant!

Cost: \$135 members/\$140 non-members

Please stop in or call for complete trip details!

Open Enrollment 2016

Open Enrollment 2016 is here! Open Enrollment runs from October 15 through December 7, 2015. Get educated and prepared to make your health insurance benefit decisions and changes for 2016. Come to these informative sessions and learn about your options and take the opportunity to meet one-on-one with professional representatives who can answer your specific, individualized questions.

Wednesday, September 16 at 12:30 p.m. ~

Gateway Health

Thursday, October 1 at 12:30 p.m. ~

Coventry/Aetna Health Care

Wednesday, October 21 at 11 a.m. ~

Cigna Health member meeting

Also, please note that Apprise counselor Carl Clauss is available to help walk you through the process as well. Carl is available by appointment only on Thursdays between 9 and 11 a.m. Please call the front desk to make an appointment.

Breast Cancer Awareness Day 2015!

Join us on Thursday, October 22 from 10 a.m. to 2 p.m. for a fun-filled day of education, screening, an indoor 1 mile breast cancer walk, Zumba-thon, Pink Fashion Show, vendors and a live jazz and blues show as the grand finale! Come on out for food, giveaways, and fun. Don't forget to wear PINK!

Center For Life Long Learning Fall 2015

Stay tuned for the fall/winter catalog of classes and courses! There will be lots to get involved in such as computer classes and clubs, fitness, arts, writing classes, and more. Is there an interesting class or activity you would like to share or see at the Chester Senior Center? Please let Vicky or Jamee know. We love to get new ideas!

Center News & Happenings

- Congratulations to Susan and Rick Dennis who competed in the 2015 Senior Games and brought home several medals! Rick Dennis: Gold-Football Throw, Gold-Baseball Throw, Silver-4x4 Relay; Susan Dennis: Gold-1 Mile Walk, Gold-100 Meter Run, Silver-Long Jump
- Thank you to our summer students Shamyra Woods-Elliott and Nadja Kamara for their service this summer! We wish them well in college and high school!
- Thank you to Kevin Goldsborough and Joseph Ward for all their assistance around the center!

Program Highlights

Questions & Answers with Dr. Hattie and Dr. Brown Wednesday, September 23 and October 28 at 11 a.m.

Come ready to talk with the doctors. Doctors know a lot about a lot of things, but they don't always know everything about you or what is best for you. Your questions will give doctors and health care teams important information about you, such as your most important health care concerns. That is why they need you to speak up. A simple question can help you feel better; take better care of yourself. It could save your life.

Red Hatters

Tuesdays, September 29 and October 27 at 12:30 p.m.

Join the Red Hatters for fun, fun, and more fun! Please see Queen Sylvia Pierce for more information.

September and October Birthday Celebrations: Fridays, September 25 and October 30 at 11 a.m.

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

Fundraisers!

Show Your Center Pride!

Show your center pride by purchasing and wearing an embroidered short sleeve polo shirt or an embroidered long sleeve tee shirt! Sample shirts are on display in the center lobby. There are small to extended sizes available and nine different color choices. Please pick up an order form at the front desk and place your order soon! The cost is \$20 (\$22 for sizes 2X and larger). This is an Advisory Council fundraiser and the chairperson is Cyrise Dixon.

Friendship Facts



Fall 2015 Center for Life Long Learning classes are here. Continuing your education in your golden years has a number of benefits. The Association for Psychological Science explains that mentally demanding activities have been linked to improved cognitive function as you age.

“It seems it is not enough just to get out and do something - it is important to get out and do something that is unfamiliar and mentally challenging and that provides broad stimulation mentally and socially,” said Denise Park, psychological scientist at the University of Texas at Dallas, who spoke with the APS.

In addition to improving mental health, continuing your education can also provide opportunities for increased socialization. Taking a class or learning a new skill often allows you to meet new, interesting people. It may also get you to step out of your comfort zone and discover new passions.*

This fall, come into Friendship Circle and combine strength and resistance training when you sign up for Chair Zumba, refine your drawing skills with our pencil class, or gain computer knowledge with our basic computer courses. We have a variety of classes to suit a wide array of interests. Sign up for our Fall CLLL classes at Friendship Circle by calling 610-237-6222, visiting the center in person, or online at www.scs-delco.org.
*(source: www.sunriseseniorliving.com)

Computer Courses Offered This Fall

Friendship Circle has wide array of computer classes for all levels of learning. Check out the variety of classes being offered this fall in our Center For Life Long Learning catalog. If you are just learning about the basics of computers or you're ready for an advanced level of computer education, stop in to Friendship Circle to register for the courses that best suit your needs. We look forward to assisting you with expanding your computer knowledge.

Basic Computer Class

Instructor: Michael Yurcaba

Designed for students who are beginners or fairly new to using a computer. The class will cover Windows, how to save and find files, using the Internet, email, and more.

Cost: \$20/members; \$30/non-members

4 Sessions, Tuesdays 9/1-9/22 OR 10/27-11/17
1-2 p.m.

Beyond the Basics

Instructor: Michael Yurcaba

Ready to go beyond your introduction to computers? Then join us for this course on using the Internet, saving (and finding) files, creating new folders and much more. Prerequisite: Must have knowledge of the computer.

Cost: \$20/members; \$30/non-members

4 sessions, Tuesdays 9/29-10/20 OR 11/24-12/15
1-2 p.m.

Above and Beyond

Instructor: Michael Yurcaba

You know the basics and have gone “beyond” them. Now you’re ready to take the next step in your computer education. Not for the novice, this is an advanced computer class that will ex-

pand your availability to create a variety of documents and further explore the web.

Cost: \$20/members; \$30/non-members

4 sessions, Tuesdays 10/27-11/17 OR 11/24-12/15

2:30-3:30 p.m.

How to Email

Instructor: Michael Yurcaba

A very basic class that will help you understand email, set up and manage your email account, set up contact lists and more.

4 sessions, Tuesdays 9/1-9/22

Cost: \$20/members; \$30/non-members

2:30-3:30 p.m.

Extended Email

Instructor: Michael Yurcaba

Attachment size limitation, information overload, spamming and computer viruses, email spoofing, privacy concerns.

4 sessions, Tuesdays 9/29-10/20

Cost: \$20/members; \$30/non-members

2:30-3:30 p.m.

Getting to Know Your SmartPhone

Instructor: Beth White, My Accessibility

These tiny yet powerful computers can be overwhelming. Learn the capabilities of the device including phone, email, internet, downloading, uploading, storage and contacts. Use necessary precautions to protect your privacy on wireless networks.

3 sessions, Friday 10/2, 10/6, and 10/16

Cost: \$15/members; \$20/non-members

*Please note: Due to computer availability, class size is limited. It is highly recommended you reserve a seat by making payments at the time of registration.

Sunshine Wishes

Ed Glavin, Dorothy Morris

Understanding Whooping Cough

Tuesday, September 29 at 1 p.m., No Fee

Whooping cough is a highly contagious disease that affects the lungs. This disease is caused by a bacteria called “bordetella pertussis”—that’s why whooping cough is also called “pertussis.” Anyone who is exposed to the bacteria can get sick. In 2013, about half of whooping cough cases were reported in persons 11 years of age and older. Presenter is a registered pharmacist from Walgreen’s.

*Follow up vaccination clinic on Friday, October 2 at 1 p.m. Must pre-register.

Friendship Outings

Turkey Hill

Wednesday, September 16

Join us on a delicious trip to The Turkey Hill Experience in Columbia, PA. Learn how Turkey Hill ice cream is made, create your own virtual flavor and taste it in the taste lab, learn about how all the Turkey Hill teas are produced, and visit a wonderful watch and clock museum. Lunch is on your own at a local diner.

Cost: \$40 (includes transportation, driver tip, and admission to the museum)

Deposit, in full, is due on August 10.

See the “Miracle of Christmas”

Tuesday, December 1

This stunning production at the Sight & Sound Theater in Lancaster includes round trip motor coach transportation, lunch at Shady Maple and free time at Lancaster’s markets. The price also includes tax and tips, except for the driver.

Cost: \$105. Non-refundable deposit of \$55 is due by November 3 to reserve your spot.

Carmen's Corner



The summer will soon be coming to a close and I am sad about that. I had a very nice vacation this year with my family. We attended a family reunion in St. Croix in the U.S. Virgin Islands. The days were sunny and breezy, the mangos were plentiful and the fish were tasty. The beaches there were so nice. The water was so warm and clear enough to see fish swimming around your toes. The family dinners were great and full of conversation, laughter, and memories of year gone by. The children meeting each other and getting to know each other was great to see as well. It truly saddens me that it is all over.

On another note, do you want to have fun? Do you want to go on trips? Do you want to make new friends and socialize more? Then, Good Neighbor is the place to be! Our fall classes are starting, please come in and sign-up. We have programs ranging from arts and crafts, bible study, song with praise, bingo, pokeeno, pinochle and not to mention plenty of informative presentations. Also our trip for this year is to New Orleans in 2016. There is still plenty of time to sign-up. Stop by the center for more information. During the week we have free baked foods and on Friday fruits and vegetables. The only thing we do is ask is that everyone is mindful of other as they come in to get their goods. I hope everyone had a great summer and I am looking forward to seeing all of you in the fall.

GOLDEN RULE: *Do unto others as you will have them do unto you and remember: Love Lives Here.*

Suggestion Box Replies: There have been a couple of requests to add more tables for our Breakfast Bingo. The center will be looking in to this.

Special Thank You To:

Everyone who came out and supported the Good Neighbor Senior Center while I was on vacation and to the staff for their hard work.

All the people who went on the Las Vegas trip and all the people who made it possible: Sylvia Wilson, Janie Strong, Marlene Clark, and Clarence Clark.

BREAST CANCER AWARENESS DAY THURSDAY, OCTOBER 15

10 a.m. – 2 p.m.

COME ONE COME ALL *WOMEN AND MEN*** to hear:**

Susan G. Komen Philadelphia Office representatives and survivors will educate us and share stories of this disease that affects all generations either by loss of life or sickness. Purchase breast cancer awareness items and all proceeds will support the Susan G. Komen Center to help those in need. For more information please contact Carole Badgett at 610-586-8170.

Mini-Wellness Clinic

Instructor: Britt Cardwell

Friday, October 16 from 10 a.m. – 1 p.m.

Come to our senior wellness clinic! Get information on your health from different health providers. There will be hearing screenings and other screenings. To reserve your spot, call 610-586-8170.

Walgreen Flu Shot Clinic

Wednesday, September 30 at 1 p.m.

Walgreens will hold a flu shot clinic at the center. Come in and get a flu shot for free. Phenomena shots will be available but insurance is required for payment. Please sign up before the event.

September and October Birthday Party

Friday, September 25 and October 23 at 11 a.m.

If your birthday is in September or October, come out and join your peers in a birthday bash! Even if your birthday isn't in September or October still come and be a part of the celebration and enjoy good food, fun, and great music!

Ruby Red Hatters

Meets the Fourth Thursday of the Month

Come and join our social club for outings, fellowship and special events. We are mothers, daughters, and grandmothers over the age of 50.

TRIPS AND ADVENTURE

Casino Trips

Second Wednesday of Every Month

Depart the center at 10 a.m. \$25.00 slot /play package. Questions or comments please contact Sylvia at (610) 586-8170. Sorry no refunds.

Ruby Red Hatter Mount Haven Resort in the Poconos

Thursday, September 24

The Ruby Red Hatters will have an outing to the Mount Haven Resort in the Poconos. Call Queen Betty at 610-237-9725 if you are interesting in going so we have an idea of how many people are going. Please feel free to invite others as well.

New Orleans

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

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

Incredible price includes: Motor coach transportation, 8 nights lodging including 4 consecutive nights in the New Orleans area, 14 meals (8 breakfasts and 6 dinners), Guided tour of a Louisiana plantation, relaxing riverboat cruise on the Mississippi River, gaming at Harrah's Casino, visit to the National World War II Museum, and guided tour of New Orleans.

- For more pictures, video and information visit: www.GroupTrips.com/Tabermacleof-Praise
- For information & reservations contact Carmen Olive or Carole Badgett @ 610-586-8170.

Deepest sympathy is extended to the family of William Moon to comfort them at this difficult time. We offer our sincere condolences to his family on the loss of their brother. May God keep his loving arms around this family and comfort them as only He can!

Get well wishes to those who are not feeling well. Remember the little flowers are rising and blooming and it's Good Neighbor's way of saying "get well soon."

Kim's Korner



Dear Friends,

This summer the Pennsylvania Secretary of Aging, Theresa Osborne, came to our region to talk about this administration's approach to older adult programming. I have listened to three secretaries over the years. I must say I was very impressed with this administration's commitment to senior centers. In all the conferences I have attended over the last ten years the theme has been "The Boomers are coming, the Boomers are coming," like a Paul Revere type of cry. Maggie Kuhn, an aging activist, was quoted as having said in 2020 there will be more adults over the age of 60 than in any other age group. Do you realize our power potential at the voting booth? Also on the bright side, the government has to really put things in place to keep people independent in their homes, because there is no way the nursing home industry could cope with us all. That is great news for senior centers; that is our specialty! We keep adults who are 50 and older active, moving, and engaged in the community. These are all things necessary to keep people in their homes.

We are also knee-deep in our reaccreditation process, which we hope to be celebrating by the end of the year.

September is Senior Center Month. Schoolhouse has a lot to celebrate.

Love,
Kim

Home Safety

Submitted by Bob Kolb (Bingo Bob) or how to uninvite thieves to your home.

1. Don't leave ladders handy outside.
2. Don't put boxes on the curb that show expensive purchases, somehow camouflage them before putting them in recycling.
3. Do keep shrubs trimmed so windows are visible from the road.
4. Replace flimsy doors with steel doors.
5. Mirrors shouldn't be in reception areas allowing a burglar to see if you have a security system or not.
6. When you are away, make arrangements to have your lawn mowed. An unmowed lawn says you're not home.
7. Portable safes or lock boxes can easily be carried away, if you have valuables that need to be locked up, invest in a wall safe or use a safety deposit box.
8. Don't announce trip plans on social media or post pictures while you are away.
9. If you want to show something to a stranger, meet them in a parking lot of a police station.

Memorial Program

On September 16, we will remember our members who passed away. Memorial flowers are available to purchase both for center friends or for others who you wish to remember or honor. Flowers will be planted in our gardens after the service.

Scam Corner

People come up to me all the time with a recent scam. Here are a few I've heard recently.

1. "Utility" workers going door-to-door. One person even created an ID for himself on the computer. PECO doesn't go door to door. If you get an unexpected visitor from a utility company. Don't let them in. If it feels legit to you, confirm with a call to the utility company or call the police.
2. Here is one I got as well as others: you won a large amount of money, they need a check from you in order to pay the taxes or process it. It doesn't cost money to win money, trust me. The IRS will take care of requesting taxes.
3. Phone calls saying that you are going to be in trouble with the IRS – everybody's fear. The IRS operates through the mail, not by phone calls. Try to get return phone number and report it to the IRS.
4. People pretending to be a grandchild. Ask your grandchild to come to you in person, if they live out of state. Hang up and call them at a number you have for that grandchild or check with the parent to confirm need, confirm before you send help.
5. Say no to giving information over the phone. Do not do business with people who go door to door. Remember if it sounds too good to be true it is not true.

**Congratulations to our artists
for a wonderful art show!**

Thank You To:

- The children at the Swarthmore/ Rutledge School grew impatiens, which were distributed to our homebound.
- Our Advisory Council for sponsoring the Ice Cream Social and for purchasing new tables and 12 new chairs in the pool room.

Condolences

Our sympathy to the friends and family of Trudy Moffitan and Estelle Rodgers.

Condolences to Clair Hagen who lost her brother.

Sunshine Wishes To:

Sandy Shanahan, Phyllis DiMarco, Jim Rudolph, Ginny Schemb, Dot Zurlo, Bernie Prince

Fall and Early Winter Trips

(Monday-Friday) September 7-11:

Rocking Horse Resort

(Sunday – Friday) October 4-9:

Charleston/Savannah

Tuesday, October 20:

Germanfest, Erhardts –strudel making, make your own pretzel, open bar (beer and wine), music and dancing. All inclusive: \$78.

Monday, November 9:

Tropicana Casino, Buffet, and Show
USO for USA! \$15 slot play. Cost: \$60

Sunday, November 15:

Philadelphia Orchestra plays *Appalachian Spring* by Copland, *Finlandia* by Sibelius and *One Land, One River, One People* by Hannible – Yannick conducts. Leave Schoolhouse at 12:30 p.m. return around 5 p.m.

Friday, December 11:

Hunterdon Hills Playhouse, *A Branson Christmas*. Cost of \$77 includes, show, buffet, bus and all gratuities.

Friday, December 18:

Academy of Music to see *The Nutcracker*
Bus leaves Schoolhouse at 10 a.m. and returns at 1:15 p.m. (no lunch involved) Cost: \$70.

Center Highlights, continued on page 12

information please contact Faye Carter or Mildred Jenkins.

Big Bingo

Thursday, September 3 and 17 and October 15 and 29 at 1 p.m.

Chester

Come out and win sizeable amounts of money playing Big Bingo! The cost is \$1 per board.

➤ HEALTH AND WELLNESS

Eating Smart Talk

Wednesday, September 2 and October 7 at 11:15 a.m.

Chester

Tuesday, September 8 at 11 a.m.

Schoolhouse

September Topic: "Smart Size Your Portions"

Healthy Cooking Demo

Wednesday, September 23 and October 28 at 12:30 p.m.

Tuesday, September 22 at 11 a.m.

Chester

September: Quick Pizza

Foot Care Clinic

Wednesday, October 7 from 9 – 11 a.m.

Chester

Dr. Michael DiFrancesca will be available for foot exams, consultations, and foot care. Registration is required and insurance information must be presented at the visit.

➤ RELIGION

Bible Study

Thursdays 10 a.m.

Friendship Circle/ Instructor: Sharon Carey

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

Good Neighbor/Facilitator: Reverend Alyce Weaver

Bible Study

Tuesdays at 6:00-7:30 p.m.

Chester/ Facilitator: Pastor Allen Jones

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 and sing praises to our Lord and Savior Jesus Christ. 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. Free Wi-Fi available. Rich Conti facilitates.

Facebook Demonstration

**Tuesday, October 27 at 2:15 p.m.
Schoolhouse**

Wondering why everybody is talking about Facebook, but you're not yet sure you want an account? Then join us for this demonstration. We'll show you the basic uses, benefits, and security issues, then you can decide. Instructor: Beth White

Computer Basics

**Mondays, October 13, 20, and 27 at 1 p.m.
Schoolhouse
Cost: \$20**

No need to be afraid of computers any longer. We'll get you started and help you use the mouse, keyboard and the internet. Instructor: Beth White

**Beyond Basics & Smartphone Computer Class
October 20, 21, and 22 from 9 a.m.- 12 p.m.
Good Neighbor**

**\$25 members/\$30 non-members
Instructor: Chelal Murray**

This three-session course is designed for students with some computer knowledge. Topics to be covered are Windows XP tips and utilizing the control panel, internet surfing and electronic mail (email). Bring in your cellphones, tablets, and laptops to learn how to use them fully and learn all the tricks.

At right: Nearly 100 members of the community joined together at Friendship Circle for an End of the Summer BBQ. Three grills were going, turning out hot dogs and hamburgers, while people enjoyed games, goodies, and fellowship.

**End of the Summer
BBQ**

