

Center for Life Long Learning

Spring 2020 Course Offerings

Programs for 50+ Learners in the Aston, Brookhaven, Concord & Springfield Communities

Senior Community Services (SCS) is pleased to provide this exciting array of classes to educate, inspire and encourage you. Created specifically to serve adults 50+ in western Delaware County, the Center for Life Long Learning (CLLL) brings adult education offerings to you. SCS, a non-profit agency, also works in many other ways to keep older adults living independently. Established in 1977, SCS today operates four Senior Centers. SCS' Centers provide meals, health and wellness programs, recreation and social activities and volunteer opportunities. Visit www.scs-delco.org

To find out more, please call Farah Esfahani at 484-496-2143 or fesfahani@scs-delco.org

Art & Design

DRAWING

Beginners learn basics of line drawing, form, composition and proportion. Advanced students are challenged with special techniques in charcoal, pen, ink and color pencils.

Instructor: Marie Gilligan

ASTON

12 sessions Thurs., 3/12 – 6/11 (no class 3/19, 6/4)

1:00-3:00 pm \$65

CONCORD SENIOR CENTER

12 sessions, Tues., 3/10 -5/26

10:00-12:00 pm \$65



WATERCOLOR PAINTING

Learn techniques, materials, tools, color mixing and approaches with focus on individual needs. Beginners through advanced students are welcome. Get supply list at first class.

Instructors: Marie Gilligan & Agnes Wilson-Bakow

ASTON (Marie Gilligan)

12 sessions, Thurs., 3/12 – 6/11 (no class 3/19, 6/4)

10:00 am-12:00 pm \$65

CONCORD SENIOR CENTER (Marie Gilligan)

12 sessions, Wed., 3/11 – 5/27

10:00 am-12:00 pm \$65

RACHEL KOHL LIBRARY (Agnes Wilson-Bakow)

12 sessions, Fri., 3/20-6/12 (no class 5/8)

10:00 am-12:00 pm \$65



Fitness

CHAIR YOGA

Sit and be fit. Increase strength, flexibility, stamina, and balance through simple exercises.

Instructor: Donna Roffenberk.

BROOKHAVEN

10 sessions, Thurs., 3/19 – 5/28 (no class 5/14)

2:00-2:45 pm \$ 45

SPRINGFIELD

10 sessions, Wed., 3/11 – 5/13

2:00-2:45 pm \$ 45



GOLD ZUMBA

Enjoy this popular, lively form of fitness and exercise to zesty Latin music, like salsa, merengue and cumbia. This exercise improves flexibility, strength, tone, and overall fitness.

Instructor: Lavinia Ferguson

ASTON

12 sessions, Tues., 3/10 -6/9 (no class 4/28, 5/26)

1:00-2:00 pm \$54

CONCORD

10 sessions, Tues., 3/10 – 5/19 (no class 4/28)

11:00 am-12:00 pm \$46

SPRINGFIELD

12 sessions, Mon. 3/9 – 6/8 (No class 3/30, 5/25)

2:00-3:00 pm \$54



Driver Education

AARP DRIVING REFRESHER COURSE

If you have taken the 8 hour course, either AARP or AAA, and can produce documentation of having taken it (certificate, cancelled check, insurance statement) you are eligible to take the 4-hour refresher course. Space is limited. Registration secured with \$15 for AARP members/\$20 for non-members. Bring your AARP card to class. **MAKE CHECK PAYABLE TO "AARP"**

BROOKHAVEN

9:00 am-1:00 pm Thurs., 3/26

ASTON

9:00 am-1:00 pm Friday, 4/24



Literature

BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. *The Boys in the Boat*, by Daniel James Brown, is the first book to be discussed. Please read the book before the class.

Facilitator: Dianne Caggiano

ASTON

Wed., 3/25, 5/13

11:30 am-1:30 pm

NO FEE



Health & Wellness

HEALTHY NUTRITION & YOUR OVERALL HEALTH

You will learn how by cooking and eating nutritiously, you can avoid medical problems and increase your longevity. This program is provided by Penn State University, Delaware County Extension.

BROOKHAVEN

Tues., 4/21, 5/19, 6/16, 7/28, 8/25

2:00 pm

NO FEE



SENIOR HEALTH & WELLNESS EVENT

This health fair will provide important health and wellness information for seniors and their families. Health providers from various organizations such as CKHS, Riddle Hospital, Visiting Angels (providing information on fall prevention & Alzheimer's Fact & Fire Safety), Angel Companions (providing blood pressure screenings), COSA, Apprise Program, SCS (Medicare 101 information), Pappano Breslin, Elder Care Attorneys, and many more will be in attendance. Energy saving give away will be distributed by PECO.

BROOKHAVEN

11:00 am-1:00 pm

Thurs., 5/7

NO FEE



THE MOST COMMON TYPES OF BONE DISEASES: OSTEOARTHRITIS & OSTEOPOROSIS

In this presentation, you will learn about the differences between these conditions, contributing factors, prevention, treatment options, alternative therapies, and how to prevent falls and reduce the risk of breaking a bone.

Presenter: Annemarie Casey-Glatts, R.N., MSN, Community Health Education, Riddle Memorial Hospital

BROOKHAVEN

2:00 pm

Thurs. 4/30

NO FEE

Senior Topics

PRACTICAL LEGAL STEPS TO TAKE AFTER THE DEATH OF SPOUSE OR A FAMILY MEMBER

Whom must you contact after the death of a spouse/family member? Where do you turn? Is there any time limit? Do you need to probate? What is probate? What taxes do you have to pay?

CONCORD TOWNSHIP BUILDING
43 THORNTON ROAD, GLEN MILLS, PA 19342

Wed 5/20

2:00 pm

NO FEE

Presenter: **Christopher M. Murphy, Esq.**

*** Please note location of this class ONLY! ***

WHEN DEMENTIA HITS YOUR FAMILY

Have you seen your spouse, parent or other family members forgetting things - important date, bills to pay, the way home? Is it Alzheimer's, dementia or normal aging? How can you find out? Where do you turn for help? Are there any legal things you should take care of? Is it too late? How do you protect yourself and your loved ones?

Presenters: Dana and Robert Breslin, Esq. and neuropsychologist Dr. Kathleen Breslin, Brandywine Neuropsychological Associates, Inc.

BROOKHAVEN Thurs., 5/14

1:00 pm

NEW PENSION RULES as of 1/1/2020. IS This a SECURE ACT?

On 12/20/19 a new law was signed by the President dramatically changing the rules regarding 401Ks, IRAs and other pension savings. Some of the changes are helpful but others are a tax trap especially for your beneficiaries.

Learn what these new rules are and what, if anything, you can do to minimize the impact.

Aston

Presenters: Robert and Dana Breslin, Esq.



ASTON

Wed., April 22

1:00 pm

NO FEE

MEDICARE 101

Medicare 101 Presentations explains the basics of Medicare A, B, C, and D. It explains Medicare Terminology such as Copays, Coinsurance, Deductibles, Enrollment Periods, Penalties, Medigap, and Supplemental Plans.

Offered through January/September, Calendar year.

Presenter: Apprise Representative

ASTON

Wed. 4/8

2:00 pm

No fee



MEDICARE—Medicare Individual Counseling (By Appointment Only)

Medicare Individual Counseling sessions are thirty minutes to one-hour long scheduled to assist Medicare Beneficiaries with Medicare questions and concerns, Medigap Plan Comparisons, and other Medicare and health Insurance associated Information. Attendees can be all Medicare Beneficiaries, Medicare Caregivers, and anyone New to Medicare for the 2020 Calendar year.

REGISTRATION IS REQUIRED.

ASTON

Wed. 2/19, 3/18, 4/15, 5/20, 6/17

12:30-3:30 pm

NO FEE

SPRINGFIELD

Wed. 2/26, 3/25, 4/29, 5/27, 6/24

10:00 -1:00 pm

NO FEE



COURSE LOCATIONS

Aston Community Center *

3270 Concord Road

Aston, PA 19014

Brookhaven Municipal Building *

2 Cambridge Road

Brookhaven, PA 19015

Concord Senior Center *

817 Concord Road

Glen Mills, PA 19342

Concord (Rachel Kohl Library) *

687 Smithbridge Road

Glen Mills, PA 19342

Springfield Township Building *

50 Powell Road

Springfield, PA 19064

Contact: Farah Esfahani

484-496-2143

* Please do not call the townships directly. Township employees may not be familiar with program details.

The mission of Senior Community Services is to promote independent and meaningful living for older adults through direct services and programs in the home and community.

SPRING 2020 REGISTRATION FORM

MAIL THIS FORM WITH PAYMENT TO:

Senior Community Services, 600 Swarthmore Avenue, Folsom, PA 19033, Attention: Eileen

First Name

Middle Initial

Last Name

Home Address (include number and street or box no.)

Birth Date

Municipality

City

State

Zip

Phone Number

E-mail Address

COURSE NAME	COURSE DAY/TIME	COURSE LOCATION	FEE
			\$
			\$
			\$
			\$
			\$
Yes, I'm including a tax-deductible gift in the amount of			\$
			Total \$
<i>Method of Payment:</i>			
<input type="checkbox"/>	Cash Paid \$ _____		
<input type="checkbox"/>	Check or Money Order is enclosed, made payable to Senior Community Services		
<input type="checkbox"/>	Credit Card American Express <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/> Expiration Date ___/___		
	Account # _____ (____) ** **3 digit security code # on back of card		
<input type="checkbox"/>	AARP Driving Course: Make check payable to AARP		

***** REGISTRATION IS REQUIRED FOR ALL PROGRAMS (INCLUDING NO FEE CLASSES). *****