

# Center for Life Long Learning

## Fall 2021 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](http://www.scs-delco.org)

To find out more, please call Farah Esfahani at **484-496-2143** or [fesfahani@scs-delco.org](mailto:fesfahani@scs-delco.org)

### 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, Thursday 9/23-12/16

NO CLASS 11/25

1:00-3:00

Instructor: Marie Gilligan

\$65



### BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. **"The Searcher", by Tana French, is the first book to be discussed.** Please read the book before the class.

**Facilitator: Dianne Caggiano**

#### ASTON

Wednesday  
11:30 am-1:30 pm

09/15 & 11/17

NO FEE



### 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.

Instructor Marie Gilligan

#### ASTON WATERCOLOR

12 sessions, Thursday 9/23-12/16

NO CLASS 11/25

10:00-12:00

Instructor: Marie Gilligan

\$65

#### CONCORD

12 sessions, Wednesday 9/15-12/15

NO CLASS 10/6 & 11/24

10:00 -12:00

Instructor: Marie Gilligan

\$65

### Fitness

#### CHAIR YOGA "With a Flair"

Enjoy this gentle form of chair yoga to relaxing music. Learn to breathe better, create mobility, increase Strength, flexibility, stamina and balance through these simple moves. Then mix it up with a flair of popular tunes – Fun for all!!

**Instructor: Donna Rottenberk**

#### BROOKHAVEN

8 sessions, Thursday 9/16-11/11

NO CLASS 10/14

2:00-3:00 pm

#### SPRINGFIELD

12 sessions, Wednesday 9/15-12/8

NO CLASS 11/25

2:00-3:00 pm

\$54



### 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, Tuesday 9/14-12/14

NO CLASS 10/19, 11/2

1:00-2:00 pm

\$54



#### CONCORD SENIOR CENTER

12 sessions, Tuesday 9/14-12/14

NO CLASS 10/19, 11/2

11:00 am-12:00 pm

\$54

#### SPRINGFIELD

12 sessions, Monday 9/13-12/13

NO CLASS 10/11, 10/18

2:00-3:00 pm

\$54

### 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

Tuesday

10/5

2:00 pm

### THE IMPORTANCE OF HAVING A WILL, POWER OF ATTORNEY, AND HEALTH CARE DIRECTIVE

A Will, Power of Attorney, and Health Care Directive are the most important documents in order to distribute your Estate as you intend, protect yourself and ensure that your preference regarding medical treatments are followed. Is one document more important than another? Who should you appoint as your Executor/Trustee, Agent and Surrogate?

**Concord Township Building**

**43 Thornton Road, Glen Mills, Pa 19342**

**Presenter: Christopher Murphy, Esq. from Breslin, Murphy, and Roberts Law Firm (formerly Pappano and Breslin)**

Thursday

11/4

NO FEE

2:00 pm

### WHEN DEMENTIA HITS YOU OR YOUR FAMILY

Have you found yourself or a family member 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? What are the treatment options? Are there any legal things you take care of now? Is it too late? How do you protect yourself and your loved ones?

**Presenters: Robert & Dana Breslin, Esq. and**

**neuropsychologist Dr. Kathleen Breslin, Brandywine**

**Neuropsychology Associates, Inc.**

#### ASTON

Thursday 10/7

1:00 pm

### HOW DOES THE OWNERSHIP OR TITLE OF YOUR ASSETS AFFECT YOUR ESTATE PLAN?

What taxes will you and/or your heirs pay by the way you have titled or own your assets? What do the various forms of ownership or title of an asset/bank account or property mean? What is the effect when you are alive or after you die? Will it increase or decrease taxes? Is Congress going to change the rules?

**Presenters: The panel will feature a panel of five attorneys who are experienced in estates and trusts: Robert Breslin, Dana Breslin, Christopher Murphy, Christina Breslin Roberts, and**

Mary Kaye Anthony, all from Breslin, Murphy, and Roberts Law Firm (formerly Pappano and Breslin).  
**BROOKHAVEN** Tuesday 11/16  
 1:00 pm NO FEE

Every 2<sup>nd</sup> & 4<sup>th</sup> Wed. 10-2:00 pm  
 Presenter: DELCO PA MEDI Medicare Counselor

**2022 VIRTUAL MEDICARE UPDATE PRESENTATIONS-DELCO PA MEDI PROGRAM**

Medicare Update Presentations are **one-hour** Virtual PowerPoint Presentations that explains new and updated Medicare Information for the forthcoming Medicare year concerning Original Medicare Premiums, Deductibles, Copays, Medicare Advantage Plans and Part D Prescription Plan Information. Attendees can be Medicare Beneficiaries, Medicare Caregivers, and anyone New to Medicare for the 2022 Calendar year. All are welcome.

Presenter: DELCO PA MEDI Medicare Counselor  
**Presentation date:** Tuesday, 10/26/21  
**Presentation Time:** 2:00 pm NO FEE  
**Presenter:** DELCO PA MEDI Medicare Counselor

**MEDICARE INDIVIDUAL COUNSELING-DELCO PA MEDI PROGRAM**

Medicare Individual Counseling Sessions are thirty minutes to one hour counseling sessions scheduled to assist the Medicare Recipient and Potential Medicare Beneficiaries with Medicare questions, concerns, plan comparisons, and enrollment into Medicare Advantage Plans, Part D Prescription Plans, and Medicare Cost Savings Programs and Medigap Plans.

**Due to the Covid 19 Pandemic, free counseling sessions will be held by phone on Wednesdays.**  
**REGISTRATION IS REQUIRED NO FEE**  
 Wednesdays – Sept. Oct. Nov. & Dec.  
 Every 3<sup>rd</sup> Wed. 12:30 – 4:30 pm

**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 Township Building\***  
 43 Thornton 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.

**PLEASE NOTE:  
 HEALTH SAFETY MESSAGE**

**The public health safety of SCS' consumers, staff and volunteers are agency priority. We ask that SCS program participants be COVID-19 vaccinated and wear a face covering while indoors.**

**FALL 2021 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.) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Phone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

| COURSE NAME               | COURSE DAY/TIME   | COURSE LOCATION | FEE |
|---------------------------|---|-----------------|-----|
|                           |   |                 | \$  |
|                           |   |                 | \$  |
|                           |   |                 | \$  |
| <i>Method of Payment:</i> |   |                 |     |
| <input type="checkbox"/>  | Check or Money Order is enclosed, made payable to <b>Senior Community Services</b>  |                 |     |
| <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   |                 |     |

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