

Center for Life Long Learning

Fall 2016 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 pastels.

Instructor: Anne Dempsey

ASTON

12 sessions, Wed., 9/14 to 12/7; NO CLASS 11/23

9:30-11:30 am

\$65

CONCORD SENIOR CENTER

12 sessions, Tues., 9/13 to 11/29

9:30-11:30 am

\$65

SPRINGFIELD

8 sessions, Tues., 9/20 to 11/15; NO CLASS 11/8

1:30-3:30 pm

\$43



WATERCOLOR PAINTING

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

Instructors: Helen Baur, Marie Gilligan & Agnes Wilson-Bakow

ASTON (Marie Gilligan)

12 sessions, Thurs., 9/8 to 12/1; NO CLASS 11/24

10:00 am-12:00 noon

\$65

BROOKHAVEN (Agnes Wilson-Bakow)

12 Sessions, Mon., 9/12 to 12/5; NO CLASS 10/10

9:30-11:30 am

\$65

CONCORD SENIOR CENTER (Helen Baur)

12 sessions, Wed., 9/14 to 12/7; NO CLASS 11/23

9:30-11:30 am

\$65

CONCORD (RACHEL KOHL LIBRARY) (Agnes Wilson-Bakow)

12 sessions, Fri., 9/16 to 12/9; NO CLASS 11/25

10:00-12:00 pm

\$65



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

Thurs., 9/22

9:00 am-1:00 pm

ASTON

Fri., 10/7

9:00 am-1:00 pm



Fitness

CHAIR YOGA

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

Instructor: Donald Simpson, RYT

BROOKHAVEN

12 sessions, Thurs., 9/15 to 12/15

NO CLASS 10/13 & 11/24

2:00-2:45 pm

\$54

SPRINGFIELD

12 sessions, Wed., 9/14 to 12/7

NO CLASS 11/23

2:00-2:45 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, Tues., 9/13 to 12/13

NO CLASS 10/18 & 11/8

1:00-2:00 pm

\$54

SPRINGFIELD

12 sessions, Mon., 9/12 to 12/12

NO CLASS 10/10 & 10/17

2:00-3:00 pm

\$54



Literature

BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. "What Alice Forgot" by Liane Moriarty is the first book to be discussed. Please read the book before the class.

Facilitator: Dianne Caggiano

ASTON

Wed., 9/14 & 11/16

11:30 am-1:30 pm

NO FEE



Health & Wellness

EATING SMART SERIES: "Just Say Yes to Healthy Eating!"

This program by Penn State University, Delaware County Extension will provide monthly nutrition and recipe demonstration classes. You will learn how by cooking and eating nutritiously. You can avoid medical problems and increase your longevity. Future schedules will be provided.

BROOKHAVEN

2:00 pm

Tues., 9/20

NO FEE



STROKE PREVENTION—SECONDS COUNT! WHAT TO DO

You will learn the signs and symptoms of stroke. Learn how by changing your life style and taking certain precautions, you can greatly reduce your chances of having a stroke. This presentation will help you understand more about stroke, prevention, treatment and recovery.

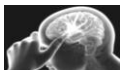
Presenters: Suzanne Hefton, RN, BSN, Stroke Coordinator for CKHS & Conlen M. Booth, BS, Paramedic Director of EMS-CKHS

BROOKHAVEN

2:00 pm

Thurs., 10/6

NO FEE



"OVERVIEW OF SLEEP DISORDERS": SLEEP AS WE GET OLDER

In this workshop you learn about insomnia—short term and long term, restless leg syndrome sleep breathing disorders—sleep apnea and what actions we can take.

Presenter: Peter Allen, Clinical Coordinator—Riddle Sleep Disorders Center

ASTON

2:00 pm

Thurs., 10/20

NO FEE



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.

Senior Issues & Topics

THE ABCs OF SOCIAL SECURITY

When is the best time for someone to retire? What happens if you become disabled before full retirement age? What occurs if there is a divorce, a re-marriage, death of a spouse, or other family event? Is there a burial benefit?

Presenters: Robert & Dana Breslin, Esq.

ASTON

1:00 pm

Wed., 10/5

NO FEE



UPDATES IN THE LAW AND HOT TOPICS AFFECTING SENIORS

How the new Power of Attorney is really working? Have the VA rules changed? Any news on managed long term care? What is happening now that more of Continuing Care Retirement Communities are declaring bankruptcy? What is the New Lay Caregiver Designation—what information and to who is the hospital required to give when a patient is being discharged. What orders to follow? What taxes are going up and which ones are coming down—does anyone really know?

Presenters: Robert & Dana Breslin, Esq.

BROOKHAVEN

1:00 pm

Thurs., 11/3

NO FEE



MEDICARE—Medicare Individual Counseling (By Appointment Only)

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, Medicare Cost-Savings Programs, and Medigap Plans.

REGISTRATION IS REQUIRED.

SPRINGFIELD

Wed., 9/28, 10/26 & 11/30

10:00 am - 2:00 pm

NO FEE

MEDICARE ANNUAL ENROLLMENT UPDATE PRESENTATIONS

Medicare Annual Enrollment Presentations scheduled from October 15th to December 7th are classroom style presentations that explain new and updated information for the forthcoming Medicare Year. These presentations consist of explanations of the upcoming year's information concerning Original Medicare Premiums, Deductibles, Copays, and New Medicare Advantage Plans and Part D Prescription Plans Information.

Presenter: Glenda Radical, APPRISE Program Manager

ASTON

2:00 pm

Wed., 10/19

NO FEE



SPRINGFIELD

2:00 pm

Thurs., 11/10

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.



FALL 2016 REGISTRATION FORM

MAIL THIS FORM WITH PAYMENT TO:

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

First Name Middle Initial Last Name

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

City State Zip Municipality

Phone Number (REQUIRED in case you need to be contacted) E-mail Address

COURSE NAME	COURSE DAY/TIME	COURSE LOCATION	FEE
			\$
			\$
			\$
			\$
			\$
Yes, I'm including a tax-deductible gift in the amount of			\$
Total			\$

Method of Payment:

- Cash Paid \$ _____
- Check or Money Order is enclosed, made payable to **Senior Community Services**
- Credit Card American Express Discover MasterCard Visa Expiration Date ___/___
- Account # _____ (____) ** **3 digit security code # on back of card
- AARP Driving Course:** Make check payable to **AARP**

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