

Center for Life Long Learning

Spring 2015 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: Van Buren Payne

ASTON

12 sessions, Wed., 3/4 to 5/20

9:30-11:30 am \$60

CONCORD

12 sessions, Tues., 3/3 to 5/19

9:30-11:30 am \$60

WATER COLOR 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, Aston & Concord

Agnes Wilson-Bakow, Brookhaven & Concord

ASTON (Helen Baur)

12 sessions, Thurs., 3/5 to 5/28

9:30-11:30 am \$60

NO CLASS 4/16

BROOKHAVEN (Agnes Wilson-Bakow)

12 Sessions, Mon., 3/9 to 6/1

9:00-11:00 am \$60

NO CLASS 5/25

CONCORD (Helen Baur)

Concord Senior Center

12 sessions, Wed., 3/4 to 5/27

9:30-11:30 am \$60

NO CLASS 4/15

CONCORD (Agnes Wilson-Bakow)

12 sessions, Fri., 3/6 to 6/5 \$60

10:00-12:00 pm

NO CLASS 3/27 & 4/3



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.

BROOKHAVEN Thurs., 3/19

9:00 am-1:00 pm

ASTON Fri., 4/24

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

Thurs., 3/12 to 5/28

2:00-2:45 pm \$52

SPRINGFIELD

Wed., 3/25 to 5/13

2:00-2:45 pm \$35

GOLD ZUMBA

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

Instructor: Heidi Barnett

ASTON

Tues., 3/24 to 5/26

1:00-2:00 pm \$44

Literature

BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. "Orphan Train", by Christine Baker is the first book to be discussed. Please read the book before the class.

Facilitator: Dianne Caggiano

ASTON

11:30 am-1:30 pm

Wed., 3/18 & 5/20

NO FEE



Health & Wellness

EATING SMART SERIES: "Making Smart Choices When Eating Out"

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., 2/24

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 Community Health Education, Keystone First, Keystone VIP Choice, Angel Companions of Delaware County (providing blood pressure screening), APPRISE Program, SCS, (Medicare 101 information), Holcomb Behavior Health Services, and many more will be in attendance. Energy saving light bulbs will be distributed by PECO.

BROOKHAVEN

11:00 am -1:00 pm

Thurs., 5/14

NO FEE

Health & Wellness (continued)

HEART HEALTH

This lecture will provide information on ways to keep your heart healthy and functioning to the best of its ability. Various types of heart disease as well as the risk factors, causes and prevention strategies will also be discussed.

Presenters: Dr. Aymen Alrez & Dr. Samuel R. Ruby,
Board Certified Cardiologists, CKHS

BROOKHAVEN Thurs., 4/30
2:00 PM NO FEE

Senior Issues & Topics

MEDICARE 101

Medicare 101 presentation explains the basics of Medicare A, B, C and D. In addition, the presentation explains Medicare Terminology such as Copays, Coinsurance, Deductibles, Enrollment Periods, and penalties. Medicare cost Saving Programs and Supplemental Plans will also be discussed.

Presenter: Glenda Radical, APPRISE Program
Coordinator

ASTON Wed., 4/15
2:00 pm NO FEE

PENNSYLVANIA CHANGED ITS LAW ON POWERS OF ATTORNEY AS OF JANUARY 1ST, 2015

Pennsylvania's law for almost any Power of Attorney dealing with finances, banking, real estate and other assets has changed. This workshop will review the changes, the Power of Attorney form and will discuss the options so that your Power of Attorney is crafted to meet your specific needs.

Presenters: Robert & Dana Breslin, Esq.

BROOKHAVEN Thurs., 4/9
1:00 pm NO FEE

Presenter: Christopher Murphy, Esq.

SPRINGFIELD Tues., 5/5
2:00 pm 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.

PRACTICAL LEGAL STEPS TO TAKE AFTER THE DEATH OF A 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?

Presenters: Robert & Dana Breslin, Esq.

ASTON Wed., 5/6
1:00 pm NO FEE

MEDICARE SUPPLEMENTAL PLAN

This presentation explains the basic Supplemental Plans: What are Supplemental Plans? What are the Benefits of Supplemental Plans and the types of plans available? How do they differ from Medicare Advantage or Medicare HMO Plans?

Presenter: Glenda Radical, APPRISE Program
Coordinator

SPRINGFIELD Thurs., 5/7
2:00 pm NO FEE

COURSE LOCATIONS

Aston Community Center *

3270 Concord Road
Aston, PA 19014

Brookhaven Municipal Building *

2 Cambridge Road
Brookhaven, PA 19015

Concord *

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.



SPRING 2015 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*
Day Phone	Evening Phone	E-mail Address	

*This information is needed for funding purposes.

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

Method of Payment:

<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 55 Alive Course: Make check payable to AARP