

# Center for Life Long Learning CWW Summer 2024 Course Offerings

**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 at several locations. 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 within Delaware County. Check out what our other centers are up to by visiting [www.scs-delco.org](http://www.scs-delco.org). To find out more on programs/classes below, please call Allison Alfieri at **484-496-2143** or [aalfieri@scs-delco.org](mailto:aalfieri@scs-delco.org).

## **\*2024 SCS Art Show Opening Reception\***

Delaware County Community College – Art Gallery  
(Located in the Academic Building)

**Wednesday, July 31, 2024 from 4 PM – 6 PM**

Featuring more than 70 artists and over 125 artworks!

### **Gold Zumba**

Join this popular form of fitness paired with zesty Latin music, like salsa, merengue, cumbia, and more. This exercise class helps improve movement, flexibility, strength, and tone.

**ASTON – 4 CLASSES** **\$20**  
Tuesdays from 1 PM – 2 PM  
Instructor: Lavinia Ferguson  
July 23, 30  
August 6, 13

**CONCORD – 4 CLASSES** **\$20**  
Tuesdays from 11 AM – 12 PM  
Instructor: Lavinia Ferguson  
July 23  
August 6, 20, 27

### **Chair Zumba**

Join our fun and lively exercise class where students can sit, dance, and workout – all at once! This exciting form of fitness helps engage the body in a healthy way while improving strength and flexibility.

**BROOKHAVEN – 6 CLASSES** **\$30**  
Wednesdays from 2:30 PM – 3:30 PM  
Instructor: Lavinia Ferguson  
July 17, 24, 31  
August 7, 14, 21

### **Nutrition**

You will learn that 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 – 3 SESSIONS** **NO FEE**  
Tuesdays at 2 PM  
Presenter: Joan McMenamin  
July 16  
August 27  
September 17

### **Book Club**

Enjoy a delightful conversation and make new friends in a relaxing atmosphere by joining the book discussion group. Please read book before class!

**ASTON** **NO FEE**  
Wednesdays at 1 PM  
Facilitator: Dianne Caggiano  
September 18<sup>th</sup> – “The Heaven and Earth Grocery Store” by James McBride

More Dates TBD

### **Open Art**

This open studio time, after Fall/Spring classes have ended, allows artists to practice their skills individually. Students can expect a relaxing atmosphere, giving them time and space to focus on their art.

**ASTON** **NO FEE**  
Every Thursday from 10 AM – 12 PM  
(Unless specified otherwise)

### **SCS Art Show**

Come see what our artists can do! The SCS Art Show features students in our art classes across all centers and programs.

**DELAWARE COUNTY COMMUNITY COLLEGE**  
Artwork on view and open to public:  
July 31<sup>st</sup> through August 21<sup>st</sup>  
Monday through Thursday from 9 AM – 5 PM

**FREE ADMISSION**

## Summer 2024 Registration Form

MAIL THIS FORM WITH PAYMENT TO:

**Senior Community Services, 600 Swarthmore Avenue, Folsom, PA 19033 Attention:  
Allison Alfieri**

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**First Name** **Middle Initial** **Last Name**

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

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**City** **State** **Zip** **Phone Number**

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**E-Mail Address (include for class updates)**

COURSE NAME	COURSE DAY/TIME	COURSE LOCATION	FEE
			\$
			\$
			\$
			\$

**Method of Payment:**

<input type="checkbox"/>	<b>Check or Money Order</b> enclosed, made payable to <b>Senior Community Services</b>
<input type="checkbox"/>	<b>Credit Card:</b> American Express <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa <input type="checkbox"/>
	<b>Expiration Date:</b> ___/___ <b>3 digit security code # on back of card:</b> (____)
	<b>Account #:</b> _____
<input type="checkbox"/>	Via <b>PayPal</b> at @scsdelco. *Please include the name of the class/classes in description.

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