JANUARY-MAY 2020

- More than 100 Classes
- Convenient Locations County-Wide
- Day/Weekend/Evening Choices
- Search Online at scs-delco.org

Sponsors include:

[Logos for CCRES, Arts Council on the Arts, Pennsylvania Department of Aging, NISC, and TD Charitable Foundation]

Accredited by:
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# Class Locations

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Phone Number</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>**Aston Community Center *</td>
<td>3270 Concord Road</td>
<td>484.496.2143</td>
<td>Farah Esfahani</td>
</tr>
<tr>
<td></td>
<td>Aston, PA 19014</td>
<td></td>
<td></td>
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<tr>
<td>**Brookhaven Municipal Building *</td>
<td>2 Cambridge Road</td>
<td>484.496.2143</td>
<td>Farah Esfahani</td>
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<tr>
<td></td>
<td>Brookhaven, PA 19015</td>
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<td></td>
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<tr>
<td>**Concord Senior Center *</td>
<td>817 Concord Road</td>
<td>484.496.2143</td>
<td>Farah Esfahani</td>
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<tr>
<td></td>
<td>Glen Mills, PA 19342</td>
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<tr>
<td>**Concord *</td>
<td>Rachel Kohl Library</td>
<td>484.496.2143</td>
<td>Farah Esfahani</td>
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<tr>
<td></td>
<td>687 Smithbridge Road</td>
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<td></td>
<td>Glen Mills, PA 19342</td>
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<td></td>
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<tr>
<td>**Springfield Township Building *</td>
<td>50 Powell Road</td>
<td>484.496.2143</td>
<td>Farah Esfahani</td>
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<tr>
<td></td>
<td>Springfield, PA 19064</td>
<td></td>
<td></td>
</tr>
<tr>
<td>**Chester Senior Center</td>
<td>721 Hayes Street</td>
<td>610.816.0391</td>
<td>Jamee Nowell-Smith</td>
</tr>
<tr>
<td></td>
<td>Chester, PA 19013</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Friendship Circle Senior Center</strong></td>
<td>1515 Lansdowne Avenue</td>
<td>610-237-6222</td>
<td>Christine Helmandollar</td>
</tr>
<tr>
<td></td>
<td>Darby, PA 19023</td>
<td></td>
<td></td>
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<tr>
<td><strong>Good Neighbor Senior Center</strong></td>
<td>1085 Hook Road at Studevan Plaza</td>
<td>610.924.7920</td>
<td>Karen Clark</td>
</tr>
<tr>
<td></td>
<td>Sharon Hill, PA 19079</td>
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<tr>
<td><strong>Schoolhouse Center</strong></td>
<td>600 Swarthmore Avenue</td>
<td>484.496.2130</td>
<td>Kim McDaniel</td>
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<tr>
<td></td>
<td>Folsom, PA 19033</td>
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</tbody>
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*Please do not call the townships directly. Township employees may not be familiar with program details.*

**CLASS SITE LOCATION KEY:**

- CH—Chester Senior Center
- FC—Friendship Circle Senior Center
- GN—Good Neighbor Senior Center
- SCH—Schoolhouse Center
- AST—Aston Community Center
- BRK—Brookhaven Municipal Building
- CSC—Concord Senior Center
- RKL—Concord (Rachel Kohl Library)
- SPR—Springfield Township Building

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**Center for Life Long Learning**

600 Swarthmore Avenue
Folsom, PA 19033
Ceramics
Join this "artful experience" even if you are artistically challenged! Price includes pottery and basic paints and brushes.
CH—Thurs., 11:15 a.m. - 1:00 p.m. $6 per class
Instructor: Grace Brown Johnson

Drawing
Beginners learn basics of line drawing, form, composition and proportion. Advanced students are challenged with special techniques in charcoal, pen, ink and pastels.
CH— Mon., 1:00-3:00 p.m., $6 per class
Instructor: Theodore McNeil
AST—Thurs., 3/12—6/11, 1:00-3:00 p.m.
$65 (for 12 sessions) - NO CLASS 3/19, 6/4
Instructor: Marie Gilligan
CSC—Tues., 3/10—5/26, 10:00 a.m.-12:00 p.m.
$65 (for 12 sessions)
Instructor: Marie Gilligan

Mixed Media on Paper
Get in touch with your creative side in this mixed media class for artists of any level. We will explore the effects of mediums such as pencil, water color and paper collage to create unique works on paper when we use the different materials together. Bring your own materials or $2 per class and materials will be provided.
FC—Fridays, 1/31—3/6
12:00 p.m., $5 per class/ $2 extra for materials
Instructor: Elizabeth Aimee

Sewing
Learn to create your own beautiful works! Beginners to advanced sewers welcome in this class. Sewing machines are available, but personal machines may be brought to class.
CH—Fri., 10:00 a.m.-1:00 p.m. (M)$0; (NM)$5 per class
Instructor: Carolyn Rich

Watercolor Painting Fun
This one time class is for those who want to try something new. Discover your creative self! Have fun while creating a watercolor painting. You can do this. It’s free, it’s fun and refreshments will be served. Everything you need will be provided.
SCH—Wed., 3/4 1:00 p.m.
Registration is required.
Instructor: Agnes Bakow

Watercolor Painting
Course will include a step-by-step approach for beginners and challenging techniques for the more advanced student. Beginners through advanced students welcomed. Get supply list at first class.
CH—Mon., 1:00-3:00 p.m., $6 per class
Instructor: Theodore McNeil
FC—Mon., 1/6—3/16, 12:30 p.m.
(M) $5 per class (NM) $7 per class
Instructor: Marie Gilligan
AST—Thurs., 3/12—6/11, 10:00 a.m.-12:00p.m.
$65 (for 12 sessions) - NO CLASS 3/19, 6/4
Instructor: Marie Gilligan
CSC—Wed., 3/11—5/27, 10:00 a.m.-12:00 p.m.
$65 (for 12 sessions)
Instructor: Marie Gilligan
RKL—Fri., 3/20—6/12, 10:00 a.m.-12:00 p.m.
$65 (for 12 sessions) - NO CLASS 5/8
Instructor: Agnes Wilson-Bakow

Convert Your Creativity Into Support for the Center!
In this class, we will use a variety of materials to create art for sale. We will teach you how to create unique crafts including jewelry, painting, flower arranging, paper crafts and more. We will create several new projects each month that speak to your imaginative spirit.
SCH—First Thursdays, starting 3/5 12:15 p.m.
No Fee
Instructor: Aja J. Dubose
Sponsored by: Comfort and Care Home Care
Wood Carving
Join experienced woodcarvers as they enjoy camaraderie and also help beginners learn the craft. New Carvers welcome! This group has carvers of all levels. The group is affiliated with the William Rush Woodcarvers.
SCH—Mon., 12:00-2:00 p.m.
Group Leader: Jerry Osborne

Oil and Acrylic Painting
Learn how to paint using oil or acrylic paint. Our skilled instructor can start the beginner or work to enhance the advanced artist. Call on Fridays for a list of supplies. This is an ongoing class, new students of any level are welcome at anytime.
SCH—Fridays 12:00-2:00 p.m.
(M) $53 (NM) $58—10 week sessions
Pay as you go: (M) $6 (NM)$10
Instructor: Agnes Bakow

Jewelry Making
This class will teach you the basics of jewelry making. Bring a piece of felt or a bead design board and the following three tools (can be purchased at Michaels or JoAnn Fabrics): Chain nose pliers, wire Cutters, and beads. Plastic beads are not recommended. Students required to buy their own beads. Speak with group leader prior to first class about more specifics.
CH—Tues., 10:00 a.m.-12:00 p.m.
(M) $6 per class (NM) $8 per class
Instructor: Pamela Haynes
SCH—Tues., 2:00 - 3:30 p.m. No Fee
Instructor: Carole Fisher

Spring Jewelry Workshop
An opportunity to create a spring themed bracelet using stones, silver and unbreakable wire.
FC—Tuesday, 4/7 2:00 p.m.
Cost: $10– Bracelet
Instructor: Liz Coates Steele

Mosaics for Beginners
We will discuss technique, color choices, value, and composition and artist methods. You will make a beautiful piece suitable for indoors or outdoors using a vivid palette of color.
CH—Mon.,– 2/3, 2/10, 2/24, 3/2, 3/9, 3/16, 3/23, 3/30, 4/6
10:00 a.m.– 12:30 p.m.
(M) $6 per class or $50 for all 9 sessions
Instructor: Veronica Khiros
SCH—Thursdays - 2:00-5:00 p.m.
Session 1: 2/20, 3/5, 3/12, 3/19, 3/26
Session 2: 4/2, 4/9, 4/16, 4/23, 4/30
Session 3: 5/7, 5/21, 5/28, 6/4, 6/11
(14 hours total per session)
(Please note the last class in the class is 3:00-5:00 p.m.)
(M) $84 (NM) $89
Material Fee: $30.00 payable to the instructor the first night of class. Cash Please.
Instructor: Carol Shelkin
(This class runs year round, after the session has ended contact us for future dates!)

Evening Mosaic Workshop for Intermediate & Advanced
This course is suitable for those with a little or a lot of mosaic experience. This course will work all styles of mosaics for indoor and outdoor use, continuing instruction in techniques and methodology. Students may bring their own materials to add to their designs. Bring your vision and your materials. Materials can be purchased from the instructor if needed.
SCH— Thursdays 6:00-9:00 p.m.
Session 1: 2/20, 3/5, 3/12, 3/19, 3/26
Session 2: 4/2, 4/9, 4/16, 4/23, 4/30
Session 3: 5/7, 5/21, 5/28, 6/4, 6/11
(14 hours total per session)
(Please note the last class in the first session is 6:00-8:00 p.m.)
(M) $84 (NM) $89
Materials Fee: $30 (Cash Please) or you can bring all of your own materials, including adhesives and grout.
Instructor: Carol Shelkin
(This class runs year round, after the session has ended contact us for future dates!)
Art & Design

Card Making
Making your own cards communicates caring and personalization. It can also save you a lot of money. Join us to learn how to make sophisticated greeting cards. Supplies are included.
CH—2nd & 4th Tues., 12:00-2:00 p.m., $8 per class
Instructor: Janis Thomas

SCH—Mon., 2:30-4:00 p.m. No Fee
Instructor: Shirley Carroll

Crafters Working for a Cause
This volunteer group crafts various projects to sell for the purpose of supporting programs at the Schoolhouse Center. There are also weekly sales of household items. Volunteer crafters needed to join in this important effort!
SCH—Tuesdays, 8:30 - 11:00 a.m. No Fee

Diamond Painting
An easy and enjoyable art form based on mosaics and painting charts. The technique uses tiny diamond like facets to create colorful designs and patterns that sparkle! Various designs are available to select and must be paid for and ordered in advance. Cost determined by the kit selected.
CH—Fridays 10:30 a.m.—12:00 p.m.
Instructor: Vicky Holmes

Knitters & Crotcher’s
Join this friendly group who knits and crochets. We make baby hats, chemo caps, comfort squares, lap robes, hats and scarves for children. We donate to local hospitals, veteran’s groups and service organizations. All are welcome. If you’re new to knitting or crocheting, we’ll teach you!
SCH—Tuesdays, 12:30-2:30 p.m.
Group Leader: Beverly Benn

Open Studio
For those who wish to keep working on a project outside of class, you are welcome in at this time to work independently. You must be enrolled in an art class at Schoolhouse to use Open Studio.
SCH—Fridays 2:15-4:00 p.m.

Acknowledging Black History Month
February is the month of Love & History. Let’s create something together in the name of love and in honor of great history! Create beautiful 3D paper projects that you can add to your décor’ or give to a friend or loved one to make their day! This event is sponsored by Oak Street Health.
FC—Thurs., 2/13 1:00 p.m. No Fee
Instructor: Crafting with Crystal C-Me Paper Crafts

Literature

Book Clubs
Have a love for reading? Enjoy literary discussion? Then the book club is perfect for you. Read great novels, old and new selected by the group.
CH—3rd Wednesdays, 12:30-2:00 p.m.
Group Leader: JoAnn DeSimone, Crozer Library

FC—2nd Tuesdays, 10:30 a.m.
Group Leader: Diane Tinucci

SCH—2nd Thursdays, 10:00-11:00 a.m.
This Merakey program is funded by COSA.

AST—Wed., 3/25, 5/13, 11:30 a.m.—1:30 p.m.
Group Leader: Dianne Caggiano

Books that Celebrate Black History
Presented by Lansdowne Library
Join us as welcome librarians from the Lansdowne Library who will discuss books from a variety of genres that will highlight important places and people in honor of Black History Month! Four to six works will be presented and other suggestions for reading will be provided.
FC—Tues., 2/4, 10:00 a.m.

“Black Baseball Leagues”
The Philadelphia area played a major role in the history of Negro League baseball dating back to the early 1900’s. One of its early teams was the Hilldale Daisies who played in Yeadon in the 1920’s and early 1930’s. Rich Wescott, author of 19 books dealing with Philadelphia sports will talk about the black baseball leagues and many local national league players who called Yeadon home.
FC—Tues., 2/18, 1:30 p.m.

“Celebrating Women’s History Month”
We will be screening “RBG” a documentary on the 2nd female Supreme Court Justice, Ruth Bader Ginsburg. Witness this legal rock star’s beginnings and ascent to the highest court in the land. Discussion to follow.
FC—Tues., 3/3, 1:00 p.m.
**Fitness**

**Sit & Get Fit**
Strengthen muscles, burn calories, improve movement and flexibility. Use light weights and bands for safe and gentle exercises, toning and stretching.
CH—Tues. & Thurs., 10:30-11:15 a.m.
   *Instructor: Kyle Lanier*
SCH—Mon., Tues., Thurs., 10:00-11:00 a.m.
   *Instructors: Anna Velardi, Dale Singley*

**T’ai Chi & Qigiong**
Not a martial art, but a soft moving meditation, a series of soft, flowing movements done seated or standing. Helps to improve balance, reduce stress, strengthen the immune system and improve mental focus.
FC—Thurs., 2/13– 3/19
   9:00-9:45 a.m.
   $3 (M)  $4 (NM) per class
   *Instructor: Jim Kaib*
SCH—Fridays starting 3/6
   9:00-10:00 a.m.
   $5 (M)  $8 (NM) Pay as you go
   *Instructor: Dr. Walter Jones*

**Chair Yoga**
Get the full benefit of yoga (strength and flexibility) without the difficulty of reclining or getting up off the floor.
CH—Weds., 11:00 a.m.—12:00 p.m.
   *Instructor: Don Simpson*
SCH—Weds., 3:15 p.m.
   *Instructor: Marie Burns*

**Cardio Fitness & Strength**
A moderate level class that that involves a variety of cardio and strength exercises that helps to improve strength, flexibility and endurance.
CH—Tues., 5:00-6:00 p.m.
   *Instructor: Kyle Lanier*

**Healthy Steps in Motion**
Start with a relaxing peaceful warm-up, progress to a lively workout that includes light aerobic conditioning and work with weights and bands.
FC—Wed., 10:00-11:00 a.m.
   *Instructor: Karen Graves*
SCH—Tues., Thurs., Fri., 10:15-11:15 a.m.
   *Instructor: Mary Lytle*

**Gospel Aerobics**
Join this fun and spiritual exercise program! Improve your physical and spiritual health through low-impact exercises seated and standing that will fill you with energy in your body and spirit!
CH—1/22, 1/29, 2/5, 2/12, 2/19, 3/11, 3/18, 3/25, 4/8, 4/15, 4/29
   10:00-11:00 a.m.
   *Instructor: Tilly Heggs Adams*

**Walking Clubs**
Get fit, burn calories and have fun while improving brain and body health.
CH—Mon-Fri., 9:30-10:30 a.m.

**Personal Trainer Sessions**
Enjoy one-on-one fitness sessions with a certified personal trainer. The trainer will work on your problem areas and design an individual workout plan to fit your needs. Each session is 1 hour.
*Instructor: Kyle Lanier*
CH—Tuesdays by appointment
   6:00-8:00 p.m.  $25 per session

**Yoga**
Learn meditation and relaxation to relieve stress and help your blood pressure. Experience your changing healthy body and mind.
*Instructor: Patti Abele*
FC—Fridays  9:00 a.m.
   Cost:  $3 per class
Zumba
This fitness program fuses Latin dances like Salsa, Cumbia, Merengue, Flamenco, Tango and even belly dancing with aerobic exercise.

CH—Mon., 11:00 a.m.-12:00 p.m.  Weds., 1:00-2:00 p.m.  
_Instructor: Lavinia Ferguson_

FC—Mondays, 9:30-10:30 a.m.  
(M) $3 per class; (NM) $4 per class  
_Instructor: Dara Patrusky_

AST—Tues., 3/10–6/9, 1:00-2:00 p.m., $54  
(12 sessions)  NO CLASS 4/28, 5/26  
_Instructor: Lavinia Ferguson_

RKL—Tues., 3/10-5/19, 11:00 a.m.-12:00 p.m.  
$46 (10 sessions)  NO CLASS 4/28  
_Instructor: Lavinia Ferguson_

SPR—Mon., 3/9–6/8, 2:00-3:00 p.m.  
$54 (12 sessions)  NO CLASS 3/30, 5/25  
_Instructor: Lavinia Ferguson_

SCH - Weds., (10 sessions)  10:30 a.m.  
No class the 1st Wednesday of the month  
Fri., (10 sessions)  10:30 a.m.  
(M) $15  (NM) $20  
_Instructor: Lavinia Ferguson_

Chair Zumba
All the benefits, fun, and great music of regular Zumba done in a chair.
FC—Thurs., 1:00-2:00 p.m.  
(M) $1 per class  (NM) $2 per class  
_Instructor: Lavinia Ferguson_

Workout
Become the best version of yourself regardless of your age or fitness level. Improve your balance, flexibility and endurance.
FC—Mondays  10:30 a.m.  
(M) $3  (NM) $4  
_Instructor: Avante Bailey  
Owner ABailey Mind & Body

Nutrition & Your Health
“Just Say Yes”
Join Just Say Yes each month for a nutrition discussion to improve health. Some topics will include Fixing it Safely...Food Safety, Checking the Facts and Reading Food labels. Follow up each discussion with a food demonstration preparing healthy, easy, delicious meals.
_Presenters: Penn State Cooperative Extension_  
Stay tuned for spring dates starting in April!

CH—2nd Wednesdays  12:30 p.m.  
SCH—4th Tuesdays  12:15 p.m.  
BRK—Tues., 4/21, 5/19, 6/16, 7/28, 8/25  2:00 p.m.

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-Gratts, R.N., MSN, Community Health Education, Riddle Memorial Hospital_

BRK—Thurs.  4/30  2:00 p.m.

Music for Health
Friday Sing—a-Longs
All types of singing have positive physical and psychological effects. Singing is also an aerobic activity which helps reduce stress and encourages deep breathing.
_Leader: Ethel Williams_
FC—Fridays  11:00 a.m.
Health & Wellness

Chester Wellness Center
Under the direction of Certified Nurse Practitioners the center provides preventive care through health assessments and screening, education, nutrition, and medication management. Specialty needs include Diabetic education and individual health counseling.

CH—Thursdays 10:30 a.m. - 1:30 p.m.

Brain Health
Join us every Monday for board and logic games to keep our brains active and stimulated. Discussions on monthly topics utilizing a themed multi-sensory kit inspire mind and memory.

Instructor: Donna Schumacher
FC—Mondays 10:00 a.m.

Brain Health Games with Linda
Join Linda for fun and for the health of your brain. Enjoy special games to get you thinking and stimulates your brain.

SCH—1st & 3rd Wednesdays 10:00 a.m.

Meditation Group
Join with others who use mindfulness techniques to reduce stress, enhance focus and brain health. This quieting practice is done while sitting in a chair.

Leader: Rich Conti

SCH—Mondays 12:00-1:00 p.m.

Fridays 1:00-2:00 p.m.

$1 contribution per session- pay as you go

Chiropractic Services
McCarrin Chiropractic & Physical Therapy Center will be available treating patients for neck pain, lower back pain, shoulder pain, headaches, knee pain, etc. Dr. Cartwright accepts most Insurances. Set up an appointment today! Please bring your insurance cards to the appointment.

Facilitator: Dr. Cara Cartwright

CH—Tues. & Thurs. 10:00 a.m. - 1:00 p.m.

Risk Factors & Heart Healthy Living
Learn how to live a heart healthy lifestyle even if you have some of the risk factors.

Instructor: Helene Lynn Rinylo, MSN, RN
Stroke Facilitator

FC—Tues., 2/11 1:00 p.m.

Assistive Listening Devices
Students from Temple University’s School of Audiology will be on hand to explain the use of ALD’s (assisted listening devices). Free hearing screenings will also be provided.

FC—Tues., 3/31 9:00 a.m.

Mobile CPR
Learn hands on only CPR for free and all within one hour! Topics covered include recognizing cardiac arrest, practicing compressions to the Good Samaritan Law. This is not CPR certification.

Presenters: The Mobile CPR Project

CH—Wed., 1/29 11:00 a.m.

Feeling Anxious
Do you have issues with anxiety or feeling nervous? Learn what are the causes and what things you can do to help yourself. Learn to recognize when it is time to get professional help.

Presenter: Virginia Brabender, PhD

SCH—Tuesday, 3/3 12:15 p.m.

When Dementia Hits Your Family
Have you seen your spouse, parent or other family members forgetting things—important dates, 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: Cana and Robert Breslin, Esq. & Neuropsychologist Dr. Kathleen Breslin, Brandywine Neuropsychological Associates, Inc.

BRK—Thursday, 5/14 1:00 p.m.
Health & Wellness

To Live Your Best Life Club
Together let’s fully imagine what a “best quality” life would look like physically, mentally, emotionally and spiritually. We will identify and discuss barriers that lie between where we are now and joyous living! In lighthearted celebration let’s discuss gratitude, feeling free, deepening intuition, communication skill building, responding to chronic tension and stress, self compassion, developing mental muscle, weight relief and more.

CH—1/24, 2/14, 2/27 3/8, 3/20, 4/3, 4/17, 5/1, 5/15, 5/29, 6/12, 6/26
10:30 a.m.
Presenter: Pamela Boyce Simms

Power Over Pain (Chronic Pain Self Management)
Join your peers age 60 and over for this evidenced based 6 week program. Learn the tools that support you in reaching your personal goals to manage chronic pain. Registration is required as space is limited.

Instructor: Ellen Williams
COSA Health & Wellness Program Manager

FC—Mondays, 3/23—4/27 12:00-2:30 p.m.
No cost ~ Lunch may be purchased for $1

Vision Care
Learn about eye health and various conditions that affect people as they age and how to treat and cope with these changes. Learn about astigmatism, myopia (nearsightedness), hyperopia (farsightedness), Cortical Visual impairment and more. Receive a free eye glass cleaning and adjustment after each presentation.

CH—2/13, 3/19, 4/23, 5/21 11:00 a.m.
Presented by Center for the Blind & Visually Impaired

Brain Health—What’s News
Talking about what's in the paper is a great way to stimulate your mind and engage with others. Don’t miss this wonderful class.

Instructor: Sandi Thompson

SCH—2nd & 4th Wednesdays 10:00 –11:30 a.m.

Caregiver Academy
The Caregiver Academy provides caregivers with resources to improve their skills and bolster their confidence in caregiving. By providing on-site respite care for care receivers, the Caregiver Academy provides caregivers with peace of mind that makes it possible for them to get the greatest possible benefit from the knowledgeable speakers and content experts.

FC—
Program Overview
Thurs., 3/19 2:00 p.m.

Caregiver Academy dates:
Thurs., 4/9, 4/23, 5/7, 5/21, 6/4, 6/18 4:00—5:30 p.m.
Individual Medicare Counseling
When all your answers cannot be addressed in an open forum or educational program offering, one on one APPRISE counseling sessions are scheduled to help you navigate the health insurance maze. Appointments are required!

CH—Thursdays
9:00 a.m.—12:00 p.m.
You must call & pre-register at 610-497-3550

FC—2nd & 4th Wednesdays
10:00 a.m., 11:00 a.m., 12:00 p.m. and 1:00 p.m.
You must call & pre-register at 610-237-6222

CH—4/28 11:00 a.m.

Medicare 101 & Update Presentations
New and updated information for the 2020 coming Medicare year. Learn about original Medicare, Medicare Advantage Plans, Part D Prescriptions, Premiums, Deductibles, and more. Get important information for Medicare beneficiaries, caregivers and anyone new to Medicare.

Presenters: The APPRISE Program

FC—
Medicare 101 Wed., 3/4 2:00 p.m.
Supplemental Plans Wed., 4/1 2:00 p.m.
Part B Updates Wed., 5/6 2:00 p.m.
AST—Medicare 101 Wed., 4/8 2:00 p.m.

Nutrition & Gardening

Herbal Teas & Your Health

**Herbs** generally refers to the leafy green or flowering parts of a plant (either fresh or dried). Herbs have a variety of uses including culinary, medicinal, and in some cases, spiritual. Sample teas that help with pain and inflammation, natural detoxification, improved sleep and breathing and more! Come and learn more about Herbs in herbal teas and begin to feel better and more energized naturally!

Presenter: Pamela Boyce Simms and the Chester Tea Team

CH—1/30, 2/4, 2/20, 3/12, 3/24, 4/7, 4/23, 5/7, 5/21
6/4, 6/18
11:00 a.m.
**Nutrition & Gardening**

**Starting a Pollinator Garden**
Pollinator thrive on flower nectar and pollen and you don’t need a lot of space to start a pollinator garden….in fact with only a few pots of flowers you can attract beneficial creatures such as bees and butterflies to the area.
*Presenter: Joe Daniel, Master Gardener, Penn State*
*FC—Wednesday, 3/18  11:00 a.m.*

**Hands on with the Schoolhouse Gardens**
The Garden Committee welcomes new members who want to talk about and learn more about plants in our gardens; new hands are welcome for outdoor gardening at the center! Under the direction of Penn State Master Gardener, Brenda Troutman join us to plan and maintain the center’s lovely gardens. One bed is now certified as a pollinator garden. Check the calendar for work days, bring your gloves and wear comfy clothes and a hat! *Contributions would be welcome to the Penn State Master Gardeners*
*SCH—Tuesdays, starting 4/21  9:00-11:00 a.m.*

**Dance**

**Square Dance Class for Beginners**
A fun activity that offers health and social benefits. Club Sashay will teach the Modern Western Square Dancing style to beginners and others. The first class is free. Center Registration is required.
*SCH— Weds., 1/8-4/15  NO CLASS 4/8  7:00 p.m.*
*$5 per class (Pay as you go to instructor)*

**Tap Dancing**
Learn beginner tap steps and incorporate them in routines. Upbeat music and style make the class fun, no experience necessary. Also join in as the group prepares for dance performances in the community!
*Instructor: Joan Weitzman*
*CH— Wednesdays  11:00 a.m. - 12:00 p.m.*
*Members: No fee  Non-Members: $5 per class*

**Line Dancing**
Learn all the latest line dances while having fun and exercising. Join in at any time during the semester.
*CH—Tuesdays  6:00—7:15 p.m.  $4 per class  
Thursdays  1:00 - 2:00 p.m.  $3 per class*
*Instructor: Val Moore*

*SCH—Tuesdays  2:00-3:00 p.m.  $1 per class*
*Instructor: Nick (Bootscooter) Wanko*

**Fun, Dancing & Music**
Dancing increases coordination and muscle tone, improves flexibility and balance, increases strength and vigor, promotes weight loss, supports memory and reduces stress.
*Instructor: Sally Gardiner*
*FC— Tuesdays  10:00 a.m.*
*No Fee*
Bible Study
Learn and share in non-denominational forums that explore the richness and mysteries of the Bible with others yearning to grow spiritually and in the knowledge and understanding of the word of God.

CH—Tuesdays  5:30–7:00 p.m.
   Facilitator: Pastor Allen Jones
    Thursdays  11:00 a.m.–12:00 p.m.
   Facilitator: Rev. Esther Newton

FC—Thursdays  10:00-11:00 a.m.
   Facilitator: Sharon Carey
   Thursdays  7:00-8:00 p.m.
   Facilitator: Valerie Cook-Henry

GN—Tuesdays  9:30-10:30 a.m.
   Facilitator: Bernadette Brown

SCH—2nd & 4th Tuesday  12:15—1:15 p.m.
   Facilitator: Woodlyn First Baptist

Senior Inspiration
Be inspired through song, stories, poetry and other spiritual readings and enhance morale and emotional, and spiritual well-being.
Leader: Rev. Belinda E. Boyer
CH—First Monday  10:00 a.m.

Healing Touch
Learn about this new mode of healing. Very similar to Reiki, Healing Touch benefits the mind, body and spirit healing and giving stress relief. This program is being used as an adjunct to treatment plans in A.E. Dupont Hospital. Check it out and see if this is for you! Please register at 610-237-8100.
Presenter: Jill Edonick, R.N.
SCH—Thursday, 3/12  12:30 p.m.

Discussion Groups
Kitchen Table Stories
Kitchen Table Stories is a reminiscing of one’s life & story telling in a fun group setting. Kitchen Table Stories is provided by Merakey through funding from COSA. The theme of this phase of Kitchen Table Stories is “The Pleasures of the Table”—sharing stories of our traditions and the marriage between food and songs.

FC—Third Thursday  11:00 a.m.-12:00 p.m.
GN—First Wednesday  10:00—11:00 a.m.

Culinary
Ridley Food Club
Do you consider yourself a foodie? Learn new recipes and cooking techniques. Come to a meeting and learn about this welcoming club. No one ever leaves hungry!
First visit is free, then $3 per club meeting.
SCH—2nd Thursday, starting in March 7:00-9:00 p.m.
Smart Driver Program
Are you tired of the high cost of auto insurance? Take this class, improve your safety behind the wheel and qualify for a nice discount on your current auto insurance. NO TESTS!
FC—**Full Class:** (Must attend both days to receive certificate)
   Jan. 28 & 29, March 24 & 25, May 5 & 6
   9:00 a.m. - 1:00 p.m.
   Refresher Courses: Feb. 19, Apr. 15, June 10
   9:00 a.m. - 1:00 p.m.

SCH—**Full Class:** (Must attend both days to receive certificate)
   May 6 & 13
   12:00 - 4:00 p.m.
   Refresher Courses: Mar. 4, Apr. 8, May 10
   12:00 - 4:00 p.m.

AST—Refresher Courses: April 24
   9:00 a.m.-1:00 p.m.

BRK—Refresher Courses: March 26
   9:00 a.m.-1:00 p.m.

AARP Members $15  Non-AARP Members $20
Money orders must be made payable to AARP. No Cash please. Note that checks will not be cashed until the day of the class.

CarFit
CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others and takes approximately 20 minutes to complete.
**Appointment required. Call 610-237-6222 for a time slot.**
Facilitators: Delaware County Transportation Management
FC—Thursday, 1/23 1:00—3:00 p.m.

Support Groups

**Stroke Support Group**
Have you had a stroke? Would you like to learn more about how to prevent a future stroke? Please join our group and have your questions answered.
Facilitator: Helene Lynn Rinylo, MSN, RN
   Stroke Facilitator
   FC—2nd Tuesdays 1:00 p.m.

**Caregiver Support Group**
Join this group to receive support from professionals and other caregivers as we share experiences, resources, and information to help each other through the care giving process. Groups will consist of open forums, special discussion topics, and presenters who will share expertise and advice.

SCH—First Wednesday 9:30-10:30 a.m.
   Facilitator: Diana Twisler
Technology & Computer Classes

Help with Devices
Bring your smart phones, tablets, laptops and ask your questions in this 1 hour individual session.
FC—2nd Tuesday of each month
10:30-11:30 a.m. (By Appointment) No Fee
Instructor: Jennifer Tennant

Using Smartphones/iPhones
Drop in for a quick Smart Phone lesson! Learn how to quickly find phone numbers, set up favorites, use the voice command, download apps, use the calendar and more!
Bring your Smart Phone to class!
CH—Tuesdays & Thursdays
10:00 a.m.—12:00 p.m.

Getting to Know Your Smart Device
You have a smart device— but it’s smarter than you? This class will give you a basic foundation for your new technology. Learn terminology, screens, apps, and more.
Instructor: Jennifer Tennant
FC—Fridays, 1/3, 2/7, 3/6, 4/3, 5/1, 6/5
1:00 p.m. No Fee

Individual Computer Instruction
Take advantage of complete instruction in a one on one setting! Get the answers to the questions you have, learn a trick or short cut to help make your computer experiences easier. Sessions generally last 1/2 hour. Registration is required!
CH—Mondays, 2:30 –4:00 p.m.
Tuesdays, 10:00 a.m.-2:00 p.m.
Thursdays, 10:00 a.m.-1:00 p.m. No Fee

Issues, Topics & Services

Practice the 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?
Presenter: Christopher M. Murphy, Esq.
CONCORD TOWNSHIP BUILDING
43 THORNTON ROAD, GLEN MILLS, PA 19342
Wed 5/20 2:00 pm

Life Changes & Estate Planning
When is it time to review and change your estate documents? How does divorce, remarriage, death of a family member, changes in wealth and additional grandchildren affect your plan? Learn what is meant by probate and what the costs are. What is taxable of Pennsylvania inheritance tax? Should you have a revocable living trust?
Presenter: Linda M. Anderson, Esq., L.L.M., CELA
FC—Thurs., 4/16 12:30 p.m.

Benefits & Services for Older Adults
Are you receiving all of the available benefits to which you may be eligible and entitled? What about the Homestead Tax Exemption, Rubbish Fee Exemption, have you applied for your Property Tax or Rent Rebate from the State? Find out what you may be missing out on! This service is by appointment only by calling 610-497-3550.
Facilitator: Phoebe Snow
CH—Tuesdays & Wednesdays
10:30 a.m.—12:30 p.m.
MONEY MATTERS: Clarifi Workshops on Financial Literacy:

Dodging Financial Predators
Participants learn about the most common strategies that predatory lenders use to lure unsuspecting consumers, and how to protect themselves from unfair practices, scams, and schemes. We review payday loans, check-cashing facilities, car title loans, tax refund anticipation loans, IRS scams and more!
SCH—Tues., 2/18  12:30 p.m.

Outsmarting Investment Fraud
While many investment scams target single older women, many scams are newly targeting savvy investors who engage in risky behavior. This workshop includes an explanation of typical investment scams, what to do to protect yourself and your assets, and how to identify fraudulent tactics employed by scam artists.
SCH—Tues., 4/14  12:30 p.m.

How To Play the Credit Card Game
Participants learn about the advantages, disadvantages, and key terms of the credit card industry. They will also learn about the types of credit cards available and the associated costs. They learn about the steps to opening a secured credit card account and how to develop a debt recovery plan when overwhelmed.
SCH—Tues., 4/21  12:30 p.m.

The Responsible Renter
It is important that renters understand what you can or cannot do as a tenant and how to deal with renter related issues. This workshop will help new and existing renters learn about their tenant rights and responsibilities as they work with challenging landlords or living situations.
SCH—Tues., 5/19  12:30 p.m.
Issues, Topics & Services

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, Penn State Extension (providing nutrition information and food tasting), 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), and many more will be in attendance. Energy saving give away will be distributed by PECO.
BRK—Thursday, 5/7 11:00 a.m.-1:00 p.m.

The Secure Act
Learn how this new law (passed in 2019) changes your pension and retirement plans. RSVP is requested.
Presenters: Dana Breslin, Chris Murphy and Christina Roberts
SCH—Thursday, 4/2 12:30 p.m.

Veteran’s Need To…..
*Be aware of New Rules regarding assets and income calculation.
*Learn new rules for reviewing transfers with Look-back period and calculate potential transfer penalty.
Presenter: Chari Madden, Esq.
Anderson Elder Law
SCH—Thursday, 4/9 12:30 p.m.

Health & Community Awareness Day
Learn about the rich resources in the community! Visit and talk with professionals from various fields including transportation, fire and community safety, local city services, Chester Police Department, nutrition, housing assistance, Weatherization, finance, Veteran’s benefits, Victim’s services and more! This event is co-sponsored by State Representative Brian Kirkland.
CH—Thursdays, 5/21 10:00 a.m.-1:00 p.m.

Voter Registration Drive
Let’s exercise our right to vote! Encourage family, friends and neighbors to register to vote and be ready in time for the primary and general elections in May and November 2020! Sponsored by Kappa Alpha Psi Fraternity, this is your opportunity to learn about your voting rights, how to re-instate your voting rights and get assistance with registration!
CH—Saturday, 3/14 9:00 a.m.-12:00 p.m.

Black History in America and Voting Rights
The 15th Amendment to the Constitution granted African American men the right to vote. But this didn’t just happen with the stroke of a pen in a day. In a 4 part program that incorporates video, group interaction and history, learn how the “right” was earned by struggle and determination.
Facilitator: Rosalie Grant
FC—Weds., 2/5, 2/12, 2/19, 2/29 1:00 p.m.

Income Tax Prep
Free Income Tax preparation will be provided by trained volunteers through tax season. Appointments are required and you should bring all of your personal tax and financial documentation with you to the appointment for complete service.
CH—Mondays & Wednesdays 10:00 a.m.-1:00 p.m.
Please call 610-497-3550 for an appointment

New Pension Rules as of 1/1/2020!
Is This A Secure Act?
On 12/20/2019 a new law was signed by the President dramatically changing the rules regarding 401K’s, IRA’s, 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.
Presenters: Robert & Dana Breslin, Esq.
AST—Wed., 4/22 1:00 p.m.
**Census 2020!!!**

The count is mandated by the Constitution and conducted by the U.S. Census Bureau. The 2020 Census counts the population in all 50 states, the District of Columbia, and five U.S. territories. Each home will receive an invitation to respond to a short questionnaire—online, by phone, or by mail. The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Every year, billions of dollars in federal funding go to hospitals, fire departments, schools, roads, and other resources based on census data. Learn about the census and get help completing the census form so that everyone is counted!!

**Ch—Tuesdays & Thursdays 10:00 a.m.-1:00 p.m.**

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**Issues, Topics & Services**

**Principles of Tenant Law**
Tenants have many rights that they are unaware of, and their landlords will never tell them. From signing a lease, to living in safe and habitable housing, to withholding rent, even through the eviction process, tenants are protected under the Pennsylvania Landlord/Tenant Act— but it may not seem, nor feel, like that. LASP wants to offer community members a chance to learn about the laws regarding housing, along with an opportunity to ask questions about their experiences.


*Staff Attorney, Legal Aide of Southeastern Pennsylvania*

**CH—Tuesday, 2/25 11:00 a.m.**

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**Don’t Go Broke in a Nursing Home**

How can you protect your life savings should you need Nursing Home care?

*Presenter: Dana Breslin, Elder Law Attorney*

**SCH—Thursday, 10/3 12:30 p.m.**

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**AARP Fraud Watch**

In today’s world, a new scam is always on the horizon! Learn about various senior scams and what to be mindful of when accepting telephone calls.

*Presenter: AARP*

**FC—Thursday, 4/9 12:30 p.m.**

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**Housing Expo & Community Awareness Day**

Are you trying to understand the housing system? Do you need resources to sign up for housing? Are you in need of housing repairs? Would you like information about remaining in your own home? If so, you should attend the Housing Expo and learn from local housing representatives and entities that specialize in helping people remain in their homes! Talk with representatives from Community Action Agency, Weatherization, Habitat for Humanity, COSA, Chester Housing Authority, PECO, and more!

**CH—Wednesday, April 22 10:00 a.m.—12:00 p.m.**
**Movies & Discussion**

**A Star is Born**
With Bradley Cooper and Lady Gaga
A love story full of ups and downs, and great music. A seasoned musician falls for a struggling artist, she comes into her own, but can he handle it?
SCH—Thursday, 2/13 3:00 p.m.

**Harriet**
From her escape from slavery through the dangerous missions she led to liberate hundreds of slaves through the Underground Railroad, the story of heroic abolitionist Harriet Tubman is told.
SCH—Thursday, 3/12 3:00 p.m.

**A Beautiful Day in the Neighborhood**
*Beautiful Day*” is not primarily about Rogers’s work in children's television. It's about how his friendship helps his son to be more forgiving, a more responsive husband and a more involved father. Operating with a shrewd mix of imitation and interpretation, Hanks deepens Fred Rogers from a man-child with a prankish sense of humor into a healer. Stars: Tom Hanks
SCH—Thursday, 4/9 3:00 p.m.

**Little Women**
Based on the beloved 1868 novel by Louisa May Alcott. The film is the story of a family of four sisters, They live with their mother, and also regularly see their Aunt March (Meryl Streep) and neighbor. The sisters deal with rivalry between themselves, their conflicting ambitions, illness and the pressures of being a young woman while dealing with the worry of their father who is fighting in the Civil War.
SCH—Thursday, 5/14 3:00 p.m.

**“1917”**
During World War I, two British soldiers — receive seemingly impossible orders. In a race against time, they must cross over into enemy territory to deliver a message that could potentially save 1,600 of their fellow comrades -- including Blake's own brother.
SCH—Thursday, 6/11 3:00 p.m.

**Art & Culture**

**Delaware County Then & Now**
With Keith Lockhart
Recognize that building? If you are a history buff or just enjoy local history don’t miss the legendary Keith Lockhart showing slides of Delaware County “back in the day” and now. If you’ve lived here most of your life — you’ll love this! Registration is required!
SCH—Thursday, 3/26 12:15 p.m.

**Theatre Group**
Join Good Neighbor’s Monthly Theater Group for a Saturday evening of live theatrical performance and local dining. Contact Katherine Hill for additional information at 484-368-4415.
GN—Fee $35.00 (dinner not included)
**Art & Culture**

**Drama—Playwright Class**
Ever thought of becoming the writer of plays, skits, commercials. With your life experiences, developing a character will be easy. Hedgerow theatre’s representative will teach you the rest. You’ll have your say with comedy or drama. Registration is required.

SCH—Tuesday, 4/7 and 5/5 12:30 p.m.

**Storytelling:**
**Weddings Around the World**
Learn about customs, traditions and superstitions that are observed at weddings all around the world!

*Story Artist: Roz Benton*
SCH—Thursday, 4/16 12:30 p.m.

**Storytelling:**
**Mothers Day Tea**
“God can’t be everywhere, so he created mothers.” (Arab Proverb). Join us in story for a delightful tea and a joyful tribute to motherhood. Refreshments will be served. Registration is required as space is limited!

*Story Artist: Roz Benton*
SCH—Thursday, 5/7 12:30 p.m.

**Original Paint Nite & Wine Tasting!**
Grab your friends and unleash your inner artist! Go from a blank canvas to a masterpiece of your own guided by a talented and entertaining artist. No experience is required and all supplies will be provided...16x20 canvas, paints, brushes and an apron. Enjoy light fare and delicious wines as part of the evening. Please arrive 15-20 minutes before start time and you must be 21 and older to participate.

*Presenter: Dawn of Yaymaker Events*
CH—Friday, 5/22 6:30 –9:00 p.m.
Cost: $35 pp
(With the flyer for a $10 Coupon Code)

**Becoming American - The Jewish History Museum**
*This presentation brings American Jewish history to life for participants in engaging and interactive ways.*

Through interactive storytelling and hands-on artifact replicas, this program helps students make connections to their own history and heritage by exploring the stages common to many immigrant experiences: crossing borders, finding a place to live, making a living, learning a new language, and adjusting to new food, customs and traditions.

*Presenter: Charlie Hersh*
SCH—3/19 12:30 p.m.

**Chester’s Rich Black History**
Let's talk a walk down memory lane and relive some of the rich history of the city of Chester! Hear stories about Martin Luther King, Ethel Waters, Stanley Branch, the Underground Railroad and so much more. Also, take a peek at our own production of “Boom Town”, a look at Chester’s history! Soul food luncheon to follow for a $5 fee. Registration required!

*Presenter: Twyla Simpkins*
CH—Friday, 2/21 10:00 a.m. - 12:00 p.m.

**Other**

**Chess Cub**
Whether you are a beginner or a seasoned player join our group every Friday. Don’t know how to play? No problem, we have “on the job training.”

FC—Fridays, beginning January 31
2:00 p.m.  No Fee
MISSION STATEMENT
To promote independent and meaningful living for older adults

General Information

Executive Director
Arthur Weisfeld
610.237.0719
aweisfeld@scs-delco.org

Long Term Care
Deborah Templeton, Director
484.534.2050
dtempleton@scs-delco.org

Advancement
John Federico, Director
484.496.2142
jfederico@scs-delco.org

Aging at Home
Christine Helmandollar, Director
484.534.2207
chelmandollar@scs-delco.org

APPRISE
Glenda Radical, Program Manager
484.494.3769
gradical@scs-delco.org

Center Without Walls
Farah Esfahani, Program Manager
484.496.2143
fesfahani@scs-delco.org

Senior Centers
Jamee Nowell Smith, Associate Director
610.816.0391
jnowell@scs-delco.org

Cognitive Stimulation Program
Dorothy Darragh, Program Manager
484.496.2144
ddarragh@scs-delco.org

Family Caregiver Support Program
Diana Twisler, Program Manager
484.540.0372
dtwisler@scs-delco.org

Hearing Discovery Center
484.534.2033

Volunteers
Michele O’Brien, Director
484.496.2149
mobrien@scs-delco.org

Many of these classes are supported by Pennsylvania Partners in the Arts (PPA), the regional arts funding partnership of the Pennsylvania Council of the Arts, a state agency. State government funding comes through an annual appropriate by Pennsylvania’s General Assembly and from the National Endowment for the Arts, a federal agency. PPA is administered in this region by the Greater Philadelphia Cultural Alliance.

www.scs-delco.org
SCS Registration Form  
Spring 2020  
Center for Life Long Learning

600 Swarthmore Avenue  
Folsom, Pa 19033  
610.237.8100

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Yes, I’m including a tax-deductible gift in the amount of $

Total $

I hereby release SCS and all other sponsors, supports, officers, board members, employees and volunteers from any and all liability with respect to SCS program activity and the arrangement for classes, trips and other trips and other enrichment opportunities.

Method of Payment:

- Cash Paid $_____
- Check or Money Order is enclosed, made payable to Senior Community Services
- Credit Card □ American Express □ Discover □ MasterCard □ VISA
  Account # _________-_________-_________-_________  
  (       )** 3 digit security card on back of card  Expiration Date ____/____ (month/year)
- AARP 55 Alive Course: Make check payable to AARP

Authorized Signature (Waiver and Payment)  
Staff Initials

Mail To:  
Senior Community Services  
600 Swarthmore Avenue, Folsom, PA 19033