

# Center for Life Long Learning

## Spring 2023 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 Allison Alfieri at **484-496-2143** or [alfieri@scs-delco.org](mailto:alfieri@scs-delco.org)

### OIL PAINTING

Students of all levels are invited to learn more about the artistic practice of oil painting. This class will help guide participants through various skills and techniques that are unique to oils.

**Instructor: John Meehan**

**CONCORD SENIOR CENTER**

8 sessions, Friday 3/3 – 5/5

10:00 am – 12:30 pm

**\$60**

**NO CLASSES 3/17 and 4/7**

### 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**

9 sessions, Thursday 2/2 – 3/30

10:00 am -12:00 pm

**\$45**

5 Sessions, Thursday 6/1 – 6/29

10:00 am – 12:00 pm

**\$25**

**CONCORD SENIOR CENTER**

9 sessions, Wednesday 2/1 – 3/29

10:00 am -12:00 pm

**\$45**

5 Sessions, Wednesday 5/31 – 6/28

10:00 am – 12:00 pm

**\$25**

### CHAIR YOGA

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**

10 sessions, Thursday 2/23 – 4/27

2:00 pm - 3:00 pm

**\$50**

**SPRINGFIELD**

10 sessions, Wednesday 2/22 – 4/26

2:00 pm - 3:00 pm

**\$50**

### 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 3/14 – 6/13

1:00 pm - 2:00 pm

**\$60**

**NO CLASSES 4/11 and 5/16**

**CONCORD SENIOR CENTER**

12 sessions, Tuesday 3/14 – 6/13

11:00 am - 12:00 pm

**\$60**

**NO CLASSES 4/11 and 5/16**

**SPRINGFIELD**

11 sessions, Monday 3/13 – 6/12

2:00 pm - 3:00 pm

**\$55**

**NO CLASSES 4/10, 4/24, and 5/29**

### BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. **"Norwegian by Night" by Derek Miller**, is the first book to be discussed. **"West with Giraffes" by Lynda Rutledge** will be discussed at the second meeting. Please read the book before the class.

**Facilitator: Dianne Caggiano**

**ASTON**

Wednesday

1/11 and 3/8

1:00 pm – 2:30 pm

**NO FEE**



### HEALTHY NUTRITION AND EATING

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.

**Presenter: Joan Marie McMenamin**

**BROOKHAVEN**

Tuesday

4/18, 5/16, and 6/13

2:00 pm

**NO FEE**

### WALK WITH EASE PROGRAM

The Arthritis foundation "Walk with Ease" program, sponsored by COSA, is great for increasing balance, strength, and walking ability. Join the program and learn about easy and active ways to improve your overall health.

**Presenter: Ellen Williams**

**BROOKHAVEN**

3/17, 3/24, 3/31,

4/6, 4/14, and 4/21

9:00 am – 11:00 am

**NO FEE**

### CHAIR ZUMBA

Come enjoy this lively form of exercise and dance, paired with upbeat music. This fun way of fitness helps engage the body, improving strength and flexibility.

**Instructor: Lavinia Ferguson**

**BROOKHAVEN**

5 sessions, Wednesday 5/3 – 6/21

2:30 pm – 3:30 pm

**\$25**

**NO CLASSES 5/10, 5/24, and 6/14**

### ESTATE PLANNING 1 AND 2

**Estate Planning Part 1**

Exactly what is the Power of Attorney? What does Durable mean? Why are there so many different kinds? When and why should you have one? You have a will so why isn't that enough?

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

**ASTON**

Thursday 3/23

1:00 pm

**NO FEE**

**Estate Planning Part 2**

The ten most common mistakes people make in planning their estates.

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

**BROOKHAVEN**

Wednesday 4/19

1:00 pm

**NO FEE**

**2023 VIRTUAL/PHONE MEDICARE PRESENTATIONS  
DELCO PA MEDI PROGRAM**

PA MEDI Medicare Presentations are **one-hour** Virtual/Phone Presentations. The four presentations offered are Medicare 101, Medicare Cost sharing, how to complete a Drug or Medicare Advantage Plan Comparison, and Supplemental/Medigap Plans.

**Multiple Dates and Times** **NO FEE**  
**Presenter:** DELCO PA MEDI Medicare Counselor  
**To Register for a Medicare Presentation Contact Louisa**  
**Email:** [Louisaapprise@yahoo.com](mailto:Louisaapprise@yahoo.com) or Call PA MEDI  
**Medicare Director Glenda Radical 484-494-3769**

**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 – Now through September 2023**  
**Every 3<sup>rd</sup> Wed. 12:30 – 4:30 pm**  
**Every 2<sup>nd</sup> & 4<sup>th</sup> Wed. 10-2:00 pm**  
**Presenter:** DELCO PA MEDI Medicare Counselor

**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: Allison Alfieri  
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.

**Spring 2023 REGISTRATION FORM**

MAIL THIS FORM WITH PAYMENT TO:  
**Senior Community Services, 600 Swarthmore Avenue, Folsom, PA 19033 Attention:  
 Allison Alfieri**

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
			\$
			\$
			\$

*Method of Payment:*

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

Via PayPal at @scsdelco. (Please include the name of the class/classes)

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