

Center for Life Long Learning

Fall 2019 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 color pencils.

Instructor: Anne Dempsey

ASTON

12 sessions, Weds., 9/11-12/4

NO CLASS 11/27

9:30-11:30 am

\$65



CONCORD SENIOR CENTER

12 sessions, Tues., 9/10-12/10

NO CLASS 10/8, 11/26

9:30-11:30 am

\$65

SPRINGFIELD

10 sessions, Tues., 9/17-12/3 (NO CLASS 11/5 & 11/26)

1:30-3:30 pm

\$54

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.

Instructors: Marie Gilligan & Agnes Wilson-Bakow

ASTON (Marie Gilligan)

12 sessions, Thurs., 9/12-12/5 (NO CLASS 11/28)

10:00 am-12:00 noon

\$65



CONCORD SENIOR CENTER (Marie Gilligan)

12 sessions, Wed., 9/11-12/11 (NO CLASS 10/9 & 11/27)

10:00 am-12:00 noon

\$65

RACHEL KOHL LIBRARY (Agnes Wilson-Bakow)

12 sessions, Fri., 9/20 -12/13 (NO CLASS 11/29)

10:00 am-12:00 noon

\$65

Fitness

CHAIR YOGA

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

Instructor: Donna Rottenberk

BROOKHAVEN

10 sessions, Thurs., 9/19-12/5 (NO CLASS 10/10 & 11/28)

2:00-2:45 pm

\$45



SPRINGFIELD

12 sessions, Wed., 9/11-12/11 (NO CLASS 11/6 & 11/27)

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

11 sessions, Tues., 9/3-12/17

(NO CLASS 9/17, 9/24, 10/1, 10/8 & 11/5)

1:00-2:00 pm

\$50



CONCORD

8 sessions, Tues., 10/15-12/10 (NO CLASS 11/5)

11:00 am-12:00 pm

\$38

SPRINGFIELD

6 sessions, Mon., 10/28-12/16 (NO CLASS 11/4 & 11/11)

2:00-3:00 pm

\$28

Literature

BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. "Finding Dorothy", by Elizabeth Letts, is the first book to be discussed. Please read the book before the class.

Facilitator: Dianne Caggiano

ASTON

Wed., 9/18 & 11/20

11:30 am-1:30 pm

NO FEE



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

Wed., 9/25

9:00 am-1:00 pm

ASTON

Fri., 10/18

9:00 am-1:00 pm



Health & Wellness

HEALTHY NUTRITION & YOUR OVERALL HEALTH

You will learn how 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

Tues., 9/17 & 10/15

2:00 pm

NO FEE



OVERVIEW OF SLEEP DISORDERS: SLEEP AS WE GET OLDER

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

Presenter: Peter Allen, Clinical Coordinator at the Riddle Sleep Disorder Centers

BROOKHAVEN

Thurs., 10/17

2:00 pm

NO FEE



Senior Issues & Topics

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: Christopher M. Murphy, Esq.

***CONCORD TOWNSHIP BUILDING

43 THORNTON ROAD, GLEN MILLS, PA 19342

Thurs., 11/7

2:00 pm

NO FEE

*** Please note location of this class ONLY!

HOW DOES THE OWNERSHIP OR TITLE OF YOUR ASSETS AFFECT YOUR TAXES?

What taxes will you and/or your heirs pay by the way you have titled or own your assets? Will there be more or less income taxes, inheritance taxes? Who is going to really get what you own—the state? The nursing home? Is there anything you should be doing now to avoid a problem later?

Presenters: Robert & Dana Breslin, Esq.

Senior Issues & Topics (continued)

BROOKHAVEN
1:00 pm

Thurs., 11/14
NO FEE

WHAT IS THE BEST WAY TO TITLE YOUR ASSETS?

Learn what the various forms of ownership and beneficiary designation mean. What is the actual impact on yourself and your heirs? Is there any best way to proceed or trap to avoid? Are your affairs set up to carry out what you really want to happen?

Presenters: Robert & Dana Breslin, Esq.

ASTON
1:00 pm

Wed., 10/23
NO FEE



MEDICARE ANNUAL ENROLLMENT

The Medicare Annual Enrollment Presentations are one-hour classroom style presentations that explain new and updated information for the forthcoming Medicare year concerning Original Medicare Premiums, Deductibles, Copays, Medicare Advantage Plans and Part D Prescription Plan Information.

Attendees can be all Medicare Beneficiaries, Medicare Caregivers, and anyone New to Medicare for this Medicare calendar year. **All are welcomed.**

Presenter: Glenda Radical, APPRISE Program Mgr.

ASTON
2:00 pm

Wed., 10/30



SPRINGFIELD
2:00 pm

Tues., 11/19
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.

ASTON
Wed., 9/18, 10/16 & 11/20
12:30-3:30
SPRINGFIELD
Wed., 9/25, 10/30 & 11/13
10:00 am-1:00 pm

NO FEE



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.

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.



FALL 2019 REGISTRATION FORM

MAIL THIS FORM WITH PAYMENT TO:

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

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 |
|--|-----------------|-----------------|-----|
| | | | \$ |
| | | | \$ |
| | | | \$ |
| | | | \$ |
| | | | \$ |
| | | | \$ |
| 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).*****