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 noon $65
CONCORD SENIOR CENTER (Marie Gilligan) 12 sessions, Wed., 9/11-12/11 (NO CLASS 10/9 & 11/27) 10:00 am-12 noon $65
RACHEL KOHL LIBRARY (Agnes Wilson-Bakow) 12 sessions, Fri., 9/20-12/13 (NO CLASS 11/29) 10:00 am-12 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) 2:00-3:30 pm $28

Art & Design

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

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

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 you have titled or own your assets?
Presenter: Christopher M. Murphy, Esq.
***CONCORD TOWNSHIP BUILDING
34 THORNTON ROAD, GLEN MILLS, PA 19342
Thur., 11/7 2:00 pm

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.
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.

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.

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.

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).***