

Senior Community Services' (SCS) Mission: To promote independent and meaningful living for older adults through direct services and programs in the home and community.

SCS Connection

SCS
SENIOR
COMMUNITY
SERVICES

Aging at Home Helps to Promote Health and Safety of Members

By Heather Dale

The key to remaining independent for many seniors means accessing the help and support they need to remain in their own homes in the community. For many, the tasks are not grand, but still integral to their lives. A reliable ride to a medical appointment, or assistance at the grocery store can make a real impact.

Luckily for seniors living in the Greater Lansdowne area, Aging at Home – A Community Network is able to provide the support that is necessary to remaining independent. Aging at Home provides assistance to seniors, mainly through volunteer services, living in Aldan, Colwyn, Darby, East Lansdowne, Lansdowne and Yeadon boroughs.

Aging at Home members, now that they have access to reliable and affordable assistance, have reported that they are able to regularly see doctors and obtain their prescription medications, decreasing the need to utilize emergency medical services, according to Christine Helmandollar, the program's director.

"By filling in small gaps in service, Aging at Home is helping seniors maintain their independence and also maintain or even enhance their health," Helmandollar said.

Vanessa Bonneau is 61 and disabled. When back pain consumes her body and she needs to run errands or make it to a medical appointment, her options for transportation are limited. Because Bonneau is under 65, she is ineligible for Delaware County's shared ride program, Community Transit. Her husband works full-time and uses the couple's car to get to work and until Bonneau learned about Aging at Home's transportation service, she relied on the kindness of friends to get around.

"It's been really wonderful and I have no gripes about it," said Bonneau of Lansdowne. "I think more people should take advantage of it."

Betty Whalen, also of Lansdowne echoed the same sentiment. She uses the transportation service whenever she or her husband, who has advanced Parkinson's disease, have medical appointments.

"Aging at Home is so different," Whalen said. "You call and tell them when you are finished, and usually they come right over and pick you up."

Both Whalen and Bonneau appreciate how timely the Aging at Home drivers are, but also the cost of the service. Members pay an annual fee of \$35 and each ride is \$5 roundtrip. The service is catching on in popularity and provides an average of 30 rides per week.

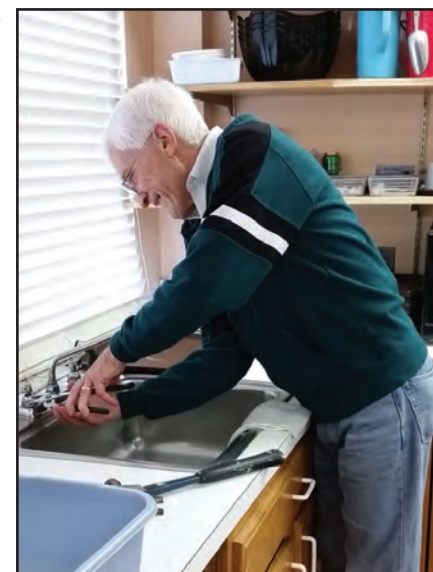
In addition to putting members physically in touch with medical providers, Aging at Home, through referrals to the APPRISE Program, has also allowed seniors to get information about Medicare and other insurance plans at no cost.

APPRISE is a free state-funded health insurance counseling program designed to help older Pennsylvanians with Medicare. APPRISE volunteer counselors are extensively trained by the state and ensure that the plans a

Medicare recipient is enrolled in, meets their needs – be it by finding the lowest premiums or a plan that fits their unique situation.

Aging at Home, through other programs offered by Senior Community Services, helps to provide socialization for homebound seniors who are at risk for isolation and depression. Members are able to attend Friendship Senior Center located on the campus of Mercy Fitzgerald Hospital in Darby and attend presentations and classes. Hot meals are provided daily at the center and members may also be eligible to receive home delivered meals to ensure proper nutrition, which is essential to remaining healthy and independent.

Aging at Home also offers a handyman service to make small repairs and make referrals to local contractors for larger jobs. The handymen volunteer their time and enjoy their interactions with members, realizing how important a small task, like changing a lightbulb, may be for a homebound senior.



"The needs of our members are as special and diverse as the members themselves," Helmandollar said. "Aging at Home allows seniors to access the services and supports that they need to ensure a high quality of life. Our staff and volunteers are driven by this mission and it shows." To promote the benefits of the program, members will be mailed a coupon book after the membership is received that offers discounts on home repairs, incentives and other valuable discounts. The booklets help to promote awareness of services and in turn, help connect seniors with services.

Seniors living in the area who wish to learn more about Aging at Home are urged to call 484-534-2201 to see what assistance is available. Those interested in volunteering their time and expertise are also urged to call or to visit Aging at Home on Facebook at: www.facebook.com/AgingatHomeSCS or their website at: <http://www.scsdelco.org/programs/aging-home.shtml>

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US Postage
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Lions and Tigers

By Arthur Weisfeld



One thing that we like to do as a family is to go to the Philadelphia Zoo. We never seem to outgrow it and there is always something new. Last time we went, we saw, amidst the animals, a fabulous sculpture exhibit of animals with the sculptures created out of the most surprising resources such as bottle caps. The Philadelphia Zoo is the oldest zoo in the country, founded in 1874 (although the Zoological Society of Philadelphia began in 1859). The zoo sits on 42 acres. As zoos go, that is a fairly small piece of real estate. For example, the San Diego Zoo is twice that size, and the Bronx Zoo is six times that size.

If you are a frequenter of zoos as we are, you know one thing: increasingly, zoos provide animals with the kind of space necessary to have full, rich lives with opportunities for ample exploration and socialization. To accomplish this goal, zoos have moved away from highly restrictive dwellings to far more spacious accommodations. It's not the same as living in the wild but it's still far better than it was. However, the Philadelphia Zoo specifically faced a particular challenge in enlarging their animals' homes: The zoo has little space. How do you expand opportunities for animals when there is no place to go? Enter, stage right, some pretty brilliant minds who came up with the idea that if the Philadelphia Zoo couldn't expand horizontally because it was hemmed in from all sides, then, it must go vertical. What does that mean? The animals would be given space to roam above their human spectators! Picture a maze of huge tubes several yards over your head. In those tubes you might see a snow lion or tiger traversing the Big Cat Crossing. Or perhaps a chimp or orangutan is sitting and watching you, meditatively. The zoo's creative way of addressing its space challenge produced an experience that is unique and exciting for the visitor, one worthy of goosebumps. And, in the future, the tube system is only going to expand. I've heard that the bears have already put in their request.

As I now write this column, it is 17 degrees outside, but 4 degrees with the wind chill factor. It is no time to go to the zoo. But, by the time you read this article, things may have taken a more favorable turn and a visit to the zoo is a distinct possibility for our family. I hope you, too, will consider one! But you would be mistaken to think that zoo promotion is my overriding purpose. Rather, my goal is to have us all think about how we go about solving those life problems that seem insurmountable. So easy is it, when we've hit a roadblock to believe there is nowhere else to go. But, when you have that feeling of despair, please consider, as our friends at the zoo discovered, that another way to go is available. And that way is up. Let's approach this new season with the spirit of innovation and novelty that it merits, and not confine ourselves to old and unproductive perspectives. Instead of moving on, we too, should move up.

Yearning for spring,
Arthur

In This Issue...

From the Executive Director	2
Above and Beyond	2
Family Caregiver Support Program	3
Hearing Discovery Center	3
Aging at Home	4
Care Management	4
Center Without Walls	4
Cognitive Stimulation Program	5
APPRISE	5
Volunteer Services and Outreach	5
Senior Center Program Highlights	6-7
Chester Senior Center	8
Friendship Circle Senior Center	9
Good Neighbor Senior Center	10
Schoolhouse Senior Center	11

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 Hearing Discovery Coordinator: Donna Schumacher

GSK IMPACT Award

By Lydia Messinger, Director of Development

GSK (Glaxosmithkline) and the United Way of Greater Philadelphia and Southern New Jersey announced 10 local nonprofits chosen as GSK IMPACT Award Winners - including Senior Community Services!

"There is an important connection between our health and our community," said Manager of GSK Community Partnerships Becki Lynch. "The more we understand this connection, the more we can improve it. [The 10] GSK IMPACT Award Winners show us how there are many ways to build a healthier Philadelphia region."

Going above and beyond, SCS' volunteers, board, staff, advisory councils, center members, program participants, and partner organizations collaborate each and every day to create a healthier community for older adults across Delaware County.

This is an extremely competitive and prestigious award, and everyone involved with SCS should be very proud – we are working together to make a great, and now award-winning, impact in our community!



A contingent from SCS and COSA were on hand for an award ceremony for the 10 GSK Impact Award winners, held at the GSK office in the Navy Yard in Philadelphia.

Legal Issues of Caregiving

By Debbie Templeton, Program Manager

As a caregiver, you should begin making legal preparations before or soon after your loved one has been diagnosed with a serious illness. People with Alzheimer's disease and other long-term illnesses may have the capacity to manage their own legal and financial affairs right now. But as these diseases advance, they will need to rely on others to act in their best interest. This transition is never easy. However, advance planning allows people with a long-term illness and their families to make decisions together for what may come.

Clearly written legal documents that outline your loved one's wishes and decisions are essential. These documents can authorize another person to make healthcare and financial decisions, including plans for long-term care.

To give your loved one the best care possible, obtain legal advice and services from an attorney. If the person you're caring for is 65 or older, consider hiring an attorney who practices elder law. As you plan for the future, ask the attorney about the following documents:

A will - is a document created by an individual that names an executor (the person who will manage the estate) and beneficiaries (those who will receive the estate at the time of the person's death).

A power of attorney - gives a person (the principal) an opportunity

to authorize an agent (usually a trusted family member or friend) to make legal decisions when he or she is no longer competent, or physically able. There is no standard power of attorney; thus, each one must be geared toward an individual's situation. It is important for the caregiver to be very familiar with the terms of power of attorney because they spell out what authority the caregiver does and does not have.

A durable power of attorney for health care - appoints an agent to make all decisions regarding health care, including choices regarding health care providers, medical treatment, and, in the later stages of the disease, end-of-life decisions. This means that the agent may authorize or refuse any medical treatment for the principal. This power only goes into effect once the principal is unable to make decisions for himself.

A living will - allows the person to state – in advance – what kind of medical care he desires to receive and what life-support procedures he would like to receive or withhold. This is used if he becomes terminally ill or incapacitated and unable to make their wishes known.

Living trusts - enable a person (the trustor) to create a trust and appoint them self or someone else as trustee (usually an individual or bank) to carefully invest and manage trust assets once the grantor is no longer able to manage finances because of impairment.

If you wish to act on any of the above, contact an elder law attorney or legal assistance of Delaware County at 610-874-8421.

THE HEARING DISCOVERY CENTER

By Donna Schumacher, HDC Coordinator



Has anyone visited the new Wegmans that just opened in Glen Mills? I was out there last weekend – and it is just as I remembered from the stores I used to visit when we camped just outside Coatesville and upstate PA. The store is clean, HUGE, and has so much to offer. It is amazing. You can go and have a nice lunch or dinner. If you have young children – there is a whole section for you too!) and then go shopping!

The variety is amazing BUT the news about Wegmans that brings music to the “ears” of those with hearing loss is that they will soon be offering another option. In two designated “looped” aisles, concealed technology that can erase background noise and make it easier for customers with hearing loss to converse with store clerks and others will be present. The technology — which works with hearing aids or implants with telecoils, or T-coils — has been available for decades and is used in places such as churches and auditoriums. Hearing loops eliminate distractions caused by background noise, reverberation or distance.

Wegmans was first alerted to the technology by Janice S. Lintz, a New York City resident whose daughter has hearing loss and who has spent more than a decade advocating for loops in public places. Lintz said she

approached Wegmans because she viewed the chain as innovative, thinking, “If I can get one supermarket chain to add it, then all the supermarket chains would add it. I'm thrilled they're rolling it across their brand.”

The looping systems were installed in 17 stores last year. The grocer now plans to install the stations in all 88 stores in six states by the end of the year. Besides checkout lanes, loops are available at the pharmacy and customer service department. “We want to provide customers with hearing loss a better way to ask questions, an easier shopping experience,” said Jo Natale, a Wegmans spokeswoman. “We want them to be comfortable in our stores.” Signs will alert customers to loops, but the only other visible signs are small black microphones attached to the credit card readers at service counters and checkout lanes. The systems are designed to be unobtrusive, and store employees and non-hearing-impaired customers might never know when it's in use, said Sarah Guthall, Wegmans' IT zone technician for Maryland. Users only need to flip a switch on their hearing aid to activate the T-coil.

So kudos to Wegmans! Not only do they offer a great shopping and dining experience with great prices, they also are attuned to the needs of their customers and are willing to go the extra mile to provide those with “hidden” disabilities are great shopping experience as well.

Home Maintenance Tips for Spring

By Christine Helmandollar, Director



After a long, dark winter, spring's bright sun and warmer temperatures are a welcome change. However, there is a downside. The winter is hard on our homes. We may see a cracked sidewalk, dusty curtains, and dead plants in last year's flower beds. Aging at Home invites you to be proactive and participate in the following projects so you can start that home improvement project you have put off all winter:

- **Spring Garden Prep**
April 5 at 12:30 p.m. at the Yeadon Library and May 4 at 2 p.m. at the Collingdale Library
Learn helpful hints and tips to prepare your flowers and garden for the 2016 growing season. Ways to beautify your property on a budget will be discussed. These classes will help participants learn how to manage their own personal garden and property or possibly lend a hand to a senior in the neighborhood.
- **Handymen Classes**
March 9 at 1 p.m. (indoor projects will be discussed) and May 17 at 1 p.m. (outdoor projects will be discussed)
In these classes the handymen of Aging at Home share their tips and tricks to keep your home projects on track and on budget. Smoke and Co2 alarms, drapes/blinds, gutters, rugs, railings will be discussed during both the March and May classes.

Registration for the classes is appreciated. Please call Aging at Home (484-534-2201) to register.

The Aging at Home program supports older adults so they age well at home.

Once seniors have paid the \$35 annual fee to become members of Aging at Home, they will also receive a coupon book that offers discounts on home repairs, incentives and other valuable discounts. Seniors living in the area who wish to learn more about Aging at Home are urged to call the program at 484-534-2201 to see what assistance is available.

Aging Well in Delaware County

By Trindy Grundy



Father Time continues to creep up on us and before we know it, our children are grown, our grandchildren are graduating from college and starting their careers and we are saying "Where has the time gone?"

It matters not if you are involved in a senior center, faith-based group, going to a hair salon, or shopping. Once you begin a conversation with someone, eventually you end up discussing how time has passed so quickly.

As we age, the key is to "age well." Key components to aging well were presented in a December 2015 AARP special report. Four older adults, each living with their own unique challenges (Crohn's disease, obesity, chronic pain, and osteoarthritis) shared their struggles and plan of action to age well.

Over the next few months, the Long Term Care Department will present topics of interest to address aging well in Delaware County. An outline of the topics includes exercising, good nutrition, finding resources and providers in time of need, and financial management, including finding unclaimed money and property.

SCS' mission is to "promote independent and meaningful living for older adults through direct services and programs in the home and community." We will also share information on getting your home in order as well as legal resources, volunteer opportunities, alternative housing options, and Medicare health insurance counseling. You do not want to miss it!

CWW Kicks Off Spring with a Variety of Offerings

By Farah Esfahani, CWW Coordinator



Dear Friends:

Center Without Walls (CWW) spring semester classes will start this month. The program will offer art and fitness classes, AARP driver education, and a number of very informative and valuable presentations relevant to the needs of older adults.

I would like to welcome two new art instructors. Marie Gilligan will teach watercolor classes at Aston Community Center. Marie has studied at the Pennsylvania Academy of Fine Art, the Wallingford Community Arts Center and with many noted watercolor artists. She has exhibited her work in Delaware and Chester Counties. Anne Dempsey will teach drawing classes at Aston and Concord. Anne has a BS degree in art education and has taught at William Penn Adult Education Program, the Wallingford Community Arts Center, and Darlington Art Center in Garnet Valley.

Agnes Bakow will continue to teach watercolor classes at Brookhaven and the Rachel Kohl Library. Helen Baur's watercolor classes will be held at the Concord Senior Center. Chair yoga classes at Brookhaven and Springfield with Don Simpson and Zumba classes with Lavinia Ferguson at Aston will begin the second week of March.

Following are highlights of some of the free educational presentations we have scheduled for March and April. On April 6, Robert and Dana Breslin, Esq. will offer a presentation on "Housing Options – What are the Different Housing Options and How Do They Work?" Medicare 101 by APPRISE program manager Glenda Radical will be held on April 13. The Book Club meeting is scheduled for March 16. Dianne Caggiano will continue to be the facilitator for this discussion group. The above programs will be held at Aston Community Center.

Medicare individual counseling services will be offered by APPRISE counselors on March 30 and April 27 at the Springfield Township Building.

The Eating Smart Series will be held at Brookhaven on March 15 and April 19.

Please contact me at (484) 496-2143 or fesfahani@scs-delco.org if you have any questions about our spring semester program.

Travel Through Time, One Memory at a Time

By Dorothy Darragh, Cognitive Stimulation Program Manager

The Cognitive Stimulation Program (CSP) brings memories to life every month for hundreds who enjoy the memory kits. Here is an acknowledgement of several anniversaries that complement three of our topics:

Movies

Alfred Hitchcock's iconic horror film *Psycho* turned 55 on August 4. The Oscar-nominated psychological thriller caused controversy with film censors around the world. Famous for its shocking shower scene, people queued in long lines to see the film, which had a strict "no late admissions" policy imposed by Hitchcock himself.

Christmas

A *Charlie Brown Christmas* (honored with Emmy and Peabody Awards) became an annual broadcast in the United States and has been aired during the Christmas season traditionally every year since its premiere on December 9, 1965. Its jazz soundtrack has gone triple platinum in the US, live theatrical versions have been staged and ABC currently holds the rights to the special and broadcasts it at least twice during the weeks leading up to Christmas.

Famous Black Americans

The first day of December marked the 60th anniversary that Rosa Parks, a seamstress in Montgomery, Alabama, was arrested for refusing to give up her bus seat to a white patron. The boycott led to the city adopting an ordinance to allow black patrons to sit anywhere on city buses.

So what will we find to spark memories in 2016?

Toys of Childhood: Lincoln Logs (100th birthday) invented by John L. Wright, son of Frank Lloyd Wright in 1916.

Let's Go Shopping: Piggly Wiggly, a self-service supermarket, opened in Memphis, Tennessee in 1916.

Fashion: 1916 Hobble dress and double skirted midcalf dress.

To enjoy and share memories, contact me at 484-496-2144 or ddarragh@scs-delco.org and remember.

Seasonal Opportunities Available with the Delaware County APPRISE Program

By Glenda A. Radical, APPRISE Program Manager



The Delaware County APPRISE Program is looking for Delaware County residents to become Seasonal Medicare Saving/Extra Help Program Outreach Workers.

The APPRISE Program is seeking six outreach workers to enroll Delaware County residents into the Medicare Savings Program (MSP), which is a Medicare program that helps pay for a Medicare beneficiary's payment of Medical premiums, co-pays, and deductible. The workers will also help enroll eligible beneficiaries into the Extra Help Program (LIS), which is the Medicare program that helps Medicare beneficiaries pay for monthly prescription premiums and lower cost of prescription drugs.

The Delaware County APPRISE Program is looking to stipend individuals from three communities. They are as follows: the disability community, a faith-based community, and the senior adult community. The qualified individuals will receive a set stipend amount per application they complete correctly.

The qualified applicants will identify and enroll Delaware County Medicare beneficiaries into these programs. The eligible applicants must be 25 or older, be able to work independently, be knowledgeable of the Delaware County area, have their own car, be insured, and hold a valid driver's license, be computer capable and comfortable, and have access to a functional computer.

If you have interest in becoming a Seasonal Medicare Savings /Extra Help Programs Outreach Worker please feel free to contact me at 484 494-3769.

Volunteer Profile: Ruth Whisett

By Michele O'Brien

Just about any time you stop into Good Neighbor Senior Center, you will find veteran volunteer Ruth Whisett. A longtime member of the center, Ruth is very active in the kitchen, where she helps prepare and organize meals for home delivery.

"Miss Ruth is my guardian angel ... she commits to 24 to 30 hours weekly and never misses a day," said Shacoy Walker, the food service manager at Good Neighbor. "She is always full of enthusiasm and eager to help me complete whatever task is needed in the kitchen. When I am out, she runs the kitchen."

Ruth credits her family for her strong work ethic. She said that her mother told her to "help everyone because you never know whom you might need help."

Prior to working in the kitchen, Ruth delivered meals for the SCS home delivered meal program for many years. Ruth says she began delivering meals "back in the day when we had 30 to 40 meals on the route."



Ruth is extremely proud of her family. She is mother to 5 children, grandmother of 13 and great grandmother of 32. Ruth especially enjoys her grandchildren's graduations. She attends all of them and her family ensures that there is always a large contingent to cheer on the graduate!

When asked why she devotes so many hours to volunteering Ruth says, "I don't mind helping. I like doing things." Ruth also talks about how nice it is to help the other center members who can't help themselves.

In addition to her kitchen responsibilities, Ruth helps to distribute the bread and produce. She also helps with the center's Bingo game and started a weekly Pokeno game at the center.

Ruth and other volunteers like her are the reason Senior Community Services is able to service the needs of seniors in our community. To learn about becoming a volunteer, please contact me at 484-496-2149 or mobrien@scs-delco.org.

Senior Center Highlights...

Below is a calendar of events at each of our four senior centers. For details and more information on any event, please contact your center director or visit www.scs-delco.org

➤ ARTS AND CRAFTS

Card Making

Mondays at 2:30 p.m.

Schoolhouse

Card Making & Stamping

March 8, 22, and April 12, 26 at 11:15 a.m.

Chester

Making your own cards communicates caring and personalization. It can also save you a lot of money.

Pencil Drawing and Watercolor Arts

Mondays at 12:30 p.m.

Chester

Cost: \$5

All are invited to come and learn the basics of pencil and watercolor art. Enhance your artistic abilities in various media.

Woodcarvers

Mondays at noon

Schoolhouse

Members create extraordinary art from wood.

No Knot Knitters

Tuesdays at 12:30 p.m.

Schoolhouse

New knitters or experienced, join us as we make special gifts for special needs. Those who crochet are welcome, too.

Ceramics

Thursdays from 11:15 a.m. to 1 p.m.

Chester

Create beautiful pieces of ceramic art using various stains, glazes and firings. Ceramic pieces are available on site, but participants may bring their own.

Sewing

Fridays from 10 a.m. – 1 p.m.

Chester

Learn to create your own beautiful works! Beginners to advanced sewers are welcome.

Basic Drawing

Wednesdays from 9:30-11:30 a.m.

Schoolhouse

Cost: \$5/class – Please pay the instructor,

Mary Ash.

Learn to draw with pencil and charcoal. Drawing is basic to all art. Take this class to build your skills.

Calligraphy

Introduction: Tuesday, March 8 at 10 a.m.

Regular Sessions: Tuesdays, March 29-May 10 and May 31 to June 23

Cost: \$45 members/\$55 non-members

Friendship Circle

Instructor Dorothy H. Idris, Ed.D, will provide experience in both alphabetic and pictographic styles. The class will enable participants to complete at least 2 pieces of work with the goal of presenting a “mini-exhibition” at the conclusion. The initial class is FREE and will enable students to meet the instructor, find out the content of each session, and learn what equipment will be needed.

Coloring Corner

Fridays at 11 a.m.

Friendship Circle

As we grow older, we tend to put aside our crayons and colored pencils in favor of more advanced writing tools such as pens. However, coloring can be highly beneficial for adults, especially for its de-stressing power. The practice of coloring helps to generate overall wellness by stimulating brain areas related to motor skills and creativity.

Watercolor Painting

Wednesdays beginning April 13 from

1:45-3:45 p.m.

Schoolhouse

Cost: \$50 for 10-week session

Beginner through advanced students are welcome. The instructor will focus on individual needs as she teaches various approaches and techniques.

➤ DISCUSSION GROUPS

Friendship Circle Cancer Support Forum

Second Monday of each month beginning

April 11th @ 6 p.m.

Friendship Circle

This group provides support for cancer patients, caregivers, survivors, and the community in a caring atmosphere. Learn what questions to ask your doctor, how to keep track of your treatment schedule, what to expect from treatment, and other resources.

What's New(s)

Second & Fourth Wednesdays at 10:15 a.m.

Schoolhouse

Sandi Thompson leads the conversation about current headlines or the talk of the town.

Caregiver Support Group

Tuesday, March 1 at 3 p.m.

Chester

Join this group to receive support from professionals and other caregivers as we share experiences, resources, and information to help each other through the caregiving process. Stay tuned for special guest speakers.

“The National WWII Museum”

(Senior Learning Network Series)

Friday, May 20 at 1 p.m.

Friendship Circle

Cost: \$1 members/\$2 non-members

An interactive virtual museum tour – Originally founded as the D-Day Museum, it is now the top-rated tourist destination in New Orleans and an unforgettable way to experience World War II—from industrial efforts on the home front to the combat experience of the American soldier abroad. Honor the generation that sacrificed so much to secure our freedom.

Bible Study

Tuesdays from 6-7:30 p.m./Wednesdays at

10 a.m.

Chester

Share in the knowledge and life in the word of God. Join Pastor Allen Jones in this inspirational study group!

Book Club

Wednesday, March 16 & April 20 at 12:30 p.m.

Chester

Do you love to read? Come discuss and enjoy reading the book for the month. Books are on loan from the J. Lewis Crozer Library.

Kitchen Table Stories

Fourth Thursday at 10 a.m.

Schoolhouse

This fun, ongoing program encourages you to tell your favorite stories from all stages of your life. Marian Mullahy facilitates.

➤ FITNESS

Aqua Easy

Schoolhouse @ Ridley YMCA (900 South Ave., Secane)

M/W/F from 9 to 9:30 a.m. (3 times a week for 7 weeks) Cost \$70

Wednesdays only from 1-1:45 p.m.

Cost: \$35/7-week session

An easy-to-follow, low-impact exercise performed in the shallow end of Ridley's YMCA pool. No “Y” membership needed.

...More Highlights

Aqua Jogging

Schoolhouse @ Ridley YMCA (900 South Ave., Secane)

M/W/F from 9:30-10 a.m.

Cost: \$70 for 7-week (21 day) session

Held in the pool's deep end with buoyancy belts. Exercises are aimed to improve range of motion and strengthening muscles. No "Y" membership needed.

Cardio & Strength Training Exercise

Tuesdays at 5 p.m.

Chester

This is a moderate-level exercise class that helps to improve strength, flexibility, and endurance. This class uses mats, weights, and other equipment. Private personal training and fitness sessions are available after each class for a nominal fee.

Line Dance Classes

Thursdays at 1 p.m.

Chester

Tuesdays at 2:30 p.m.

Schoolhouse

Cost: \$1

Come and learn the latest line dances while having fun and exercising.

Sit & Get Fit

Tuesdays and Thursdays from 10:30-11:15 a.m.

Chester

Strengthen muscles, burn calories, and improve movement and flexibility. Use light weights and bands for safe and gentle exercise, toning, and stretching.

Tap Dancing

Wednesdays at 11 a.m.

Chester

Learn this legendary dance form in a fun atmosphere and get fit all at the same time! Tap shoes are recommended but not required.

Gospel Aerobics

Wednesday, March 2, 10, 16, and April 6, 14, 20 at 10 a.m.

Chester

Join this fun spiritual exercise program! Improve your physical and spiritual health through low impact exercise done seated and standing.

Chair YOGA

Wednesday March 2, 9, 16, 23, 30 and April 6, 13, 20 at 11 a.m.

Chester

Wednesdays at 3:15 p.m.

Schoolhouse

Cost: \$35 for 10-week session or \$4 per class (pay as you go)

Get the full benefits of yoga (strength and flexibility) without the difficulty of reclining or returning from the floor.

Healthy Steps

Tuesdays and Thursdays at 10 a.m.

Schoolhouse

Begin with a peaceful warm up, followed by light aerobic conditioning and closing with a relaxing cool down. Instructors Pat Phillips and Betty Schumucker lead this class located in the second floor conference room.

Laughter Yoga

Second & Fourth Thursdays beginning April 1 at 12:30 p.m.

Schoolhouse

The body and mind heals with laughter. The spirit heals with joy. That's the Laughter Yoga experience! This class is free thanks to a gift from The Residence at Glen Riddle.

Sit and Get Fit

Monday, Tuesday, and Thursday at 10 a.m.

Schoolhouse

While seated, using light weights and bands, we strengthen muscles, burn calories, improve movement and flexibility.

Yoga

Tuesdays beginning April 19 at 9 a.m.

Schoolhouse

Cost: \$40 for 10-week session

Yoga promotes strength, flexibility, balance and focus. Instructor Dotti Gre, is a licensed physical therapist.

Zumba

Tuesday, March 1, 15, 29, and April 12, 26 at 11:15 a.m.

Chester

Enjoy this popular, lively, form of fitness. Exercise to lively music that allows for generous body movement and improve flexibility, strength, tone, and overall fitness.

➤ HEALTH, NUTRITION AND WELLNESS

Vision Care

Thursday, April 14 at 10:30a.m.

Learn about macular degeneration and receive a free eye glass repair and cleaning!

Nutrition Talk w/Cooking Demo

Fourth Tuesdays at 12:15 p.m.

Schoolhouse

A fun, interactive, delicious way to learn

how to make smart eating choices. Sponsored by Penn State Extension

Just Say Yes—Healthy Eating

Wednesday, March 23 & April 27 at 12:30 p.m.
Chester

March Topic: Healthy Portion Sizes:

Cucumber Dip

April Topic: Easy Meal Planning: Avocado & Tomato Salad

➤ LANGUAGE AND LITERATURE

Conversational Spanish

Wednesdays beginning March 16 until May 4 at 1 p.m.

Cost: \$24 members/\$32 non-members

Friendship Circle

Learn some basic phrases in Spanish with instructor Thomas Bannan. This 8-week class will cover greetings, introductions, basic questions you may need to ask when traveling, vocabulary and grammar for beginners. Participants will have opportunities to practice during in-class activities.

Hot Tea/Books

1st Monday of each month at 1 p.m.

Friendship Circle

What are the top 4-5 books flying off the shelves at the library each month? You might be surprised at some of the topics. Engage in a lively discussion while enjoying a cup of refreshing tea. A review follows each book.

➤ TECHNOLOGY

Computer Tech Talk Group

First Wednesday of each month at 1:30 p.m.

Friendship Circle

Share information and learn from each other. Get your computer questions or problems resolved. Free Wi-Fi available.

Computer Tech Talk Group

First Wednesday of each month at 2:30 p.m.

Schoolhouse

We will share information and learn from each other. A chance to get your computer questions or problems resolved. There's room for every level of experience so bring your pad, pencil and expertise. Free Wi-Fi available.

Computer Basics

Mondays March 7 and 14 from 1-2 p.m.

Schoolhouse

Cost: \$25

You don't need to fear computers any longer. Instructor Beth White will get you started using the mouse, keyboard and Internet.

continued on page 12

Chester Chatter



I am so excited for the arrival of spring! At last, warmer days, lots of sunshine, flowers blooming, and the newness of the season! I am also excited about all that the Chester Senior Center has planned, especially our community outreach. Come out and enjoy one of our Community Week events. Learn, connect, grow, and be involved!

March 8 from 10 a.m. to 1 p.m. –
National Consumer Protection Week hosted by the PA District Attorney General

March 10 at 10:30 a.m. –
Coffee, donuts, and conversation with the Chester Police Department

March 18 from 10 a.m. to 2 p.m. –
Community Awareness Day: Connect with valuable community services that can help YOU!

Chester Travelers

Midway – Harrington Casino
March 30 and April 27 at 9 a.m.

Includes transportation, free luncheon buffet, and \$10 coin bonus! Cost: \$25

Finger Lakes, New York – June 23-25
Cost: \$400 members/\$425 non-members

Neil Simon's *Rumors* at Hunterdon Hills
May 12
Cost: \$100 members/\$120 non-members

Englishtown Auction & Flea Market
Saturday, June 11
Cost: \$40 members/\$50 non-members

Wildwood, NJ – June 20-23
Cost: \$375 members/\$405 non-members

Motown Showdown in Atlantic City – July 11
Cost: \$40 members/\$45 non-members

Columbus Flea Market – September 10
Cost: \$40 members/\$50 non-members

Ocean City, Maryland – Aug. 29-September 2
Cost: \$625 members/\$650 non-members

Cape Cod & Martha's Vineyard
African American Heritage Tour
October 3-7
Cost: \$640 members/\$670 non-members

Myrtle Beach, Savannah and the Holy Land, FL
September 17-25
Cost: \$1,010 members/\$1,040 non-members

Please stop in or call for complete trip details!

March and April Special Events!

African American Writers –
Thursday, March 17 at 11 a.m.

Learn about contemporary African American authors. Hear their stories, and learn of their great works. You just might be surprised!
Presented by Victorian Vanities, Inc.

Women's History Celebration –
Wednesday, March 23 at 1 p.m.

Share in a riveting, live reenactment performed by Dr. Daisy Century, who takes on the character of Mary Fields also known as "Stagecoach Mary," a gun-toting freed slave in the Wild Wild West and the first female black mail carrier in America!

Good Friday Theater –
Friday, March 25 at 6 p.m.

Enjoy a showing of the fabulous play, "IN-SPIRA – The Power of the Spiritual," written by Dr. Amanda Kemp. Share in this story of West African jazz-inflected spirituals. From the opening notes of "Hush, Somebody's Calling My Name" to a classical violin mashup of text and voice featuring Lincoln's Emancipation Proclamation and Dr. King's speech; from Tiananmen Square protesters, "We Shall Overcome" in 1989 to the piece's climax "Ferguson Diaries," IN-SPIRA creates breathing space for people to share grief, anger and love.

Ten Surprising Discoveries About Ancient Healthcare – Thursday, April 14 at 11 a.m.

There is always a lot of research going on in health care. Modern archeologists are discovering surprising things about antiquated health care practices and treatments. Let's talk about what we know and what we think we know.

Annual Volunteer Luncheon –
Thursday, April 14 at 12 p.m.

Saluting all of our wonderful volunteers for their invaluable service at a luncheon at the Lazzaretto Ballroom! Thank you Chester Senior Center volunteers for ALL you do!

Red Hatter Cabaret –
Friday, April 22 6-10 p.m.

Great music, dancing, food and drinks. Now that's an old fashioned Cabaret! See any Red Hatter for tickets or go to the front desk!

Basic Computer Class
Session I

March 14, 21, 28. April 4 from 12:30 – 2 p.m.
or

Session II (TUESDAY EVENING)

March 8, 15, 22, 29 from 5:30-7:30 p.m.

Cost: \$25 members/\$30 non-members

Intro to Word

April 11 and 18 at 12:30 to 2 p.m.

Cost: \$10 members/\$15 non-members

Exploring the iPad, Nook and Other Tablets
May 2 from 12:30 to 2 p.m.

No fee

or (TUESDAY EVENING)

April 5, and 12 from 5:30 to 7:30 p.m.

No fee

SmartPhone Smarties

April 25 from 12:30 to 2 p.m.

No fee

Social Media Fun

(TUESDAY EVENING)

April 26 from 5:30 to 7:30 p.m.

No fee

Basic Graphic Design 101
(TUESDAY EVENING)

May 10, 17, and 23 from 5:30 to 7:30 p.m.

Cost: \$20 members/\$25 non-members

Electronics Club

Tuesday, Wednesday, and Thursday from 10:30 a.m. to 2 p.m.

Bring your tablet, laptop or smart phone for peer-to-peer learning! No fee

March & April Birthday Celebrations
Fridays, March 25 & April 29 at 11 a.m.

Celebrate March and April birthdays with live entertainment, a delicious lunch, and fun among friends! Members with birthdays in March or April will receive a complimentary meal for that month's party. The cost for other guests is \$2. Please sign up at the front desk.

Red Hat Society

Tuesdays, March 29 & April 26 at 12:30 p.m.

Join the fun with the Red Hat Ladies!

Friendship Facts



I'm excited to announce that Spring Center for Life Long Learning Classes are back! Thanks to a vast array of opportunities available in our catalog of classes, minds will be more stimulated, bodies will be more active, and spirits more fulfilled. A healthy mind, body, and spirit connection is critical to getting the most out of life at any age. Although there are many informal ways to be a lifelong learner such as reading a newspaper or working crossword puzzles, more structured programs offer the ability to explore the world, foster a sense of personal empowerment and increase self-esteem. Our classes and educational programs ensure continued growth and intellectual stimulation which ultimately leads to a more fulfilling, enjoyable, and enriched lifestyle.

Exercise is critical and continued education is just as important. Education and information is for the brain what exercise is for the heart. Brains need to be nurtured and life-long learning can be considered a health club for the mind, body, and spirit.

Dancing your way through our cardio class, expanding your computer knowledge, learning the beautiful art of calligraphy, engaging in brain health activities and discussion groups, or volunteering your time to deliver meals to the homebound are all ways to stay active and connected to life. Friendship has all this and more!

Sign up for Spring CLLL classes by calling 610-237-6222, visiting the center in person, or online at www.scs-delco.org.

Larry's Snack Bar

For your snacking enjoyment, Larry's Snack Bar is adding an additional day! Larry will now open his snack bar in the dining room Mondays as well as Thursdays from 10 am. to 12 p.m. All snacks are \$0.50-\$1.

COLORING CORNER

**Fridays at 11am
FREE Program!**

Cynthia Johnson will assist you with this stress-free activity that relaxes your mind so it receives the rest it needs. The inherent fun of coloring is linked to de-stressing properties.

Top 5 Benefits of Adult Coloring:

1. Provides opportunities for social stimulation
2. Reduces stress and anxiety
3. Trains your brain to focus-forget about worries and live in the moment
4. Strengthens fine motor skills
5. Coloring lets you be you!

All coloring pages, colored pencils, and additional supplies are provided at no cost. Like us on Facebook and check out the video of our NEW Coloring Corner for a sneak preview!



Mary Joyce Johnson (left) and Martha Coppins enjoying our NEW Coloring Corner on Fridays at 11am. Our adult coloring group provides an opportunity to socialize, relax and reduce stress. There is no fee for this program and all supplies provided at no cost.

SATURDAY CLASSES RESUME MARCH 5

Zumba at 10 a.m.

Flow Yoga at 11 a.m.

Pool Room open from 10 a.m. to 12 p.m.

PINOCHLE TOURNAMENT

Saturday, March 12

Doors open at 10 a.m. for registration

Tournament play is 11 a.m. to 4 p.m.

Winners receive awards!

Cost: \$12 (includes lunch and trophies)

****You must bring your own partner to play****

For further information, please contact Donna Schumacher at 484-534-2033 or

dschumacher@scs-delco.org

Friendship Outings

Ace in the Hole Dinner Theater

“Signed, Sealed, Delivered, They’re Yours”

Tribute to Stevie Wonder and Diana Ross

Date: Thursday, May 19

Time: Leave the center at 9:30 a.m. and return by 5:30 p.m.

Cost: \$95 (includes transportation, show, lunch, taxes, and gratuities except driver tip)

Full payment is due by April 18.

For more trip information, contact Donna Schumacher at 484-534-2033 or dschumacher@scs-delco.org

Sunshine Wishes

Esther Booker, get well soon ... we miss you!

Deepest Sympathy

Our prayers go out to the friends and family of Jill Boone. Our thoughts are with you during this difficult time.

Chatting with Barbara

By now, most of you know that I have been here at Good Neighbor since January 20 as the interim director. The staff and I have been very busy, along with a host of volunteers, planning the many activities for February, especially the pot luck lunch for Valentine's Day, because I am sure you all know there are many of us seniors who have no one with whom to celebrate the day. This was a staff idea and with the help of many volunteers, the event was planned and executed with no cost to the center. It was wonderful, and much appreciated.

The Black History Program was great. There was a "Guess Who" quiz with prizes awarded. Many members spoke about "back in the day." And to top it off, we celebrated with a down home lunch attended by 89 participants. February was also Heart Awareness Month, and our next event will be presented by Widener University nursing students who are in our center checking blood pressures weekly. They will connect the blood pressure screenings to heart problems. We will distribute literature and give out pins as reminders. There will be a heart healthy snack served for breakfast. Although February is Black History and Heart Awareness Month, with Valentine's Day, it is also a month for Good Neighbor members to come out, volunteer, and share the love we have for each other.

March is Women's History Month and, although it will be the end of my stay as director, it will not be the end of my membership. Hopefully, the calendar will be just as busy.

GOLDEN RULE: *Do unto others as you will have them do unto you and remember: Love Lives Here.*

Ruby Red Hatters

Meets Every Fourth Thursday of the month at 1 p.m.

Come and join our social club, the Ruby Red Hatters group for outings, fellowship and special events. We are a network of mothers, daughters and grandmothers that are over fifty and fabulous.

Kitchen Table Stories

Every Third Tuesday at 11 a.m.

This fun, ongoing program encourages you to tell your favorites stories from all stages of your life. Marian Mullahy facilitates.

Blood Pressure Screenings

Students from Widener's nursing program are on hand Thursdays from 10 a.m. to 1 p.m. to perform blood pressure checks.

Men's Discussion Group

Mondays at 10 a.m.

This group meets weekly to discuss relevant issues facing our male participants. This group is facilitated by Reuben Hoggard.

TRIPS AND ADVENTURES

Casino Trips

Second Wednesday of Every Month

Come with Good Neighbor Senior Center and get lucky! We will leave the center at 10 a.m. Pay \$25 and get \$25 back in a slot /play package. Questions or comments please contact Sylvia at (610) 586-8170. Sorry no refunds.

Sight & Sound's Samson

Tuesday, March 22

Enjoy the fabulous biblical story of Samson told in story and song. Includes ticket to the show, lunch at Shady Maple, and transportation. ***Sorry No Refunds***

Cost: Members: \$125/Non-Members: \$135

New Orleans: June 18 – 26 (9 days and 8 nights)

Members: \$799/ Non-members: \$829

9 Days & 8 Nights

For pictures, video and information visit: www.GroupTrips.com/TabermacleofPraise

For information & reservations contact Carole Badgett @ 610-586-8170.



Kim's Korner



Dear Friends,

Boy, spring just can't come fast enough this year! I have never known a winter where people have struggled with viruses like this one. Please remember to use the sanitizers on the tables and most importantly, wash your hands frequently and make a consistent effort not to touch your face.

There is another rampant epidemic: scams targeting mature adults. Every day, I hear more and more people tell me of the shameless calls they get. Here are the most popular:

You get a call from the IRS saying you owe money. The IRS doesn't call people – this is a scam, hang up.

You get a call saying there is an arrest warrant. If there was an arrest warrant, the police wouldn't call you, they would arrest you. Bail bondsmen don't call either.

You get a call posing as your favorite grandchild; they trick you into saying their name. The grandchild is supposedly in trouble and doesn't want to call the parent. He or she pleads with you to go buy a gift card at CVS. If you have a doubt, hang up and call your grandchild at their regular phone number.

You can report these abuses to the Attorney General's office. If the calls are coming from overseas, they cannot prosecute the perpetrators, so it's up to you to hang up. I recommend getting caller ID, an answering machine and screening your calls. If you don't recognize the name or number, don't pick up. Register your name on the Do Not Call Registry for unwanted calls. This won't stop the scammers but it will decrease the number of solicitation calls you get. If you need help, ask. We are happy to help.

We all know this one: never give out information over the phone unless you know who you are talking to. If you have a doubt, call the person back at a number you already have for them, like the back of a credit card.

Stay safe and enjoy your spring!

Love,
Kim

Sunshine Wishes

Joan Lynn, Barb Percival, Ginny Schembs, Marie McCauley, Diane Clift, Lois Yost, Pat Carroll, Helen Baur, and Charlotte Hagopian

New Classes

Sayre and I are very excited about the new semester. There are so many opportunities to learn new things, get involved, or even to try a new art form. One of the newest efforts is to offer video classes in which you can see and interact with the instructor using a microphone and see yourself on TV. Our first video class will be on March 1st. In this class you will learn about the 100-year anniversary of the National Park System complete with photos of amazing scenery.

The second one, which will be broadcasted from Hyde Park on April 7 at 12:30 p.m., will be about Eleanor Roosevelt.

Keep an eye on the calendar to see when other video classes are scheduled.

Thank You To:

- The Advisory Council for paying for the entertainment for the New Year's Eve, Mid-Winter and St. Patrick's Parties and also the spectacular Holiday Party!
- Dove Health Care for doing the photo booth for the Mid-Winter Party.
- The Residence at Glen Riddle for sponsoring our Laughter Yoga Class!

Congratulations to the Winners of the 2016 Council Election:

JoAnn Campbell, Carole Fisher, John Girolami, and Jean Meserole

Condolences

Our sincere sympathy to the family and friends of: Jim Rudolph, Dolores Jester, Anita Farrell and Harriet Walters.

Schoolhouse Vacations

Monday, June 6 - Friday, June 10 Niagara Falls, Ontario - Passport required, apply early! Four nights lodging, 4 breakfasts, 4 full-course dinners, tour Niagara, Toronto, and FX Chocolates, visit Niagara Fallsview Casino. Luggage handling, all taxes, meal gratuities, and motorcoach transportation. Cost: \$599 per person (double occupancy)

Friday, July 22 - Tuesday, July 26 Cruise, Cruise Cruise! – Islands, Lighthouses and Tall Ships, Connecticut, Massachusetts, New Hampshire, and Maine.

Four nights lodging, Thimble Island Cruise, tour historic Salem, USS Constitution Museum, Southern Maine Tour, Onunquit Nature Cruise, travel NH Scenic Coast, travel Scenic Railway, Gloucester, Boston, Foxwoods Casino, Tall Ships Adventure, and so much more. Three dinners including a Maine lobster bake and a brunch cruise. Cost: \$705 double occupancy/\$895 single occupancy

**Travel insurance strongly recommended. \$80 per person

Schoolhouse Travel

Please bring valid photo ID and health insurance cards on all trips!

Thursday, March 10 – Sands Casino at Bethlehem \$20 slot credit, \$5 food voucher. Leave at 9:15 a.m. and return at 5:30 p.m. Cost: \$30

Thursday, March 10 – Philadelphia Flower Show Leave Schoolhouse at 8:30 a.m. to carpool to train station. We will take the train to the Flower Show. The group will be led by a Master Gardner. Enjoy show exhibits from 10 a.m. to noon. Lunch on your own from 12-1 p.m. Show exhibits and/or shopping from 1-2:30 p.m. Leave for train back at 2:45 p.m. Cost: \$27.50 for show and train fare is required.

Saturday, March 19 at 1:30 p.m. – Calamari Sisters Cost: \$64.00 includes box lunch, transportation and show!

Sunday, April 10 – The Philadelphia Orchestra Plays Gershwin's *An American in Paris!* Orchestra level seats, transportation and driver's tip. Leave center at 12:30 p.m. and return by 5 p.m. Cost: \$96

Wednesday, April 13 Hunterdon Hills Playhouse – Neil Simon's *Rumors* Cost of \$87 includes bus, buffet, show and gratuities.

Saturday, April 30 Hunterdon Hills Playhouse – *Train of Love: A Tribute to Johnny Cash* Please sign up by March 31. Cost: \$87

Wednesday, May 4 – *Samson* at Sight & Sound Shady Maple for lunch. Leave Schoolhouse at 9:30 a.m. and return at 5:30 p.m. Cost: \$111.

Tuesday, October 4 – Dutch Apple Theatre *Anything Goes* Delightful musical and meal! Leave at 9:15 a.m. and return by 5:30 p.m. Please sign up by September 1. Cost: \$84

Chester Senior Center and FCSP Offer Free Programming for Caregivers

SCS' Family Caregiver Support Program and Chester Senior Center are offering, at no charge, an opportunity for caregivers to attend informative programs that will help them in their role as a family caregiver. Caregivers may bring the loved one(s) they care for to enjoy a class of their own which will meet concurrently. Caregivers must be in attendance if the person they care for is to participate. Caregivers, of course, may attend solo. At the end of each session, caregivers will see how their loved one spent the hour and learn how to bring meaningful activities into their home. Caregivers who attend all six sessions will have an opportunity to win a fabulous prize. The loved one they care for may be an adult of any age, but must be able to participate in activities below; if they need a little help, that is ok. Supervision and assistance will be provided. Please share any special needs at time of registration.

Please contact Jamee Nowell Smith or Doris Rice with your RSVP (required) 610-497-3550. Let us know if transportation is needed. For more information on the Family Caregiver Support Program, please contact-Debbie Templeton at 610-237-6222.

Caregiver Academy – Classes for Caregivers and the People They Care For
Tuesdays, April 5, 19, May 3, 17, 31, June 14
4 – 5:30 p.m.

This program is provided through generous funding from the ADRC (Aging and Disabilities Resource Center)



Highlights, continued from page 7

Windows 10

Thursday, March 17 from 1-3 p.m.

Schoolhouse

Cost: \$15

Instructor Beth White will teach you how to use your Windows 10 computer better.

iPads and Tablets

Monday, March 28 from 10 a.m. to 12 p.m.

Schoolhouse

Cost: \$15

Bring your iPad or tablet and instructor Beth White will provide you with some little known tricks to using it better.

Beyond the Basics

Friday, April 8 from 10:30 to noon

Schoolhouse

Cost: \$12

Instructor Beth White will teach you how to take the next step – how to name, move and save files, and how to use a flash drive, etc.

Social Networking

Monday, April 11 from 1-3 p.m.

Schoolhouse

Cost: \$15

If you're ready to use Facebook, instructor Beth White will set up an account for you, making it as secure as possible. If you already have an account, she'll help you use it better.

E-mail

Tuesday, April 12 from 2:30-4 p.m.

Schoolhouse

Cost: \$20

Learn the basics of e-mail (after we set up your account) such as sending, receiving, and using folders.

Using the Internet

Tuesday, April 19 from 2:30-4 p.m.

Schoolhouse

Cost: \$15

Learn the tips and tricks for safely searching the Internet.

Smartphones/iPhones

Monday, April 25 from 10 a.m. -12 p.m.

Schoolhouse

Cost: \$15

Learn how to text, e-mail, search the Internet, use the camera, and download apps. Bring your phone to class.