

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

SCS Connection



Caregiver Academy: Senior Community Services' Caregiver Support Program Announces Annual Lecture Series at Schoolhouse Center

Sessions will begin at 4 p.m. on the following dates and address the following topics:

- | | |
|-----------------------|--|
| April 18, 2019 | <p>Taking the Guesswork Out of Future Planning</p> <p>Daniel P. Massaro, MSW, LCSW and Trish Garrity-Marchesani will speak about advance planning for medical care, end of life decision-making, and burial issues.</p> |
| May 2, 2019 | <p>Developing Support Systems</p> <p>Sharon White, MSS, LCSW will address the importance of effective communication. As caregivers, effective communication with other members involved in the care of a loved one is critical. White will discuss tips to better communicate, both internally to family members and care receivers, as well as externally with health care professionals and medical care teams.</p> |
| May 16, 2019 | <p>Memory Loss: What is Normal?</p> <p>Barbara Hewitt, RN, BSN will discuss the difference between "normal" changes in memory and memory loss associated with a dementia or other related disorder.</p> |
| May 30, 2019 | <p>Elder Abuse: Identifying and Preventing the Five Types of Elder Abuse</p> <p>Annie McAlpin, MS and Denise Gallagher will provide caregivers with tips and strategies to identify and handle potential "scam" situations such as fraud, identity theft, email/social media scams, and other common situations in order to help caregivers protect themselves and their loved ones.</p> |
| June 13, 2019 | <p>Relaxation Techniques</p> <p>Cheryl Macklin, PhD will help participants learn relaxation and stress-busting techniques to promote inner peace. Dr. Macklin, an experienced psychologist and coach, will teach breathing techniques, meditation, mindfulness, and other creative ways to remain calm and know peace in the midst of the inevitable storms that occur in caregiving.</p> |

SCS will hold its sixth Annual Caregiver Academy at Schoolhouse Center, beginning on Thursday, April 4, 2019 and continuing every other Thursday through June 13, 2019, from 4 p.m. to 5:30 p.m.

Sponsored by Delaware County Link to Aging and Disability Resources Council (Link/ADRC), this annual six-week lecture/workshop series is one of the most innovative programs of its kind in the U.S. and serves nearly 100 family caregivers and care receivers each year. While walk-in attendance is welcome, SCS encourages caregivers to register as soon as possible, since the first 25 registrants will receive complimentary tools to boost their caregiving skills. There are three easy ways to register:

1. Phone Kim McDaniel, Schoolhouse Center Director, at (610) 237-8100 ext. 30;
2. Email McDaniel at kmcdaniel@scs-delco.org; or
3. Complete the online form available at SCS' website.

"Caregiver Academy is open to all caregivers, not just caregivers for older adults," said Debbie Templeton, Caregiver Support Program Manager, "While aging is our agency's specialty, the Caregiver Academy is meant to help family members tasked with providing care for people of any age or disability."

The Caregiver Academy has distinguished itself not only through the quality of speakers and content specialists providing resources to the program, but also for providing respite care to care receivers, so that caregivers can attend the workshops and lectures with peace of mind. Trained staff will engage care receivers in powerful memory work by guiding them through SCS' Cognitive Stimulation Kits, which promote healthy brain aging.

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By Arthur Weisfeld, Executive Director



Any more, my wife Virginia and I greet our dog Bayley's birthdays with ambivalence. She is a labradoodle, and a fairly large one at that, weighing in at over 60+ pounds. I have written about her before—you might recall that I was quite unenthusiastic about having a dog enlarge our family. After all, I reasoned, we are busy people who have many responsibilities. Do we really need one more? Still, she very quickly became a joyful presence, a reliable friend, and, yes, a treasured family member. But there is a flaw in the system: dogs have much shorter lives than humans and, well, in dog years, twelve years is definitely old age.

Some might expect an elderly dog such as Bayley to be almost entirely a creature of habit. Yet, I would argue that the adage "you can't teach an old dog new tricks" is untrue. Elderly dogs have a great capacity to learn new words, tricks, and behaviors. In fact, researchers at the University of Vienna showed that elderly dogs were as interested in new objects as puppies, with but one stipulation—the object needed to be paired with a human. I suppose the adage does capture the idea that, with an old dog, you are less likely to see new behaviors; like all of us, dogs do get set in their ways.

It was therefore remarkable to us when we saw something new in Bayley. Our neighbors invited a very young Bouvier puppy into their family. Ten-week old Zoe was a black furry ball. With some trepidation, they brought Zoe into our backyard. Typically, Bayley would be quite assertive with a new canine friend. However, much to our astonishment, Bayley's personality was transformed around Zoe—we got to see her nurturing, gentler side. She was completely infatuated with Zoe, sniffing her, licking her, and showing only welcoming behaviors. Nowadays, when we take Bayley into the backyard for a romp, she immediately runs to our common gate with the neighbor. She sits and stares at the neighbor's house. Through a process we have been unable to identify, Zoe knows that Bayley is outside and beseeches our neighbors to take her outside for a get-together. They cannot resist her pleas.

So, in our little corner, things have changed. Our beloved canine has a wonderful relationship, the unfolding of which is a pleasure for her, our neighbors, and us. We look forward to the summer months, when Bayley and Zoe can enjoy even more prolonged frolicking. For us, this experience serves as a reminder that no matter how young or old we are, life holds promise for connection and enrichment.

Did You Know?

- May is "Older Americans Month!" Visit SCS' website and social media for information on special programs throughout the month.
- SCS' Aging at Home Program is launching a new program in April, partnering with LYFT to bring a new transportation option to members. SCS received an ACTIVATE mini-grant from The Philadelphia Foundation and LISC Philadelphia to provide this transportation alternative to Delco seniors.

Save the Date!

Thursday, June 13 from 3 p.m. to 9 p.m. is SCS Night at 2SP Brewing. SCS will receive 20% of the proceeds from all sales, including merchandise.



SCS Management Staff

Executive Director: Arthur Weisfeld
 Board President: Asher Kemp, Jr.
 Director Long Term Care: Trindy Grundy
 Aging at Home Director: Christine Helmandollar
 APPRISE Program Manager: Glenda A. Radical
 Caregiver Support Program Manager: Debbie Templeton
 Center Without Walls Program Manager: Farah Esfahani
 Chester Senior Center Director: Jamee Nowell-Smith
 Cognitive Stimulation Program Manager: Dorothy Darragh
 Director of Volunteers: Michele O'Brien
 Director of Advancement: John Federico
 Associate Director of Advancement: Lynn O'Connor
 Fiscal Officer: Robyn Cashwell
 Friendship Circle Senior Center Director: Christine Helmandollar
 Good Neighbor Senior Center Director: Joanne Graham
 Hearing Discovery Center Coordinator: Donna Schumacher
 Schoolhouse Center Director: Kim McDaniel

Join SCS in Celebrating National Volunteer Month

By Michele O'Brien, Director of Volunteers



Each April, SCS celebrates National Volunteer Month. As the proud and grateful home of 400 volunteers, SCS recognizes our volunteers and celebrates their achievements at our annual Volunteer Recognition Celebration, where we recognize volunteers who have donated at least 100 hours of service during the last calendar year. This year's event will take place on Thursday, April 11 at the Lazaretto Ballroom and its theme is "SCS Volunteers Make a WORLD of Difference!" SCS' board and staff look forward to expressing our thanks to the volunteers who enable the agency to advance its mission of enhancing the lives of Delaware County seniors by providing more than 54,000 hours of community service.

In addition to making a WORLD of difference in the lives of others, volunteering provides benefits to the volunteer! Volunteering:

- Counteracts the effects of stress, anger, and anxiety;
- Combats depression;
- Makes you happy;
- Increases self-confidence;
- Provides a sense of purpose;
- Helps you stay physically healthy.

We are grateful for all of our volunteers and look forward to providing even more valuable and rewarding experiences in the future!

In This Issue

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

Funding SCS' Mission

By John Federico, Director of Advancement



Contributions from individuals, businesses, municipalities, and foundations fund nearly 30% of SCS' annual operating budget. Membership contributions by senior center participants, grants from foundations committed to assisting older adults, and sponsorships from local businesses for events and activities at senior centers are some of the ways that donors provide SCS with the financial resources necessary to fulfill its mission of promoting meaningful, independent aging in Delaware County.

This year, SCS is launching three new programs to fund its robust support system that meets the needs of Delaware County seniors at home and in the community. SCS' years of experience delivering mission-critical programs for seniors and operating with sound financial management give donors confidence that their funding will be used properly and have great impact on our community.

- **Annual Fund:** The Annual Fund provides crucial support to meet SCS' ongoing operating needs. With a network of four senior centers and nearly a dozen other programs and services to sustain, the Annual Fund keeps the lights on, compensates the agency's outstanding staff, and makes sure that our team is equipped to be effective. There are many ways to give to the Annual Fund – send a check by mail, make a credit card gift online, or donate appreciated stock.
- **Tribute Gifts:** Many Delaware County seniors view SCS senior centers as a home away from home. Others are grateful that care management, caregiver support, and Aging at Home services extend their ability to age in place. Grateful seniors can make contributions in honor of beloved caregivers, trusted care managers, volunteers, or other agency staffers. Other participants encourage family and friends to make memorial gifts to SCS upon their death. Families

are encouraged to share donation information with their loved ones, so they can make a memorial contribution to SCS for its contribution to their friend or family member's quality of life.

- **Legacy Giving Fund:** By including a gift to SCS in your estate plan, donors can make sure that older adults in Delaware County have the benefit of SCS's life-enhancing programs and services for years to come. SCS encourages donors to include bequests to SCS in their wills or to name SCS as the beneficiary of trusts, commercial annuities and retirement plans. Donors can also designate their legacy gifts for the agency's endowment or leave their gift undesignated for the agency's greatest need.

Make a difference in the lives of Delaware County seniors by supporting SCS! Contact John Federico, director of advancement, at (484) 496-2147 or at jfederico@scs-delco.org to learn more about SCS' giving programs.

APPRISE

APPRISE Program Medicare Presentations

By Glenda A. Radical, APPRISE Program Manager



SCS' Delaware County APPRISE Program offers free Medicare presentations at 19 locations throughout the county. All are welcome to attend! SCS/ APPRISE offers four types of Medicare presentations:

Available January through September

- **Medicare 101:** Medicare 101 explains the basics of Medicare Parts A, B, C, and D. In addition, it explains Medicare terminology such as copays, coinsurance, deductibles, special enrollment periods, Medicare plan enrollment and disenrollment, penalties, Medigap, and supplemental plans.

- **Medicare Cost Sharing Program:** This presentation shares information on saving Medicare beneficiaries money on their Part A (hospitalization copays and deductibles), Part B (medical copays and deductibles), and Part D prescriptions (copays, gap coverage and premiums). The program discusses Medicare Savings Programs, The Extra Help Program, and PACE/PACENET Programs.
- **Medigap Basics:** This presentation shares fundamental information about Supplemental Plans (also called Medigap Plans). These plans can help cover the 20% that Medicare insurance does not cover. This presentation explains Supplemental/Medigap plan types, plan terminology, selection, and cost, and how the APPRISE Program

can assist Medicare beneficiaries during the enrollment process.

Available October 15 through December 7

- **Medicare Annual Enrollment Update:** Medicare Annual Open Enrollment presentations are classroom-style presentations that explain new or updated information for the upcoming Medicare year, including changes to Medicare premiums, deductibles, copays, new plans and more.

For more information or to schedule appointments for any of the APPRISE Medicare Presentations, contact the Delaware County APPRISE program manager, Glenda A. Radical, at (484) 494-3769 or gradical@scs-delco.org.

The Effects of Unacknowledged Hearing Loss*By Donna Schumacher, HDC Coordinator*

Do you suffer from irritability, fatigue, tension, depression? Are you stressed and lonely but avoid social situations? You may have “DA-DA-DA” Hearing Loss! Sounded like a commercial for some kind of medication, didn’t it? No commercial here about medication. Seriously, people experiencing hearing loss may find it difficult to follow conversations in group settings. They may start to withdraw from social visits, which, over time, leads to depression and anxiety. The thought of being in a large group setting, even for a fun event like a party, can leave you feeling anxious – you didn’t quite get the gist of what everyone was talking about and you don’t want to say – yet again – “What? I didn’t hear you.”

Untreated hearing loss can also affect your cognitive health. When your ability to hear declines, your brain receives less stimulation than it typically would, because it’s not working to identify different sounds and nuances. Over time, this lack of exercise for your brain can lead to memory loss, or even dementia. The portion of your brain responsible for transmitting sound becomes weaker, making memory loss more likely.

Sadly, most folks wait at least 7 years to acknowledge that their hearing isn’t what it used to be. And, the longer you wait, the more severe the loss becomes. Treating your hearing loss is the first step toward a healthier, happier life. Wearing a hearing aid can enrich your life and reopen doors that may have closed for you over the years. Other benefits of treating your hearing loss with hearing aids include:

- Hearing your grandchild’s first words;
- Hearing nature again;
- Enjoying parties and understanding conversation.

Please join us at Friendship Circle on Friday, April 29th at 11:30 a.m. when Dr. Liliana Puccinini of the PA Center for Hearing and Balance will talk about hearing aids, and, for those of you who already have aids, how to keep them clean and working properly. Don’t procrastinate any longer! Now that the Millennials and Baby Boomers are experiencing hearing loss, aids are smaller and even come in color.

Spring Brings New CWW Course Offerings*By Farah Esfahani, CWW Program Manager*

Dear Friends,

Spring is practically around the corner and after a harsh winter, we will all appreciate and embrace its awakening. Spring is a time of hope, renewal, and new beginnings. If you are interested in exploring new opportunities and challenges this spring, we encourage you to take advantage of Senior Community Services’ Center for Life Long Learning classes and programs. Visit www.scsdelco.org to view the latest catalog.

Center Without Walls (CWW) art classes are underway. I invite our enthusiastic artists to join classes taught by our exceptionally talented art instructors: Agnes Bakow, Marie Gilligan, and Anne Dempsey. The seven art classes will be held at Aston Community Center, Brookhaven Municipal Building, Concord Senior Center, Rachel Kohl Library, and Springfield Township Building.

Chair Yoga classes with Donna Rottenberk at Brookhaven and Springfield and Zumba classes with Lavinia Ferguson at Aston, Concord and Springfield will start the second week of this month.

Here are some of the free presentations scheduled for April:

Aston Community Center:

April 10 - Medigap Basics presentation by APPRISE Program Coordinator, Glenda Radical

April 17 - Medicare Individual counseling sessions by APPRISE counselors

April 26 - The AARP Refresher course

Springfield Township:

April 24 - Medicare Individual counseling sessions by APPRISE counselors

Brookhaven Municipal Building:

April 11 - “How Do You Deal With the Estate of a Deceased Family Member” with Robert and Dana Breslin, Esq. and Mary Walk, Esq., Register of Wills, for Delaware County

April 16 - Eating Smart Series by Penn State University

Please contact me at (484) 496-2143 or esfahani@scs-delco.org with any questions or suggestions about CWW programs.

Cope’s Extraordinary Giving*By Christine Helmandollar, Program Manager*

SCS is grateful to have Jim Cope serve as an Aging and Home volunteer driver. Twice a week, Jim takes seniors to medical appointments, haircuts, and shopping destinations. His genuine commitment to helping others is illustrated by his work ethic and understanding of the value of transportation for his fellow seniors. Volunteers like Jim are the heart and soul of the Aging at Home Program.

Jim’s service began in the United States Navy and he speaks highly of his year on the USS Saratoga from 1962-1963. A Lansdowne resident for most of his life, he values transporting seniors from place to place in Delco to meet daily living needs.

“It makes me feel good,” Jim said, “there has never been a bad ride, or one that didn’t go smoothly.” Jim believes his volunteer work is self-rewarding, because he is able to meet the needs of seniors who, otherwise, would not have transportation.

The Aging at Home program is meant to help support older adults who require little to no assistance with getting into and out of vehicles, but Jim adds a personal touch by providing a little extra support: he’ll open a door, or help with items, etc.

The Aging at Home program is seeking additional drivers like Jim, to help with the increasing need for seniors requesting rides to and from important appointments.

Interested volunteer drivers are encouraged to call Christine Helmandollar, Program Director at (484) 534 - 2207 to learn more about the assignment and, hopefully, schedule a personal volunteer training session.

The Aging at Home program is welcoming new members living in the William Penn, Interboro or Ridley School Districts! In addition to transportation, the Aging at Home program offers yard work services, referral to reliable and fair home contractors, and wellness and exercise opportunities.



Jim Cope takes a break from his busy driving schedule in the Aging at Home office.

Philadelphia, City of Brotherly Love

By DOT Darragh, Program Manager

So, let's challenge our brains...

- 1) Which Philadelphia attractions have you enjoyed?
- 2) List places to shop in Philadelphia – department stores, shopping districts, markets.
- 3) How many ways have you gotten around Philadelphia – trolley, bus, car?
- 4) List schools in Philadelphia – elementary through colleges and universities.
- 5) What special events are unique to Philadelphia?
- 6) What professional sports teams have called Philadelphia home?
- 7) List mayors of the City of Philadelphia.
- 8) How many grand Philadelphia hotels can you name?

Here's a short list of Philadelphia Firsts (many have to do with Benjamin Franklin)

- Philadelphia was the first “planned city” in North America. William Penn founded the city in 1682 and laid it out in a simple grid pattern that included wide streets and five public squares.
- William Penn Charter School, founded in 1689, is the nation's first public grammar school.

- In 1731, Ben Franklin founded The Library Company of Philadelphia, the nation's first lending library.
- In 1736, Franklin established the first volunteer fire department, Union Fire Company.
- In 1751, Franklin and Thomas Bond opened Pennsylvania Hospital, the first hospital in America. Since then, Philadelphia has hosted the nation's first medical school, children's hospital, cancer hospital, eye hospital, nursing school and dental school.
- In 1740, Franklin was one of the founding trustees of what became the University of Pennsylvania, the first school to offer undergraduate and postgraduate studies.
- Betsy Ross sewed the first United States flag in 1777 in Philadelphia.

Tease your brain further with use of the “Philadelphia” kit provided by the Cognitive Stimulation Program. Cognitive Stimulation Kits are available to residential communities, nursing homes, adult day care centers and other senior programs and sites.

For more information contact Dot Darragh at (484) 496-2144 or at ddarragh@scs-delco.org. Visit SCS on Facebook to answer the questions above.

Getting Paid as a Caregiver for Family Members: What SCS Does and Doesn't Do

By Trindy Grundy, LMSW, Director, Long Term Care



“Can my relative get paid to be my caregiver?”

At SCS' Department of Long Term Care, we hear this question all the time. The idea of getting paid to care for a loved one enchants many, and is realistic for some. There's a common misconception that SCS' Caregiver Support Program or OPTIONS Care Management Program enable the payment of family caregivers. Our current programs offer support to caregivers, but in very specific ways:

Caregiver Support Program is a reimbursement and counseling program that offers some relief to family caregivers. This program reimburses caregivers for necessities, such as personal care services, assistive devices, and medical supplies. It reduces expenses for caregivers and care receivers, but it cannot pay caregivers a wage for providing services to their loved one.

OPTIONS Program – SCS' care managers help coordinate care and connect care receivers with the resources necessary to maintain a comfortable level of independence in their homes. This ongoing service supports consumers directly through the assessment and development of care plans, and continuous monitoring, but SCS' OPTIONS Care Management Program cannot coordinate the payment of family members as caregivers.

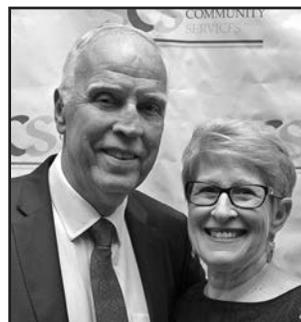
Although not available through SCS, eligible caregivers might be able to get paid through the Aging Waiver program, which is currently under the Community Health Choices program and managed through three managed care organizations – Amerihealth Caritas, PA Health & Wellness and UPMC.

For more information about the Waiver program, please contact our local Area Agency on Aging, County of Delaware Services for the Aging (COSA) at (610) 490-1300.

Interested in the OPTIONS Care Management or Caregiver Support Program? Contact Debbie Templeton, Program Manager, at (484) 540-0372 or dtempleton@scs-delco.org. For the Care Management Program, please call Trindy Grundy, Director of Long Term Services at (484) 534-2050 or tgrundy@scs-delco.org.

In Memoriam – Ed Baum

SCS notes with great sadness that Ed Baum – a longtime board member, an enthusiastic and knowledgeable APPRISE volunteer, and an advocate for older adults and healthy aging – passed away on March 26, 2019 after a year-long bout with cancer. Ed enjoyed a long career in health care with the Crozer-Keystone Health System. In that capacity, he displayed a special interest in improving public health in Delaware County, developing and executing detailed plans to meet the community's health and wellness needs. Ed approached his service to SCS throughout his retirement with the same zest and vigor that distinguished his professional life and held many leadership positions, including President of the Board of Directors and Chair of the Program Committee.



Arthur Weisfeld, SCS' executive director, commented on Baum's passing, “Ed Baum was not only a model board member, but was also a true gentleman. Active and committed, Ed engaged deeply and thoughtfully with every issue that came before the board, treated his fellow board members with great respect, was generous with SCS in every possible way, and brought innovative and provocative thinking to the board room. I am proud that he served on our board, and even more proud to call him a friend.”

The board and staff of SCS express their deepest sympathy to Ed's wife Cathy and their families.

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

Egg Dyeing with Our Hospitality Craft Guru
Friday, April 12 at 1:30 p.m.

Friendship Circle

Satisfy your inner child and help the Easter Bunny decorate some eggs. BYOE (Bring your own eggs!)

No Cost

Jewelry Making Class

Every 3rd Wednesday at 10:30 a.m.

Good Neighbor

Have fun making fabulous jewelry!

\$3 per class; 10 classes per session

Crocheting

Mondays at 10:30 a.m.

Good Neighbor

Learn to make bright, colorful creations, limited only by your imagination.

\$3 per class

Pencil Drawing and Watercoloring

Mondays at 12:30 p.m. - 2 p.m.

Chester

Learn the basics of pencil and watercolor.

\$6

Ceramics

Thursdays at 11:15 a.m. - 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 in their own.

\$6

Sewing

Fridays at 10 a.m. - 2 p.m.

Chester

Learn to create your own beautiful works whether you're a beginner or an advanced sewer.

Members: No Cost; Non-Members: \$5

Card Making Class

Every 2nd and 4th Tuesday at 12 p.m.

Chester

Let your creativity shine through by making your own greeting cards, gift bags, gift holders and more.

Instructor: Janis Thomas

\$8 per class (Supplies included)

Jewelry Making

Tuesdays at 10 a.m. - 12 p.m.

Chester

Design and create your own classic earrings, necklaces, and bracelets. Supplies included but you may bring your beads and tools as well.

Members: \$6; Non-Members: \$8

Diamond Painting

Fridays at 10:30 a.m.

Chester

Create beautiful diamond faceted pieces of artwork filled with colorful designs and patterns!

No Cost (Diamond projects are selected and paid for in advance.)

Woodcarvers

Mondays at 12 p.m.

Schoolhouse

Create extraordinary art from wood.

No Cost

No Knot Knitters

Tuesdays at 12:30 p.m.

Schoolhouse

New or experienced knitters: join us as we make special gifts for special needs. Crocheters welcome too!

No Cost

Basic Drawing

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

Schoolhouse

Learn the basics with pencil and charcoal to build your drawing skills.

\$5/class - Pay the instructor, Mary Ash.

Watercolor Painting

Wednesdays at 1:45 p.m. - 3:45 p.m.

Schoolhouse

Beginners and advanced painters welcome to get personal instruction on approaches and techniques.

\$53.50/10-week session (\$55 Non-Members)

Oil & Acrylic Painting

Fridays at 12 p.m. - 2 p.m.

Schoolhouse

Our skilled instructor can start the beginner or help the advanced artist enhance their work. New sessions begin every ten weeks.

\$53.50/10 week session (\$55 Non-Members)

Mosaic Workshops

Thursdays (5 weeks)

Beginner: 2 p.m. - 5 p.m.

Advance/Intermediate: 6 p.m. - 9 p.m.

Instructor: Carol Shelkin

Schoolhouse

\$84 Members; \$89 Non-Members/5 week session. Pay instructor \$30 cash for materials

Jewelry Making Workshop

Tuesdays at 2 p.m.

Schoolhouse

Select the gems, the stones, and the project and let your creative-self roar!

No Cost (if you bring your own materials); \$3 per class

* CLASSES & DISCUSSION GROUPS

Smart Driver

Full Class (Must attend both days to receive certificates): April 16 & 17

9 a.m. - 1 p.m.

Friendship Circle

AARP Smart Driver Safety Program will help you improve your driving skills and avoid accidents/traffic violations. Insurance discounts available upon completion.

AARP Members: \$15; \$20 Non-Members. Check or money order only; bring to class

Memory Loss and Normal Aging

Tuesday, April 19 at 11:30 a.m.

Friendship Circle

Physicians from the Crozer-Keystone Center for Geriatric Medicine will be here to give some tips on how to improve memory and how to recognize signs of memory loss.

No Cost

Music of the Roaring 20's

Mondays, April 22 and 29; May 6, 13, and 20 at 2 p.m.

Friendship Circle

Our Widener OLLI instructor Richard Smolen will take you back in time on a musical 5 week journey to enjoy all that jazz.

\$30 for all 5 classes

Firearms Safety

Friday, April 26 at 1 p.m.

Friendship Circle

Due to popular demand, the Sheriff's Department of Delaware County is returning to share some important facts about gun ownership.

No Cost

Spring Book Reads

Tuesday, April 16 at 10:30 a.m.

Friendship Circle

It's time for some fresh and inspiring books to transition from heavy winter reading. Join us for Spring Book Reads from Lansdowne Library.

No Cost

Legal Services

Friday, April 26 at 12 p.m. - 2 p.m.

Good Neighbor

Paralegal Victoria Cooper

No Cost

Property Tax & Rent Rebate

Mondays through June at 9 a.m. - 11 a.m.

Good Neighbor

No Cost

Individual Computer Instruction

Tuesdays at 9 a.m. - 12 p.m. or 12:30 - 2:30 p.m.

Wednesdays at 12:30 p.m. - 3 p.m.

Thursdays at 12:30 p.m. - 2:30 p.m.

Chester

Take advantage of one-on-one instruction, get your questions answered or learn a new shortcut to make your computer time more valuable. Registration is required!

No Cost

Bible Study

Tuesdays at 5:30 p.m. - 7 p.m.

Chester

Join this inspirational group, led by Pastor Allen Jones, in studying the word of God in the Bible.

No Cost

Senior Inspiration

First Monday at 10 a.m.

Chester

Be inspired through song, stories, poetry, and other spiritual readings to enhance emotional and spiritual wellbeing. Led by Rev. Belinda E. Boyer. No Cost

Book Club

Wednesday, April 17 at 12:30 p.m. - 2 p.m.

Chester

Do you love to read? Read the book of the month and then enjoy the discussion.

Books are on loan from the J. Lewis Crozer Library.

No Cost

Spring Floral Arranging

Fridays, April 5 - May 24 at 11 a.m.

Chester

Learn the art of basic floral arranging using silk flowers and accent pieces. Learn color theory and balance. Please sign up at the front desk.

\$10 for Members; \$15 for Non-Members

Red Hat Society

Every 3rd Tuesday at 12:30 p.m.

Chester

Join the group for outings, fellowship, and special events. Facilitator: Queen Gerry Corbitt.

No Cost

Real Estate for Older Adults

Tuesday, April 23 at 12:15 p.m.

Schoolhouse

Explore real estate options for older adults and get information on downsizing, refinancing, multi-generational living, etc.

No Cost

Movie & Discussion

Every 2nd Thursday at 4 p.m.

Schoolhouse

Snack on popcorn, cookies and soda-pop while enjoying a contemporary film followed by a lively talk.

No Cost

Grief & Loss

Every 3rd Wednesday at 10:15 a.m.

Schoolhouse

Support group. No Cost

Schoolhouse Book Club

Every 2nd Thursday at 10 a.m.

Fall in love with a good book and talk about it with your friends!

No Cost

What's New(s)

2nd & 4th Wednesdays at 10:15 a.m.

Schoolhouse

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

No Cost

Kitchen Table Stories

Every 4th Thursday at 10 a.m.

Schoolhouse

Barbara Haff or Traci Loper will lead us in sharing our stories.

No Cost

*** FITNESS**

Friendship Circle Walking Club

Wednesdays at 8:30 a.m.

Friendship Circle

Get out in the sunshine for a 25 minute walk around the Center. Don't forget your water!

No Cost

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.

No Cost (Private Personal Training and Fitness sessions available after each class for a nominal fee.)

Line Dance Classes

Thursdays at 1 p.m.

Chester

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

\$4

Sit & Get Fit

Tuesdays and Thursdays at 10:30 a.m. - 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.

Zumba

Mondays at 11 a.m. & Wednesdays at 1 p.m.

Chester

Zumba involves dance and Aerobic movement performed to energetic music. The choreography incorporates hip-hop, samba, salsa, and more. Instructor: Lavinia Ferguson

No Cost

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.

No Cost

Chair Yoga

Wednesdays at 11 a.m.

Chester

Chair Yoga classes include breathing exercises, stretching, balance and physical components. They conclude with meditation or relaxation. Most parts of the body are addressed head to toe! If you have constraints and/or limitations the class is still doable.

No Cost

Gospel Aerobics

Wednesdays, April 10, 17 and 24 at 10 a.m.

Chester

Improve your physical and spiritual health! Low-impact seated and standing exercises will fill your body and soul with energy

No Cost

Highlights continue on page 12

Chester Chatter

By Jamee Nowell Smith



Promoting Awareness, Safety and Education

Living in an ever-changing, busy, and sometimes cruel world, we must be aware and educated to practice safety in many ways. This spring, we are doing just that...staying abreast of what's going on and being prepared! **Chester welcomed Anthony Luker of the Pennsylvania Attorney General's Office and Consumer Protection Agents on Thursday, March 7** for education and assistance on filing consumer complaints, identifying and rectifying scam situations, veteran's services/benefits and more. **On Tuesday, March 26 we were introduced to the Chester City Crime Fighting App!** Our participants received a live tutorial and hands-on lesson about what the app does and how to use it to benefit our community.

Highlights

Welcome Spring!!!

Welcome the warmer weather, beautiful sunshine and more outdoor time with these great activities:

Gardening & Herbal Wellness – Calling Volunteers

Volunteers are needed to train with the African Diaspora Earthcare Coalition on various gardening and herbal wellness techniques. What we learn will help kick off the 2019 Senior Center garden and begin ongoing education and improved health and wellness in our center and overall community. If you are interested in participating, please see Jamee or Vicky.

Kyle Lanier, Personal Trainer Specializing in Adult and Senior Fitness Training Programs

- One-on-One Strength Training
- Group Classes
- Restorative Care in Assisted Living and Skilled Care to Support a Better Quality of Life
- Fitness and Weight-Lifting Done in a Chair

"In just one year, I had a 13% increase in bone density. My doctor told me to keep doing what I am doing." –Mrs. M

Call Kyle at (484) 643-2221

SCS Celebrates National Volunteer Month



Thank You

- Aetna Health Plans for your generous sponsorship of the 2019 Valentine's Dinner Event.
- Delta Sigma Theta Sorority of Widener University for serving during the Valentine's Dinner Event.
- All who supported the annual Membership Drive and helped us surpass our goal of \$11,500!
- David Lammons for coordinating the Pinochle tournaments at each center and Grace Brown Johnson for being the score keeper!
- Lorenzo "Rennie" Harris for managing the Pool tournaments and helping the Chester team to remain undefeated!
- All Chester volunteers, for all you do.....I cannot thank you enough for your time, talent, energy and love shared!

Chester Travelers

Midway—Harrington Casino

Wednesday, April 24 at 9:00 a.m.

\$25 cost includes transportation, \$7 for luncheon buffet, and \$15 coin bonus!

Chicago, Illinois

June 23-29, 2019

Take on the Windy City! Includes motor coach transportation, lodging in the Chicago area, six breakfasts, four full-course dinners, visits to Greektown, DuSable Museum of African American History, cruise on Lake Michigan, shopping, casinos, Navy Pier, and much more!

Cost: \$764 Members/\$799 Non-Members

Finger Lakes, NY

July 8-10, 2019

Enjoy two nights at the Del Lago Resort & Casino, two hot breakfast buffets, two dinners at Del Lago's Farmer's Market Buffet, visits to Sonnenberg Gardens, wine tasting, shopping at Waterloo Premium Outlets and \$60 free slot play.

Cost: \$430 Members/\$460 Non-Members

Green Dragon Flea Market

Friday, July 12, 2019

Shop at this Lancaster-area flea market that boasts over 40 acres of indoor and outdoor shopping with new and old wares, fresh foods, baked goods, crafts, housewares and more than we can name. Many food vendors and restaurants available as well. Cost includes transportation and driver tip.

Cost: Members: \$40 / Non-Members: \$50

Ocean City, MD

August 26-30, 2019

Enjoy oceanfront accommodations on the beach, four breakfasts, four dinners including Bonfire, Suicide Bridge and Phillips Seafood, visit Harriet Tubman Underground Railroad Center, Bucktown General Store, Webb Slave Cabin, shopping in Rehoboth, and more!

Cost: Members: \$690 (Double) / Non-Members: \$720 (Double)

Rail & Sail New England

September 16-19, 2019

Tour the New England states by rail and sail! Enjoy several luncheon cruises such as Block and Thimble Island, Essex Steam train excursion, visits to Foxwoods Casino and Tanger Shopping Outlets and so much more!

Cost: \$540 Members/\$570 Non-Members

Friendship Facts

By Christine Helmandollar



Karen Graves – Friendship’s A-Plus Volunteer

Every Wednesday at 11 a.m., Karen Graves, one of Friendship Circle’s most valuable volunteer exercise instructors, leads Healthy Steps, an exercise class that is a centerpiece of the center’s health and wellness programming.

“She brings sunshine to each class,” said program coordinator Donna Schumacher, “and is a skilled instructor meeting the expectations of her class participants.” Members and staff see that Karen is a strong woman who finds power in working alongside other women to stay physically healthy and mentally strong.

“It has never been a task and I really love the fellowship,” said Karen, who has taught Healthy Steps for more than eleven years. In her early years, she teamed up to teach with a fellow member, but when her teaching partner fell ill, Karen solidified Healthy Steps as a constant in the center’s programming. These 50-minute classes, combining stretching, balance, and low-intensity cardio exercises, average between 20-25 members in attendance. The class follows the “Healthy Steps for Older Adult” manual, but has evolved throughout the years. Karen openly accepts new exercise suggestions from class attendees and has worked a short break into the program.



Karen not only leads Healthy Steps, but also actively participates in the Friendship Circle Red Hat Chapter, Avante’s Workout Class, educational lectures at the center, and her church. Karen is definitely what we call “good people.” The center is proud to recognize Karen as we celebrate all of the volunteers who serve Friendship Circle Senior Center at the annual Volunteer

Recognition Event on Thursday, April 11, 2019. Thank you, Karen and fellow volunteers: Friendship is grateful to you!



Winner, Winner!

Congratulations to Anne Ritchie. Our volunteer receptionist hit the jackpot on Valentine’s Day with our Valentine Heart Lottery raffle. The Raffle Heart Wreath was sponsored by our Hospitality Committee to raise money for center activities.

Raising Funds for the Center!

Bake Sale – Monday, April 15, 10 a.m.

Tax day isn’t just about the taxes - come on in and purchase some of the best baked goods in the county!

Traveling with Friendship

“Under the Boardwalk” at The Tropicana Atlantic City

Monday, June 24

Depart Friendship at 9:30 a.m.

\$45 includes, \$20 in slot play and a ticket to the 3 p.m. show

Deadline for registration is May 27

Attention Gardeners

Friendship’s award-winning gardeners will be kicking off their next season on Tuesday, March 19 at 9:30 a.m. Join our team and learn how to prepare our community garden for the spring and what plants to consider putting in throughout the entire planting season to keep it beautiful, bountiful and award-winning. Hazel Delikatny, Penn State Master Gardener will give us tips to do just that.

SCS makes a difference in the lives of more than 21,000 older adults every year, preserving senior health and independence and giving family members peace of mind.

- One in six Delaware County residents over the age of 60 participated in SCS programs and services in 2017.
- One year of senior center programs for one older adult costs less than one night in a nursing home.
- SCS operates the oldest and largest home-delivered meal program in Delaware County, meeting the needs of more than 500 older adults by delivering more than 130,000 meals annually.
- SCS’ experienced staff and volunteers have been recognized for excellence statewide.

Your tax-deductible contribution makes these programs and services possible. Please send the coupon to SCS, 600 Swarthmore Ave., Folsom, PA 19033 or donate securely online at www.scs-delco.org. THANK YOU!

YES! I am happy to make a tax-deductible contribution to the SCS Annual Fund.

\$250 \$100 \$50 \$25 \$_____ Other

Payment Method: Check payable to Senior Community Services
 American Express Visa MasterCard Discover Exp. Date _____/_____/_____

Account # _____ Security Code _____

Name _____ Address _____

City / State / Zip _____ Phone _____

Email _____ (SCS will never share your email with a third-party.)

In honor/memory of _____
 SCS will notify the person you are honoring of your generosity!

Please send me info. on: Gifts through my estate/legacy giving Volunteer Opportunities
 Center for Life Long Learning Making a recurring monthly donation

Joanne's Journal

By Joanne Graham



Intergenerational Partnerships: Youth Enhancing the Young at Heart

Over the past few years, the lives of Good Neighbor's members have been continually enriched by our ongoing collaboration with Aldan Troup 2 and Southeast Delco Kids College. What began in June 2017 as an opportunity for local scout Christian Mitchell to perform a signage and beautification Eagle Scout service project at Good Neighbor has grown into a relationship of service, fellowship, and a genuine bond between the center and Aldan Troup 2. Several times a year the scouts, friends, and family join Good Neighbor members for a Friday evening social of potluck, billiards, bingo and just plain old fun.



"There is always a lot of laughter and I just feel good when I'm around young people. I really enjoy myself and them as well," says 90 year-old Ruth Whitsett, a long-time member of Good Neighbor and one of the center's most active volunteers, "I used to be a scout leader myself and it's wonderful to be able to share the knowledge and wisdom I've gained over the years with today's youth. They make me feel valued and appreciated."

In addition to our regular socials, each year the scouts take on projects to enhance the center. This spring, in pursuit of his Eagle Scout badge, Kamran Francis will conduct several fundraisers in order to build an octagonal picnic table for the center's newly remodeled patio.

Students from four local schools that comprise the Southeast Delco Kids College also add to the lives of Good Neighbor's participants. Each month, students ranging from 4th through 8th grade engage in trivia, games, oral history, writing projects, and craft activities with our members. These relationships bring a renewed sense of belonging to Good Neighbor's seniors and foster rich interactions between the young and the young at heart.

Trips

Casino Trips

March 13 & April 10

8 a.m.

\$30 for Members; \$35 for Non-Members

The Hedgerow Theater - *Moby Dick*

Saturday, March 30

2 p.m.

Eight Hedgerow Theater actors and a few objects create Melville's world of ships and taverns and storms and coffins. Join us as we experience this rousing adventure – an American literary epic, on par with Shakespeare and the Greek playwrights.

\$35 for members; \$40 for non-members.

Cost includes theater ticket and transportation.

Red Hatters Trip to Ladore

April 15-19

8 a.m.

Cape Cod

May 13-17

\$555

Monthly Activities

Book Club

Every 3rd Friday

1 p.m., no cost

Enjoy meeting other seniors for this fun and cognitively stimulating pastime as we delve into each month's thrilling page-turner and come together for lively discussions.

Cooking for One

Every 3rd Wednesday

1 p.m., \$3

Learn to make healthy, delicious meals for one, and save time and money too!

Garden Club

Wednesdays in March and April

1 p.m. No Cost

Special Events

Good Neighbor's 9th Annual Legacy of Service Banquet

Saturday, April 6 at 1 p.m.

First African Baptist Church, 901 Clifton Avenue, Sharon Hill

Monthly Birthday Party

Friday, April 26

11 a.m.

Celebrating our seniors' birthdays

SEPTA Resource Day

Friday, April 26

10 a.m. – 2 p.m.

Receive a valid state issued photo ID, SEPTA Key Card with proof that you've reached your 65th birthday. This service is a courtesy of Sen. Anthony Williams Office.

Kitchen Table Stories

Every 1st Wednesday at 10 a.m.

Join facilitator Tom McCluskey, behavior health specialist, in reviewing your own history and share your life story in a supportive environment.

No Cost

Vision Health—Glaucoma Presentation:

Thursday, April 11 at 10 a.m.

Learn the symptoms, treatment and how to prevent glaucoma. Presenter: Candy Bantum, Center for the Blind. No Cost

Ask the Pharmacist

Thursday, April 18 at 10:30 a.m.

Find out how to take your meds properly and which questions to ask your pharmacist when picking up your prescriptions.

No Cost

Free Diabetic Shoes and Inserts

Wednesday, April 24 at 10 a.m.

Get answers to your questions about the shoes and what medical information is required to be eligible for your free shoes. Presenter: William F. Ciampitti, Jr., The Foot Comfort Center.

No Cost

Kim's Korner

By Kim McDaniel



Dear Friends,

As I write this note, the center is closed for the day and the snow once again has us at home. I know every year for the last 22 years

I've written about how I long for spring. I think most of us do (except my son and his fiancé who are avid ski and snow board enthusiasts). Do you also look for those robins, snow drop flowers, crocuses and those early spring flowers breaking through the ground? As I go upstairs to the second floor of Schoolhouse Center, I always have to check out the progress of the buds on the trees from the great view that the hallway windows provide.

I want to thank everyone who paid their memberships in a timely way. Schoolhouse Center met its \$19,000 goal, more than double the goal of any of our sister centers. It's not an easy task, and I am grateful to our members for your support. In this time of smaller budgets and the loss of United Way funding, it's been a struggle for SCS to make the budget balance. Several of you helped out by giving more, and I really appreciate that.

There are new programs, classes, and trips for you to explore. Get out, stay healthy, and stay engaged.

Love,
Kim

Thank You to:

- The Advisory Council for the wonderful holiday party, for sponsoring our New Year's Party, Mid-Winter Party and the St. Patrick's Day Party.
- The volunteers and staff who assist in the day-to-day operation of the center and especially at those large events.
- Shirley Jones for her dedicated service to Schoolhouse. While Shirley's position at Schoolhouse was recently cut, SCS was able to turn lemons into lemonade by offering her the opportunity to fill an opening at Good Neighbor Senior Center. While we will miss Shirley and her incredible personality at Schoolhouse, she received a promotion, a raise, and a job closer to her home – all positives for her! So we say, "Congratulations Shirley!"
- Gabi Weisfeld, also for her dedicated service to Schoolhouse. We have known Gabi since she was interning in high school, college and post graduation! Although we are going to miss her smiling face, caring and kind personality, capable work, and positive "can do it" attitude, she is becoming my colleague at the Havertown Senior Center. I will enjoy seeing her at meetings and events. We couldn't be prouder of her.
- Jeannie Meserole and Judi Haines for the fabulous cruise that they took 30 people out on. Everyone had a great time!

Spring in Delco

Talk: Wednesday, April 10 at 12:30 p.m.

Nature Walk: Wednesday, May 1 at 9:45 a.m.

Naturalist Thomas Reeves will teach about the birds and flowers that announce springtime in Delaware County.

No Cost

Pinochle

Mondays at 12 p.m.

Wednesdays and Fridays at 8:30 a.m.

There's a place at the table for you in this spirited play. Even if all the tables are full when you arrive, it does not take long before a spot opens up.

No Cost

Pinochle Tournament

Monday, April 15 at 12:15 p.m.

Playing the hand you're dealt may lead to going home a cash winner.

\$5 entry fee

I'd Pick More Daisies

"If I had my life to live over again, I'd try to make more mistakes next time. I would relax. I would limber up. I would be sillier than I have been this trip. I know of very few things I would take seriously.

I would take more trips. I would climb more mountains, swim more rivers, and watch more sunsets. I would do more walking and looking. I would eat more ice cream and less beans. I would have more actual troubles and fewer imaginary ones. You see, I am one of those people who lives prophylactically and sensibly and sanely hour after hour, day after day. Oh, I've had my moments and if I had it to do over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one right after another, instead of living so many years ahead each day.

I have been one of those people who never go anywhere without a thermometer, a hot water bottle, a gargle, a rain coat, aspirin and a parachute. If I had it to over again. I would go places, do things, and travel lighter than I have.

If I had my life to live over, I would start bare-footed earlier in the spring and stay that way later into the fall. I would play hooky more. I wouldn't make such good grades except by accident. I would ride on more merry-go-rounds. I'd pick more daisies."

– Author Unknown

Trips

Monday, April 8 Hunterdon Hills Playhouse "Take Me Away"

\$99

New feature, spring musical transports the audience to bustling London for a one-of-a-kind experience. Includes lunch.

Wednesday, April 17 Phillies' Senior Citizen Day

\$25 for bus & ticket. Cheer on the Phillies against the NY Mets @ 1:05 p.m.

Condolences

Our sincere sympathy to the friends and family of Sandi Clancy, Doris Eagan, John Gula, Connie Milligan and Amratlas (Beka) Vaghela. Our heartfelt sympathy to Mary Ash on the death of her husband.

Sunshine Wishes

Gus Bottiglieri, Audrey Stophan, Janet Hammet, Jeannie Tribuanni, Jack Callahan, Betty McElroy, Ruth Feeley, and Ann Moore.

Highlights continued from page 7

Healthy Steps in Motion

Tuesdays, Thursdays, Fridays at 10 a.m.

Schoolhouse

Begin with a peaceful warm up, followed by light aerobic conditioning. Close with a relaxing cool down. Instructor: Mary Lytle. Class is located on the 2nd floor.

No Cost

Line Dance

Tuesdays Beginners at 2 p.m.;

All Levels at 2:30 p.m.

Thursdays Beginners Only at 2:15 p.m. –

4 p.m.

Schoolhouse

Line dance to current hits and classics. Nick (Bootscooter) Wanko teaches the steps that'll get you off the sidelines.

Members \$1 per session; Non-Members \$3 per session

Square Dance Class

Wednesdays at 7 p.m. – 9 p.m.

Schoolhouse

Come dance with Club Sashay, the oldest square and round dance club in the Delaware Valley.

\$5/session

Mall Walking

Monday – Thursdays at 9 a.m. – 10 a.m.

Schoolhouse

Meet your walking buddy Bonnie or Jill inside the Target (lower level) entrance at the Springfield Mall.

No Cost

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.

No Cost

Chair Yoga

Wednesdays at 2:30 p.m.

Schoolhouse

Enjoy the benefits of yoga without the difficulty of getting up from the floor.

No Cost

*** GAMES**

Pinochle Tournament

Saturday, April 13 at 11 a.m. – 4 p.m.

Good Neighbor

Have fun playing pinochle, enjoy a delicious lunch and win cash prizes.

\$10 per person

Breakfast Bingo

Friday, April 12 at 9 a.m.

Good Neighbor

It's the hottest thing around! Get a delicious hot breakfast and two bingo cards for a chance to win several cash prizes, plus bonus cash prizes.

\$5 for Members; \$6 for Non-Members

Big Bingo

2nd & 4th Thursdays at 1 p.m.

Chester

Come out and win cash prizes playing Big Bingo.

\$1 per board

Mah Jongg

Tuesdays at 12:30 p.m.

Schoolhouse

A Chinese tile game, where four players try for the right combinations that leads to one winner. We'll teach you how to win.

*** HEALTH AND WELLNESS**

APPRISE Individual Counseling Session

Tuesday, April 23 at 10 a.m. – 1 p.m.

Good Neighbor

Find out what's available or how you could save money through these individual counseling sessions. Please call the center for appointments.

No Cost

Silver & Fit

Tuesdays at 11 a.m.

Good Neighbor

Enjoy a one-hour, low impact, invigorating workout with fitness instructor Chileo Ponton.

Members \$2; \$3 for Non-Members

Walking Club

Monday through Friday at 9 a.m. - 10 a.m.

Good Neighbor

Enjoy the many benefits of a daily walk.

No Cost

APPRISE Insurance Counseling

Thursdays at 9 a.m. – 12 p.m.

Chester

Find out what's available or how you could save money through these individual counseling sessions. Appointments are required and can be made at the front desk.

No Cost

"Just Say Yes" Nutrition Class

Wednesday, April 10 at 12:30 p.m.

Chester

Join Just Say Yes for a nutrition discussion and then a food demonstration for all the latest topics on optimum disease prevention. Check the center calendar for future topics!

No Cost

Chiropractor Services

Tuesdays and Thursdays at 9:30 a.m. –

12:30 p.m.

Chester

Meet with Dr. Cara about pain management, alignment, balance or other issues. Private appointments are available.

Cost is covered through personal insurance or out-of-pocket.

Tri-State Dental Health

Thursday, April 9 at 11 a.m.

Chester

Learn about dental health, implants, dentures, and other procedures, as well as taking the opportunity to meet with a dentist.

No Cost

Hearing Health & Screenings w/Lansdowne

Hearing

Thursday, April 11 at 10:30 a.m.

Chester

Learn about hearing loss, prevention measures and general ear care! Following the presentation receive a free hearing exam and talk with a hearing specialist.

No Cost