

Center for Life Long Learning

Spring 2014 Course Offerings

Programs for 50+ Learners in the Aston, Brookhaven and Concord Communities

Senior Community Services (SCS) is pleased to provide this exciting array of classes to educate, inspire and encourage you. Created specifically to serve adults 50+ in western Delaware County, the Center for Life Long Learning (CLLL) brings adult education offerings to you. SCS, a non-profit agency, also works in many other ways to keep older adults living independently. Established in 1977, SCS today operates four Senior Centers. SCS' Centers provide meals, health and wellness programs, recreation and social activities and volunteer opportunities. Visit www.scs-delco.org

To find out more, please call Farah Esfahani at 484-496-2143 or fesfahani@scs-delco.org

Art & Design

DRAWING

Beginners learn basics of line drawing, form, composition and proportion. Advanced students are challenged with special techniques in charcoal, pen, ink, and pastels.

Instructor: Van Buren Payne

ASTON

12 sessions, Wed., 3/5 to 5/21

9:30-11:30 am \$60

CONCORD

12 sessions, Tues., 3/4 to 5/20

9:30-11:30 am \$60

WATER COLOR PAINTING

Learn techniques, materials, tools, color mixing and approaches with focus on individual needs. Beginner through advanced are welcome. Get supply list at first class.

Instructor: Helen Baur, Aston & Concord

Agnes Wilson-Bakow, Brookhaven

ASTON

12 sessions, Thurs., 3/6 to 5/29

9:30-11:30 am \$60

NO CLASS 5/22

BROOKHAVEN

10 Sessions, Thurs., 3/20 to 5/29

10:00 am-12:00 pm \$50

NO CLASS 4/17

CONCORD

12 sessions, Wed., 3/5 to 5/28

9:30-11:30 am \$60

NO CLASS 5/21



Driver Education

AARP DRIVING REFRESHER COURSE

If you have taken the 8 hour course, either AARP or AAA, and can produce documentation of having taken it (certificate, cancelled check, insurance statement) you are eligible to take the 4-hour refresher course. Space is limited. Registration secured with \$15 for AARP members/\$20 for non-members. Bring your AARP card to class.

CONCORD 4/17

12:00 pm-4:00 pm

ASTON 5/9

9:00 am-1:00 pm

AARP DRIVING SAFETY PROGRAM

AARP Driver Safety Program class consists of two four-hour days, and is designed as a driving refresher for motorists age 50 and older. The class reviews the eyesight, hearing, and physical changes that drivers experience as they age. Completion of the two-day class may entitle the participant to a discount on auto insurance. No tests or driving is required. Registration is required. A check made out to AARP for \$15(M); \$20 (NM) (put dates of class on memo of check).

BROOKHAVEN 3/18 & 3/20

9:00 am-1:00 pm



Literature

BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. "The Light Between Oceans", by M.L. Stedman is the first book to be discussed. Please read the book before the class.

Facilitator: Dianne Caggiano

ASTON

11:30 am-1:30 pm

3/19 & 5/14

NO FEE



Fitness

CHAIR YOGA

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

Instructor: Donald Simpson, RYT

BROOKHAVEN

Thurs., 3/13 to 5/29

2:00-2:45 pm

\$52

GOLD ZUMBA

Enjoy this popular, lively form of fitness and exercise to zesty Latin music, like salsa, meringue and cumbia. This exercise improves flexibility, strength, tone, and overall fitness.

Instructor: Heidi Barnett

ASTON

Tues., 4/8 to 6/10

1:00-2:00 pm

\$43

Health and Wellness

EATING SMART SERIES: "Be The Best You Can Be"— Eating Smart and Moving More

This program by Penn State University, Delaware County Extension will provide monthly nutrition and recipe demonstration classes. You will learn how by cooking and eating nutritiously. You can avoid medical problems and increase your longevity. Future schedules will be provided.

BROOKHAVEN

2:00 pm

4/8

NO FEE

AQUA SHALLOW EXERCISE CLASS AT ROCKY RUN YMCA

Working out in shallow water cushions to protect the lower body and spine by reducing the impact created on land by 50% or more. This class provides a variety of different challenges each day to help keep your bones strong, your heart healthy, and muscles toned. All at the pace of a 4 mile brisk walk. Held in the "Family" pool. Space is limited.

6 sessions (Mon./Wed./Fri.)

1:30-2:30 pm

3/3 to 4/11

\$57

"NEED A 'HAND' WITH YOUR PAIN?" Common Hand Problems from Carpal Tunnel Syndrome to Dupuytren's Disease, Thumb Arthritis and More

You will learn the most common conditions that cause hand and wrist pain, how to relieve pain with over-the-counter medications and conservative therapies, and when to see a doctor and determine whether you may be a candidate for surgery.

Presenter: Dr. Blane Sessions, M.D., Hand Surgeon, Crozer Keystone

BROOKHAVEN

2:00 pm

4/10

NO FEE

DIABETES 101

The mission of Senior Community Services is to you might prevent diabetes. What will be the ABC' of the future. In this lecture, you will learn about ways Diabetes is predicted to affect one in three adults in self-management if you already have diabetes?
 Presenter: *Mary Anne Leonard, R.N., MSN, CRNP*
BROOKHAVEN **5/1**
 2:00 pm **NO FEE**

SENIOR HEALTH & WELLNESS EVENT

This health fair will provide important health and wellness information for seniors and their families. Health providers from various organizations such as Crozer Keystone Health System, Keystone Mercy Health Plan, Delaware County Memorial Hospital, CKHS Cancer Services, CCMC Asthma Management Program, CKHS Medical Imaging (providing Osteoporosis Heel Scans), CKHS Geriatric Mental Health, and many more will be in attendance.
BROOKHAVEN **5/15**
 10:00 am-1:00 pm **NO FEE**

Senior Topics

EVERYTHING YOU NEED TO KNOW BEFORE SELLING YOUR HOUSE

Learn to eliminate many of the pitfalls and aggravations that can erupt at any time during the house selling period—whether you sell your home on your own or use a realtor. What options you have if you decide to stay in your home? Is reverse mortgage right for you?
 Presenters: *Robert & Dana Breslin, Esq.*
ASTON **4/9**
 1:00 pm **NO FEE**

MEDICARE 101

Medicare 101 presentation explains the basics of Medicare A, B, C and D. In addition, the presentation explains Medicare Terminology such as Copays, Coinsurance, Deductible, Medicare HMO/Advantage Plans, and Medical and Preventive Services offered to Medicare consumers for 2014.
 Presenter: *Marty Spiegel, APPRISE Volunteer*
ASTON **4/16**
 2:00 pm **NO FEE**



SPRING 2014 REGISTRATION FORM

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

First Name	Middle Initial	Last Name	
Home Address (include number and street or box no.)		Birth Date*	
City	State	Zip	Municipality*
Day Phone	Evening Phone	E-mail Address	

**This information is needed for funding purposes.*

COURSE NAME	COURSE DAY/TIME	COURSE LOCATION	FEE
			\$
			\$
			\$
			\$
			\$
Yes, I'm including a tax-deductible gift in the amount of			\$
Total			\$

Method of Payment:

Cash Paid \$ _____

Check or Money Order is enclosed, made payable to **Senior Community Services**

Credit Card Visa MasterCard Discover Expiration Date ____/____

Account # _____ (____)** **3 digit security code # on back of card

AARP 55 Alive Course: Make check payable to **AARP**

THE IMPORTANCE OF HAVING A WILL, POWER OF ATTORNEY AND HEALTH CARE DIRECTIVE

Learn how to establish these important documents in order to protect yourself minimize taxes and ensure that your preference regarding medical treatments are followed. When is a living trust advisable? What is probate and what are the costs?
 Presenter: *Christopher M. Murphy, Esq.*
CONCORD **4/29**
 2:00 pm **NO FEE**

HOW TO TITLE YOUR ASSETS?

What is the best way to title your assets? Should you have everything joint with your spouse? Does it make a difference if someone is joint owner or beneficiary? What does "in trust for" or "payable on death" mean? Does it increase or decrease your taxes? What if real estate is involved?
 Presenters: *Robert & Dana Breslin, Esq.*
BROOKHAVEN **5/8**
 1:00 pm **NO FEE**



The mission of Senior Community Services is to promote independent and meaningful living for older adults through direct services and programs in the home and community.

COURSE LOCATIONS

Aston Community Center*
 3270 Concord Road,
 Aston, PA 19014-1905

Brookhaven Municipal Building*
 2 Cambridge Road
 Brookhaven, PA 19015-1712

Concord*
 Rachel Kohl Library
 687 Smithbridge Road
 Glen Mills, PA 19342-1225

Contact: Farah Esfahani
484-496-2143

*Please do not call the townships directly. Township employees may not be familiar with program details.