

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

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: Agnes Wilson-Bakow, Brookhaven

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

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

NO CLASS 4/17

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**

Health and Wellness

EATING SMART SERIES: "Get the Best Food for Less"

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 **4/8**

2:00 pm **NO FEE**

"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

4/10

NO FEE

2:00 pm

Health and Wellness (continued)

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

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

