

Center for Life Long Learning

Spring 2010 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 (610) 237-8100 ext. 30 or fesfahani@scs-delco.org

Aston Community Center

Water Color Painting

Thursdays, 12 weeks, \$60

2/25 to 5/13, 9:30 to 11:30

Learn techniques, materials, tools, color mixing and approaches with focus on individuals needs. Beginner through advanced welcome.

Instructor: Helen Baur

Pencil Drawing

Wednesdays, 12 weeks, \$60

3/3 to 5/19, 9:30 to 11:30

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

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.

Friday, 4/16, 9:00 to 1:00

\$12(M); \$14(NM) payable to AARP

Medicare D

Wednesday, 5/5, 2:00 to 4:00, **No Fee**

An APPRISE (State Health Insurance Assistance Program) Counselor will review Medicare D. What it is, how it works, how and why you should compare costs, deductibles and co-pays every year?

Book Club

Wednesdays, 3/31 & 5/19, 2 sessions

11:30 to 1:30, **No Fee**

Join the book discussion group, enjoy a delightful conversation and make new friends in a relaxing atmosphere. *Moloka'i* by Alan Brennert is the first book to discuss. Please read the book before the class.

Group Facilitator: Dianne Caggiano

Strength Training Exercise

Tuesdays, 10 sessions, \$44

3/23 to 5/25, 11:30 to 12:30

Strength training exercise helps to prevent the muscle loss that normally accompanies the aging process.

Strengthening exercises also increase a person's flexibility and balance, which decrease the likelihood and severity of falls. Bring a mat and two dumbbells to the class.

Instructor: Kyle Lanier, NCPT

Avoiding Depletion of Assets Due to Medical Bills *NEW*

Wednesday, April 21, 1:00 to 2:30, **No Fee**

What happens if suddenly you, your spouse or someone in your family needs 24 hour care? Will you lose your home? Will you lose your life savings? Will a nursing home take everything you own? Learn about the existing programs which can help you.

Presenters: Robert and Dana Breslin, Esq.

Brookhaven Municipal Building

Water Color Painting

Tuesdays, 8 weeks, \$40

3/16 to 5/25 (NO CLASS 4/13, 4/27, 5/11), 2:00 to 4:00

Learn techniques, materials, tools, color mixing and approaches with focus on individuals needs. Beginner through advanced welcome.

Instructor: Janet Strugala

AARP Driving Course

AARP Driver Safety Program is intended to help older drivers improve their skills while teaching how to avoid accidents and traffic violations. Registration secured with \$12(M); \$14(NM) check made payable to AARP (put dates of class on memo of check).

Tues. & Thurs., March 16 & 18, 9:00 to 1:00

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.

Wednesday, 6/3, 9:00 to 1:00

\$12(M); \$14(NM) payable to AARP

How to Make Your Own Cleaning Supplies *NEW*

Tuesday, April 27, 2:00, **No Fee**

Most commercially available home cleaning products contain toxic chemical. Learn how to make your own unexpensive and environmentally friendly house cleaning products by mixing natural household ingredients.

Presenter: Carol Butler, Environmental Program Specialist at Pennsylvania Resources Council

Exercise

Thursdays, 10 weeks, \$42

3/18 to 5/27 (No class 4/15), 2:00 to 2:45

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

Instructor: Donald Simpson, RYT

Arthritis and Your Feet *NEW*

Thursday, May 6, 11:00 to 12:30

Many Americans deal with arthritis every day. Your feet can be a prime target for this common but difficult condition. In this lecture you will learn reasons why arthritis involves the feet, treatments and prevention, including shoe selection and exercise.

Presenter: Jennifer J. Spector, DPM

Changes in the Law that Affect Seniors

Thursday, May 6, 1:00 to 2:30 pm, **No Fee**

What is going to happen to your social security, Medicare, health insurance, and taxes? Is there anything you should or can do to protect yourself?

Presenters: Robert and Dana Breslin, Esq.

Preparing for Medicare

Wednesday, April 28, 2:00 to 4:00, **No Fee**

Are you approaching age 65 and wanting information on Medicare health insurance? This workshop will provide a basic overview of what Medicare is and what it covers.

Medicare Prescription plans will also be discussed.

Presenter: Kim Andrews, APPRISE Coordinator

Concord Senior Center

Water Color Painting

Wednesdays, 12 weeks, \$60
2/24 to 5/12 9:30 to 11:30

Learn techniques, materials, tools, color mixing and approaches with focus on individuals needs. Beginner through advanced welcome.

Instructor: Helen Baur

Pencil Drawing

Tuesdays, 10 weeks, \$50
2/23 to 4/27, 9:30 to 11:30

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

AARP Driving Course

AARP Driver Safety Program is intended to help older drivers improve their skills while teaching how to avoid accidents and traffic violations. Insurance discounts available upon completion. Registration secured with \$12(M); \$14(NM) check made payable to AARP (put dates of class on memo of check).

Tues. & Thurs., May 25 & 27, 9:30 to 11:30

What to Look for in a Continuing Care Community?

Tuesday, May 18, 1:00 to 2:30, **No Fee**

Alternative housing options such as 55 communities, continuing care communities and assisted living facilities. What are they? The good, the bad and the ugly.

Presenters: Robert and Dana Breslins, Esq.

Course Locations

Aston Community Center*

3270 Concord Road
Aston, PA 19014-1905
Contact: Farah Esfahani
610-237-8100 ext. 30

Brookhaven Municipal Building*

2 Cambridge Road
Brookhaven, PA 19015
Contact: Farah Esfahani
610-237-8100 ext. 30

Concord Senior Center*

817 Concord Road
Glen Mills, PA 19342-1225
Contact: Farah Esfahani
610-237-8100 ext. 30

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

If you would like a listing of our course offerings in eastern Delaware County please call Lori at 610-237-8100 ext. 11

Spring 2010 Registration Form

MAIL THIS FORM WITH PAYMENT TO:

Senior Community Services, 600 Swarthmore Avenue, Folsom, PA 19033, Attention: Lori

Method of payment:	Cash Paid \$ _____	Check # _____
Make all check payable to Senior Community Services except for <i>AARP Driving Course</i> which should be payable to AARP . *		
*NOTE: AARP MUST BE PAID BY CASH OR CHECK		
Credit Card: Visa__ Discover__ MasterCard__	Expiration Date ____/____ month / year	
Acct # _____ (____) ** 3 digit security code # on back of card	AUTHORIZED SIGNATURE (credit card payment)	

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: _____	Fee: \$ _____
Course Name _____	Course Day/Time: _____	Fee: \$ _____
Course Name _____	Course Day/Time: _____	Fee: \$ _____

Yes, I'm including a tax-deductible gift to SCS in the amount of \$ _____
Total \$ _____