

# 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](http://www.scs-delco.org)

To find out more, please call Farah Esfahani at (610) 237-8100 ext. 30 or [fesfahani@scs-delco.org](mailto: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

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## **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 *AARP Driving Course* 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 \$ \_\_\_\_\_