

Center for Life
Long Learning

Fall Course Guide

September - December 2026



Sponsored by:



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Class Locations

Aston Community Center * 3270 Concord Road Aston, PA 19014 484.496.2143 Contact: Faith Ferebee fferebee@scs-delco.org	Brookhaven Municipal Building * 2 Cambridge Road Brookhaven, PA 19015 484.496.2143 Contact: Faith Ferebee fferebee@scs-delco.org	Concord Senior Center * 817 Concord Road Glen Mills, PA 19342 484-496-2143 Contact: Faith Ferebee fferebee@scs-delco.org
Concord Township Building* 43 Thornton Road Glen Mills, PA 19342 484.496.2143 Contact: Faith Ferebee fferebee@scs-delco.org	Springfield Township ** 600 Swarthmore Avenue Folsom, PA 19033 484.496.2143 Contact: Faith Ferebee fferebee@scs-delco.org	Chester Senior Center 721 Hayes Street Chester, PA 19013 610.816.0391 Contact: Jamee Nowell-Smith jnowell@scs-delco.org
Friendship Circle Senior Center 1515 Lansdowne Avenue Darby, PA 19023 610-237-6222 Contact: Christine Helmandollar chelmandollar@scs-delco.org	Good Neighbor Senior Center 1085 Hook Road at Studevan Plaza Sharon Hill, PA 19079 610.586.8170 Contact: Karen Clark kclark@scs-delco.org	Schoolhouse Center 600 Swarthmore Avenue Folsom, PA 19033 484.496.2130 Contact: Jessica Hadfield jhadfield@scs-delco.org

****Please do not call the townships/municipalities directly. Employees may not be familiar with program details.***

*****Classes temporarily held at Schoolhouse Senior Center.***

CLASS SITE LOCATION KEY:

CH—Chester Senior Center

FC—Friendship Circle Senior Center

GN—Good Neighbor Senior Center

SCH—Schoolhouse Center

AST—Aston Community Center

BRK—Brookhaven Municipal Building

CSC—Concord Senior Center

CTB—Concord Township Building

SPR/SCH—Schoolhouse Center



Center for Life Long Learning

600 Swarthmore Avenue

Folsom, PA 19033

SCS PA MEDI PROGRAM

The Pennsylvania Medicare Education Decision and Insight Program of Delaware County (DELCOPA MEDI) Program helps you navigate through Medicare Health Insurance, Prescription Coverage, Medicare Cost Sharing Programs, and Supplemental Insurance options. The aim is to assist you in making informed decisions regarding your health coverage and to ensure that you select the most cost-efficient insurance plans available. You can learn about eligibility for other available benefits that could save you money on your Part A (Hospital), Parts B (Medical), and Part D (Prescription) Coverage and Premiums, get assistance with your Medicare questions, get help with plan comparison, selection, and enrollment process, get help with Supplemental (Medigap) Plan Comparisons and pricing, and get help with completing some necessary paperwork.

Check out the fall Individual Counseling sessions and educational presentations to prepare your for Open Enrollment October 15—December 7, 2026....it's always better to be informed!

Finding Providers

Friendship Circle—Wednesday 9/30 12:30 p.m.

Extra Help Program and Finding Other Medicare Cost Sharing

Friendship Circle—Wednesday 10/7 12:30 p.m.

Good Neighbor—Wednesday 12/9 1:30 p.m.

2027 Medicare Update

Good Neighbor—Monday 10/19 1:30 p.m.

Chester—Wednesday 10/21 11:00 a.m.

Friendship Circle—Wednesday 11/5 12:30 p.m.

INDIVIDUAL COUNSELING SESSIONS

Chester—Tuesdays 10:00 a.m.- 2:00 p.m. By Appointment Only!

Contact Victoria Braxton at 610-497-3550

Friendship Circle— Thursdays: 10/15, 11/19 Monday 12/7

9:00 a.m.-12:00 p.m. By Appointment Only!

You must call & pre-register at 484-534-2033

Good Neighbor—4th Tuesday of month 10:00 a.m. By Appointment Only!

You must call and pre-register at 610-586-8170

Schoolhouse—Contact Susan Serratore at 484-496-2132 or Jessica Hadfield at 484-496-2130



pennsylvania

Medicare Education and Decision Insight

PA MEDI

Valuable education and guidance for Pennsylvania's Medicare Beneficiaries.

For more information or to speak with a Medicare Counselor call 484-494-3769.

Visit PA MEDI on Facebook:

<https://www.facebook.com/PA-MEDI-SCS-Delco->

Sewing

Learn to create your own beautiful works! Beginners to advanced sewers welcome in this class. Sewing machines are available, but personal machines may be brought to class.

Instructor: Carolyn Rich

CH—Fridays 10:00 a.m.-1:00 p.m.
(M)\$0; (NM)\$5 per class

Weaving Class

Beginner & Intermediate Class
(3-5 Sessions per project)

Learn to weave in less than 30 minutes! You pay for your yarns ONLY if you decide to keep the project you complete. Otherwise the item is sold with projects from other classes. This class is on-going with new members accepted every 5 weeks.

Instructor: Barbara Parman

FC—Fridays 10:00 a.m.

Card Making

****IN-PERSON & VIRTUAL!****

Making your own cards communicates caring and personalization. It can also save you a lot of money. Join us to learn how to make sophisticated greeting cards, gift tags, gift bags, holders and more using decorative stamps. Supplies are included.

Instructor: Janis Thomas

CH—2nd Tuesday, 12:30-2:00 p.m., \$8 per class
 10/13—In-Person
 11/10—Zoom
 12/8—Zoom
 1/12—Zoom
 2/9—In-Person

Intro to Pastels

Looking to try a new form of art? Join this class and learn about different types of pastels and techniques specific to them! Inquire about supply list, some are provided.

Instructor: James McKay

BRK—Mondays, 9/21, 9/28, 10/5, 10/19, 10/26, 11/9
1:00-3:00 p.m.
Cost: \$40 (6 sessions)



Watercolor Painting

Course will include a step-by-step approach for beginners and challenging techniques for the more advanced student. Beginners through advanced students welcomed. Get supply list at first class.

Instructor: Marie Gilligan

FC—Mondays, 8/24—11/23, 10:00 a.m.-12:00 p.m.
(M) \$5 per class (NM) \$7 per class (10 sessions)

AST—Intermediate to Advanced Class
Thurs., 9/24—12/10, 10:00 a.m.-12:00 p.m.
No Class 10/8, 11/26

\$60 (10 sessions)

CSC—Wed., 9/23—12/9, 10:00 a.m.-12:00 p.m.
No Class 11/11, 11/25

\$60 (10 sessions)

SCH—Mon., 8/24—11/9, 1:00-3:00 pm
No Class 10/12

\$50 (10 sessions)

Meet the Maker: Traci Bio & Creative Vases

Meet author, business owner, and breast cancer survivor Traci Smith, founder of Traci Bio & Creative Vases. Hear her inspiring stories of entrepreneurship, resilience, and creativity while learning about a business that was born out of strength and supporting others.

Presenter: Traci Smith

FC—Tuesday 10/21 12:30 p.m.

Mosaics

This class will allow you to learn the basics of Mosaic arts and create a one of a kind mosaic piece; materials and supplies will be included. Learn mosaic theory and skills and then apply them to the mosaic art project of your choosing. More advanced theory and techniques will be shared.

Instructor: Veronica Kairios

CH—Thursdays 9/17—11/12 1:00-3:00 p.m.

Cost: (M) \$30 (NM) \$40

Mosaics

This course is suitable for those with a little or a lot of mosaic experience. This course will work all styles of mosaics for indoor and outdoor use, continuing instruction in techniques and methodology. Students may bring their own materials to add to their designs. Bring your vision and this class will help bring it to life! Materials can be purchased from the instructor if needed.

SCH—Thursdays *Call for Fall dates*
(14 hours total per session)

Afternoon Session: 2:00-5:00 p.m.

Evening Session: 6:00-9:00 p.m.

Cost: (M) \$135 (NM) \$150

Materials/Storage Fee: \$40

Instructor: Carol Shelkin

(This class runs year round, after the session has ended contact us for future dates!)

Acrylic Painting

Learn skills and techniques specific to acrylic painting. Through step-by-step demonstrations, you will be taught color, materials, and even art history along the way! Supply list provided at first class.

AST—Wednesdays

9/21, 9/28, 10/5, 10/19, 10/26, 11/9

1:00-3:00 p.m. \$40 (6 sessions)

Instructor: James McKay

CH—Mondays 10:30 a.m.—12:30 p.m. \$5 per class

GN—Wednesdays 10/7, 10/14, 11/4, 11/11
10:30 a.m.—12:30 p.m.

Donation

Instructor: Tehran "Art by Ran" Freeman

Creative Crafting

Join this "artful experience" even if you are artistically challenged! Various seasonal projects include quilt making, creating cards for homebound, ceramic tile and wreath making. Cost.....small donation for selected Crafts.

Instructor: Marie Ward

GN—Tuesdays & Thursdays 10:30 a.m.-12:00 p.m.



Knitting & Sewing Club

Bring your knitting, crochet, sewing, or other fiber arts projects and enjoy a welcoming space to create, learn, and connect with fellow crafters. Beginner or experienced, you will find inspiration, encouragement and opportunities to share ideas and techniques.

Instructor: Group Led

FC—Tuesdays 1:00-3:00 p.m.

Ceramics

Learn to make beautiful, decorative art pieces using various stains, glazes and firings. Starter ceramic pieces are available or you may bring your own piece.

Instructor: Grace Brown Johnson

CH—Thursdays 11:00 a.m.

Candle Making

Discover the art of making candles that are all natural and themed for the holidays.

Cost: \$20 per person

Instructor: Karima Williams, Sweet Dreams Candle Club

FC—Monday 12/7 1:00 p.m.

Fabric Swap & Sale

Calling all sewers, quilters, and crafters! Browse, swap, or purchase fabric, notions, and sewing supplies while connecting with fellow makers. Whether you're looking to declutter your stash or discover new materials, there's something for everyone.

Instructors: Friendship Circle Talents

FC—Friday 11/20 12:30-2:00 p.m.

Contour Art Class

Discover the art of contour drawing while creating a unique masterpiece. This beginner friendly class encourages creativity, observation, and self expression in a fun and relaxing atmosphere.

Instructors: Tiffaney Cable

FC—Thursday 9/24 1:00 p.m.

Cost: \$10 per person

Open Arts Studio

For those who wish to keep working on a project outside of class or in your free time, you are welcome in at this time to work independently. Must bring own supplies to class.

SCH—Fridays 12:00-3:00 p.m.

Sketch to Clay

A six-week creative art class where participants draw an object (or two), develop a design using printed copies, and transform the original artwork into a handcrafted ceramic plaque. This beginner friendly class combines drawing, design and ceramics into one rewarding artistic experience.

Instructor: Thelma McCarthy

FC—Wednesdays, beginning 9/9

12:30 a.m.-2:30 p.m.

Cost: \$65 (Includes firing)

Creative Crocheting

Join this long standing art form using yarns and needles to create beautiful projects such as blankets, scarves, hats, sweaters, and so much more! Supplies provided or bring your own!

Instructor: Victoria Braxton

CH—Wednesdays 1:00-3:00 p.m.



Fresh Flower Arranging

This is a hands on workshop using fresh flowers, gourds, greens, and holiday accents to create a festive fall and holiday centerpiece.

Instructor: Patti Kelly, Community Arts Center

SCH—

Festive Fall Centerpiece

Monday 10/26 2:00-3:00 p.m.

Holiday Centerpiece

Monday 12/21 2:00-3:00 p.m.

Cost: \$25 per person

Holiday Wreath Making Workshop

Enjoy this holiday door wreath making workshop, all supplies are included. Just in time for the holiday décor!

Instructor: Lorene McKnight

FC—Thursday 12/10 1:00 p.m.

Cost: \$20

Art & Design

Crafters Working for a Cause

This volunteer group crafts various projects to sell for the purpose of supporting programs at the Schoolhouse Center. There are also weekly sales of crafted items. We welcome all to join and add their talents.

Group Leader: Kathy Dollymore

SCH—Tuesdays 9:00-11:30 a.m. No Fee

Jewelry Making

Make beautiful bracelets, earrings, necklaces, and raving rings using your own creative designs. Specific stones and gems will be available or you may bring your own materials.

CH—2nd Fridays 9:30 –11:30 a.m.

Instructor: Pamela Haynes

GN—Tuesdays 10:30 a.m.

Instructor: Beverly Thompson

Crafting Projects

Each month come and make a different craft. Use different techniques that will help bring out the creativity in anyone!

Instructor: Kathy Dollymore

SCH—One Thursday per month—Check calendar for dates 12:00 p.m.

No Knot Knitters

Join this friendly group who knits and crochets . Make baby hats, chemo caps, comfort squares, lap robes, hats and scarves for children. We donate to local hospitals, veteran's groups and service organizations. If you're new to the craft, we'll teach you!

Leader: Beverly Benn

SCH—Tuesdays 12:30-2:30 p.m.

Pencil Drawing Clinic

Learn the basics of pencil drawing in a relaxed and welcoming environment. Learn shading, blending, texture, proportion and simple techniques for creating realistic drawings.

Instructor: Community Arts Center

SCH—Fridays 11/6, 11/13, 11/20 11:00 a.m.

Cost: \$12 per class

Diamond Painting

Create sparkling, pixelated images by affixing small, colored resin or “diamonds” to a pre-printed canvas. The finished product will amaze you!

Instructor: Victoria Braxton

CH—Mondays 10:00 a.m. –12:00 p.m.



Literature

Book Clubs

Have a love for reading? Enjoy literary discussion? Then the book club is perfect for you. Read great novels, old and new selected by the group.

CH—3rd Wednesdays 12:30-2:00 p.m.

****IN-PERSON & VIRTUAL****

Group Leader: Joann Simone, Crozer Library

FC—2nd Thursdays 11:00 a.m.

Group Leader: Friendship Members

GN—3rd Tuesdays 12:30 p.m.

Group Leader: GN Volunteers

AST—Wednesday 9/16 1:00 p.m.

Group Leader: Dianne Caggiano

SCH—3rd Thursdays 12:00-1:00 p.m.

Group Leader: Barbara Garvey





Email Basics

Say goodbye to snail mail! Learn the basics of setting up, composing and sending emails.

Instructor: Kathy Dollymore

SCH—By appointment only 12:00-2:00 p.m.

Tech Support & Tech Cafe—RSVP

Do you need help using your computer, smartphone or tablet? The RSVP team is here to help. Bring in your own device and get the help you need. Please register for Individual 1/2 hour sessions.

Instructor: RSVP

FC—Wednesdays 9/16, 10/21, 11/18, 12/16
10:00 a.m.– 1:00 p.m.

GN—Weds., & Thurs. 9/24, 10/22, 11/17, 12/9
1:00 p.m.

Tech Support

Are you stumped? Is your phone frozen? How do you download an app? Just need some tech tips? Bring your device and your questions for one on one support.

Instructor: Matt Cieri

CH—Check the Calendar for rotating days and times

Internet Awareness

Recognize common warning signs of a scam. Learn how scammers use phone calls, text messages, emails, etc. to gain access to money and personal information.

Instructor: Ed Sabine

SCH (CWW)—Tuesday 9/22 2:15 p.m.

Adding Apps & How to Use Them

This is a hands on tech session covering the basics of adding apps to a smartphone and how to navigate its functions. **REGISTER by 9/3!**

Instructor: John Wisniewski

FC—Thursday 9/10 1:00 p.m.

Fitness

Tai Chi Chih

T'ai Chi Chih is a healing art that consists of 19 slow, flowing gentle movements and one pose. Calming and easy, it involves gentle stretching that aid in stress reduction, increased immunity, improved balance and inner calm.

CH—Tuesdays & Thursdays 2:15 p.m.

Instructor: Kyle Lanier

FC—Wednesdays

10/14, 10/21, 10/28, 11/4, 11/11, 11/18, 11/25

11:00 a.m.

Cost: \$5

Instructor: Jim Kaib, Accredited Instructor

GN—Tuesdays & Thursdays 1:15 p.m.

Cost: Donation

Instructor: Kyle Lanier

Walking Clubs

Get a lift by joining a Walking Club. Walking helps to build muscle strength and combats osteoporosis. Walk to reduce stress, burn calories and stay mentally alert.

CH—Tuesdays

Indoors

10:00 a.m.

GN—Daily

9:30 a.m.

SCH—Wednesdays

11:15 a.m.

Leader: Kathy Dollymore

Bingocize

Join this 10 week evidence based workshop combining the game of bingo, exercise and falls prevention education. The exercises are designed to improve functional fitness including range of motion, balance, muscle strength and cardio-respiratory endurance. Participants must attend 15 of the 20 Sessions.

Instructor: Main Line Health

FC—Mondays & Thursdays 9/14-11/16

11:00 a.m.

SCH—Wednesdays 12/2 9:00 a.m.

Sit & Get Fit

Strengthen muscles, burn calories, improve movement and flexibility. Use light weights and bands for safe and gentle exercises, toning and stretching.

CH—Tues. & Thurs., 10:30-11:15 a.m.

Instructor: Kyle Lanier

GN—Tues., & Thurs., (Call Center for scheduled times)

Instructor: Kyle Lanier

Cost: Donation

SCH—Tues. & Thurs., 10:00-11:00 a.m.

Wednesdays, 9:00-10:00 a.m.

Instructor: Shirley Nearey

Reiki

Discover the many benefits of this Japanese stress reducing and relaxation technique that stimulates the innate ability for the body to heal.

FC—By appointment only

Cost: \$5 per session

Instructor: Dequila Hurt

GN—Fridays by appointment 12:00-2:00 p.m.

Cost: \$5 per session

Instructor: Paula Singletary

SCH—2nd & 4th Tuesdays 11:00 a.m.

Cost: \$5 per session

Instructor: Dequila Hurt

Gospel Aerobics

Join this fun and spiritual exercise program! Improve your physical and spiritual health through low-impact exercises seated and standing that will fill you with energy in your body and spirit!

Instructor: Tilly Heggs Adams

CH—9/23, 10/7, 10/21, 11/11, 11/18, 12/2, 12/16

10:00-10:30 a.m.

Chair Aerobics

Sometimes it is hard to stay seated during these high energy upper and lower body workouts with favorite well known classis musical hits.

Instructor: Paul Eugene (Virtual)

GN—Mondays, check calendar for dates

10:00-10:30 a.m.

Chair Yoga

Get the full benefit of yoga (strength and flexibility) without the difficulty of reclining or getting up off the floor.

CH—1st & 3rd Mondays 11:00 a.m.-11:30 a.m.

Instructor: Elizabeth Luce

FC—Thursdays 9:00-10:00 a.m.

Instructor: Marie Burns

Fridays 9:00-10:00 a.m.

Instructor: Barbara Frank

SCH—Wednesdays 2:30 p.m.

Instructor: Marie Burns

Stretch & Motion

Improve your movement and flexibility by strengthening muscles. This is a low impact class and an excellent fit for all skill levels.

Instructor: Shirley Brown

FC— Tuesdays 10:00-11:00 a.m.

Exercise & Motion

A moderate intensity exercise that focuses on warm up, strength conditioning using weights, stretching with bands and balance.

Instructor: Karen Graves

FC—Wednesdays 10:00-11:00 a.m.



Zumba

This fitness program fuses Latin dances like Salsa, Cumbia, Merengue, Flamenco, Tango and even belly dancing with aerobic exercise.

Instructor: Lavinia Ferguson

CH—Wednesdays 1:00-2:00 p.m.
Cost: Donation

FC—Tuesdays 11:00 a.m.-12:00 p.m.
Cost: \$5

GN—Mondays 10:30-11:30 a.m.
Cost: Donation

AST—Tues., 9/29-12/8 1:00-2:00 p.m.
\$50 (9 sessions) NO CLASS 11/3 & 11/24

CSC—Mon., 9/28-12/7 12:30-1:30 p.m.
\$45 (8 sessions) NO CLASS 10/12, 10/19 & 11/23

SCH - Wed., 9/30-12/9 10:30-11:30 a.m.
\$35 (8 sessions)

SCH/SPR - Mon., 9/28-12/7 2:30-3:30 p.m.
\$45 (8 sessions) NO CLASS 10/12, 10/19 & 11/23

Chair Zumba

Join our fun and lively exercise class where students can sit, dance, and workout all at once! Engage the body in a healthy way while improving strength and flexibility.

Instructor: Lavinia Ferguson

BRK—Wednesday 9/30-12/9 2:30-3:30 p.m.
\$50 (9 sessions) NO CLASS 11/11 & 11/25

Healthy Moves

Start with a relaxing peaceful warm-up, to a lively workout including light aerobic conditioning and work with weights and bands.

Instructor: Mary Lytle

SCH—Tuesday & Thursday 10:00-11:00 a.m.

Cardio Drumming

Cardio Drumming is at its core, high intensity drumming that is fun and suitable for all fitness levels and ages! With a great mix of music, a ball, bucket and drum sticks, you won't even know you're working out!

Instructor: Rose Dalterio

FC—Mondays 12:00-1:00 p.m.
Cost: \$5.00 Members/ \$7 Non-members



Seated Aerobics

Strengthen your muscles and improve movement and flexibility during this seated exercise. Go at your own pace and see results over time!

Instructor: Fran Frescoln

SCH—Wednesdays 9:00 a.m.



Low Aerobics

Improve your strength, endurance, balance and overall fitness through fun, low-impact aerobic exercises designed for all fitness levels.

*Instructor: Charlotte Evans-Parker,
AAAI & ISMA Faculty*

FC—Mondays 10:00 a.m.

Properly Discarding Old Medication

Come to gather information about safe disposal of old medications and more! Ask questions and get the answers!

Facilitator: Acme Pharmacy Staff

SCH—Monday 11/16 12:15 p.m.

Fall Prevention

Join us during National Fall Prevention Week for an informative presentation focused on reducing fall risks, improving home safety, and maintaining independence. Learn practical tips and resources to help you stay active and safe.

Instructor: Ellen Williams, COSA

FC—Wednesday 9/23 1:30 p.m.

Health Awareness Series

Learn much in this series of health education sessions that are informative and interactive! Topics to include fall prevention, nutrition, diabetes education and more!

Instructor: Main Line Health

SCH—Tuesdays

10/13 Breast Cancer Awareness Day 11:15 a.m.

11/10 Diabetes Awareness:

Healthy Eating for Better Health 11:15 a.m.

GN—Tuesdays 1:00 p.m.

A Matter of Balance

This is a nationally recognized program designed to help older adults reduce the fear of falling, increase activity levels, and improve balance through discussion, exercises, and confidence-building strategies.

Instructor: Ellen Williams, COSA

Registration required by contacting Ellen Williams at 610-499-1937 or email at: williamse@co.delaware.pa.us

FC—Thursdays 9/24-11/13 1:00 p.m.

Individual Medicare Counseling

When all your answers cannot be addressed in an open forum or educational program offering, one on one **PA MEDI** Medicare counseling sessions are scheduled to help you navigate the health insurance maze. Sessions are completed by phone and appointments are required!

CH—Tuesdays 10:00 a.m.- 2:00 p.m.

By Appointment Only!

Contact Victoria Braxton at 610-497-3550

FC— Thursdays 10/15, 11/19

Monday 12/7

9:00 a.m.-12:00 p.m.

By Appointment Only!

You must call & pre-register at 484-534-2033

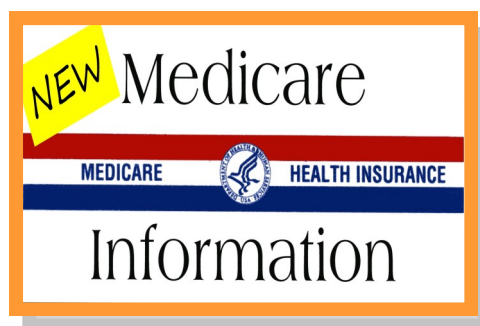
GN—4th Tuesday of month 10:00 a.m.

By Appointment Only!

You must call and pre-register at 610-586-8170

SCH—Contact Susan Serratore at 484-496-2132

or Jessica Hadfield at 484-496-2130



Center Without Walls

(Aston, Brookhaven, Concord, Springfield)

Every 2nd & 4th Wednesday 10:00 a.m.-2:00 p.m.

In Person or Over the Phone Appointments!

By Appointment Only!

You must call & pre-register at 484-496-2143

Preventing Pre-Diabetes (Webinar)

Preventing pre-diabetes starts with small steps. Learn how everyday choices can improve your health, reduce the risk of diabetes and help you feel your best.

Presenter: Main Line Health

FC—Monday 11/2 12:00 p.m.

Chiropractic Services

McCarrin Chiropractic & Physical Therapy Center will be available treating patients for neck pain, lower back pain, shoulder pain, headaches, knee pain, etc. Most insurances accepted. Set up an appointment today!

Facilitator: Dr. Cara Cartwright

CH— Tuesday & Thursday 10:00 a.m.-1:00 p.m.

Breast Cancer Awareness:

Know Your Body, Know Your Health

This educational presentation will discuss breast health, including how to perform self-checks, recognize changes, and understand when it is important to speak with a healthcare provider.

*Presenter: Lindsey Zebley, MSN, RN, CBCN
Main Line Health*

FC—Wednesday 10/28 12:30 p.m.

Poppin' in Pink: Breast Cancer Awareness

Don your cutest pink outfit and gear and be empowered through education, exercise sessions, wellness and health screening activities, games, testimonials and more! Let's celebrate strength, resilience and life.

*Presenters: Fox Chase Cancer Center Team
Villanova University Nursing*

CH—Wednesday 10/28 10:00 a.m.-2:00 p.m.

Cancer Awareness: Ovarian Cancer

Ovarian cancer typically presents with vague, non-specific symptoms that are often mistaken for general stomach issues. Learn about signs, symptoms, treatment, prevention and more!

Presenter: Cynthia Bennett, MSW

GN—Wednesday 10/14 11:00 a.m.

Some People Might Ask Me

Keeping mental and spiritual health strong is key in overall wellness. This discussion and support group will allow participants to share and reflect on the tough questions and hard decisions that life can present in a friendly non-judgmental atmosphere.

Facilitator: Local Missionary Society

GN—Every other Friday 1:00 p.m.

2027 PA MEDI Presentations

Navigating the maze of Medicare and insurance can certainly be a challenge for anyone! Education and information is key to making informed decisions.

Topics include 2027 Medicare Updates, 2027 Medicare Supplemental Plans, Extra Help/Medicare Savings Program and more. Join in on these valuable sessions in person or via Zoom.

Presenter: Delco PA MEDI Staff and Volunteers

To register for a Zoom Presentation, contact

Louise Mygatt:

Email: louisaapprise@yahoo.com or

Call: PA MEDI Medicare Director Glenda Radical at 484-494-3769

Hearing Education & Screening

Be educated on various conditions that affect the ear and hearing as well as treatment options. Participate in a free hearing screening and receive resources to assist your hearing needs.

Instructor: Dr. Britt Cardwell

CH— 10/8, 11/10, 12/10 11:00 a.m.

FC—Wednesday 12/2 12:30 p.m.

Ivy Rehab Health Series

Pain and balance management are vital as we age. This series will address various areas of concern.

Presenter: Ivy Rehab Staff

SCH—Tuesdays 11:15 a.m.

10/27—Sciatica and Treatment

11/24—Fall Prevention and Screenings

12/29—Exercise Myths

Widener University Community Nursing Program

Reach your Goal and Control your numbers! Receive blood pressure screenings and education on healthy eating and lifestyles. Get answers to your general questions.

Facilitators: Widener University Nursing Students

FC—Tuesdays **10/13-12/1** **9:00 a.m.-12:00 p.m.**

GN—Tuesdays **10/13-12/1** **10:00 a.m.-1:00 p.m.**



Cognitive Stimulation

Open a box that takes you on a journey through time to share stories, experiences, history and life. Join for each month's special theme:

October—"Birds"

November—"England"

December—"Christmas in the USA"

January—"Wonders of Nature"

Presenter: Dora Perry

FC—1st Tuesdays **12:30 p.m.**

GN—2nd Tuesdays **12:30 p.m.**

SCH—3rd Tuesdays **12:30 p.m.**

Fox Chase Cancer Center Wellness Series

Hear from knowledgeable professionals at Fox Chase Cancer Center about various forms of cancer, current treatment options, prevention, resources and insights designed to empower you and your loved ones to make informed health care decisions

Presenter: Fox Chase Cancer Center Team

CH—Tuesdays **11/10 & 12/8** **11:00 a.m.**

Health Fairs

Move at your own pace and gather local health resources, be educated, participate in health screenings, and connect to local professionals And don't forget the goodie bags!

FC—Tuesday **10/13** **10:00 a.m.-1:00 p.m.**

Aging Eyes & Vision Screening

Discuss how aging affects vision and overall eye health. This talk will address common age related changes in the eyes, warning signs to watch for and the importance of regular eye exams. Also learn how routine screenings can help detect and manage common conditions early and protect your vision. Screenings will be performed after the presentation.

Presenter: Candy Bantum

SCH— Wednesday **10/21** **12:15 p.m.**

Caregiving with Older Adults

Gain free monthly support for caregivers with topics that include Grief and Loss, Caregiving 101, Balancing Self Care and Caregiving and Social Isolation. Updated resources provided at each session.

Presenter: SCS Caregiver Support Program

FC— Tuesdays **10/20, 11/17, 12/15**
12:00 p.m.

SCH—1st Wednesdays
9:30 a.m.

Getting Your House in Order My Obituary in My Own Words Workshop

Take control of your story and leave a lasting legacy for your loved ones. Join us for this thoughtful and empowering workshop where you'll learn how to write your own obituary, reflect on your life's accomplishments, and ensure your memories are shared exactly as you wish. It's never too early to put your house in order and give your family a meaningful gift for the future.

Presenter: Laura Blenman

CH—Thursday **10/15** **10:30 a.m.-12:00 p.m.**

Health & Wellness

Free Wig Program

Losing your hair can be a side effect of cancer treatment. Main Line Health's free wig program is for female cancer patients anticipating/experiencing hair loss. Learn how to select a style and care for your wig and scalp. Also receive connections to local resources and salons.

*Presenter: Margaret Stevens, MPH, MSW
Main Line Health*

FC—Wednesday 10/14 12:30 p.m.

Language

Beginner Spanish

****VIRTUAL CLASS ONLY!!****

Learn the basics of the Spanish language! This class for beginners will have you speaking Spanish in no time! The class is very participatory and interactive.

Instructor: Michael Bryan

SCH— Wednesdays 10:00 a.m.-11:00 a.m.

Intermediate Spanish

****VIRTUAL CLASS ONLY!!****

Learn to speak another language! This class will have you speaking Spanish in no time! The class is very participatory and interactive.

Instructor: Theresa Taha

SCH—Wednesdays 11:30 a.m.-1:30 p.m.

Advanced Spanish

****VIRTUAL CLASS ONLY!!****

This class will focus on reading comprehension and complex grammar through the study of Spanish books.

Instructor: Clery Naimoli

SCH— Mondays 9:30- 11:00 a.m.

Gardening

Terrarium & Succulent Workshop

Bring a little greenery into your life in this fun class for beginners and plant lovers alike! Learn simple plant care tips, and leave with a beautiful terrarium of your own!

Instructor: Collin Jensen

CH—Thursday 9/24 11:00 a.m.

Cost: \$5 (M) \$10 (NM)

Healthy Eating



Healthy Nutrition Classes

By cooking and eating nutritiously, you can avoid medical problems and increase your longevity. Learn to decode food labels, date marking, buzz words and misleading names.

Instructor: Danielle Burke

CH—Thursday 9/24 11:00 a.m.

FC—Monday 11/9 9:30 a.m.

Eating Healthy for Veteran's & Individuals 60+

Lunch and Learn

Learn simple tips for healthy eating, meal planning, and making nutritious choices to support overall health and wellbeing.

Instructor: Jena Wood, GIANT Dietician

FC—Wednesday 11/11 12:30 p.m.

Slow Cooker Recipes (Webinar)

Participate with Friendship members on site at the center to learn about delicious recipes that are healthy and diabetic friendly.

Instructor: Main Line Health

FC—Wednesday 11/18 12:00 p.m.

Kooking with Cakes by K

Work with a local baker to make and decorate scrumptious desserts that are budget friendly and healthier!

Instructor: Karen Strickland

GN—Wednesday 9/30 11:00 a.m.

Tap Dancing

Learn beginner tap steps and incorporate them in routines. Upbeat music and style make the class fun, no experience necessary. Also join in as the group prepares for dance performances in the community!

Instructor: Joan Weitzman

CH— Wednesdays 11:00 a.m. - 12:00 p.m.



Line Dancing

Learn all the latest line dances while having fun and exercising. Join in at any time during the semester.

BRK—Tuesdays, 9/22-10/27 2:00-3:00 p.m.

Cost: \$36 (6 sessions)

Instructor: Lisa Cooper

CH—2nd Mondays 10:30 a.m.-12:00 p.m.

Cost: Donation

Instructor: DJ Smoove

Tuesdays, starting 9/29 6:00-7:00 p.m.

Cost: \$5

Instructor: Val Moore

FC—Wednesdays, 10/7, 11/4, 12/2 2:00-3:00 p.m.

Cost: \$5

Instructor: Renee Anderson

SCH—Tuesdays 12:30-2:00 p.m.

Instructor: Gail Zaccarelli

Square Dancing

This class offers modern square dancing lessons. Exercise your mind and body, learn to square dance to songs you know and love and make new friends.

Leaders: Club Sashay

SCH— Mondays 7:00-8:30 p.m.

Cost: \$7 per lesson

Dance Workout Wednesdays

Dance to Motown music standing or seated in a chair while refreshing old dance moves and getting in a great workout!

Instructor: Virtual with Paul Eugene

GN— Wednesdays 12:00-1:00 p.m.

Spiritual

Bible Study

Learn and share in non-denominational forums that explore the richness and mysteries of the Bible with others yearning to grow spiritually and in the knowledge and understanding of the word of God.

CH— 2nd Thursdays 11:00 a.m.-12:00 p.m.

Facilitator: Rev. Esther Newton

3rd Wednesdays 12:30– 1:30 p.m.

Facilitator: Rev. Gregory Stinson

FC—Thursdays 10:00-11:00 a.m.

Facilitator: Rev. Sharon Carey

GN—Thursdays 10:30-11:30 a.m.

Facilitators: Dollie Cooper, Mildred Jenkins

SCH—2nd & 4th Mondays 12:30-1:30 p.m.

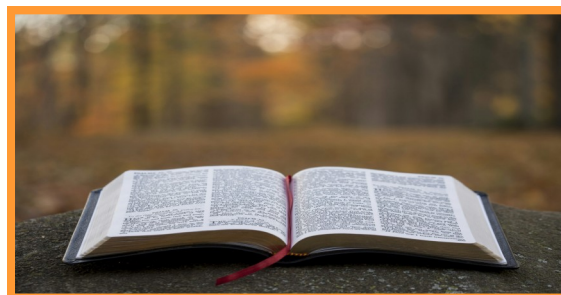
Facilitator: Ridley Park Presbyterian Church

Bible Discussion

This discussion inspires those who would like to understand scriptures and to discuss their perspectives in a group.

Instructor: Joseph Woodlock

FC— Wednesdays 11:00 a.m.-12:00 p.m.



History & Discussions

Genealogy.....Individual Sessions

Research your family history and discover resources that can help trace your genealogical heritage. Individual appointments will be taken after the general presentation.

Instructor: Jerry Sanders

FC—Thursday 10/8 12:30 p.m.

Genealogy.....Getting Started

Learn places, family and history—trace it back!

Instructor: Susan Evans, Family Tales & Trails

FC—Wednesday 12/2 12:30 p.m.

Philadelphia 250: A Journey Through History

Celebrate America's 250th anniversary with an engaging discussion exploring Philadelphia's important role in our nation's history, local landmarks, and historical events that shaped the country

Presenter: Diane McNitt

FC—Thursday 11/19 12:30 p.m.

Ghost Stories -Trails at Arlington Cemetery

Explore the mini museums of artifacts of history from the Underground Railroad, Kennedy Room and more! Brown bag lunch will be provided at Friendship before departure.

Presenter: Chris Mojica & Arlington Staff

FC—Thursday 10/29 1:00 p.m.

Support Groups

Grief & Loss Support Groups

Join in to learn how to cope with grief and loss and gain support from people who know what you are going through. Grief comes in many forms, not on a schedule and it is not just about death. There is great value in sharing time and stories with others who understand.

CH—Mondays 12:30- 2:00 p.m.

Facilitator: Chaplain Lisa Dennis & Sheila Kelly

SCH—1st & 3rd Wednesdays 1:30 p.m.

Facilitator: Immanuel Lutheran Church of Norwood

Driver Education

Smart Driver Program (AARP)

Refresh your driving skills and you may also be able to save on your insurance. Learn about skills and strategies you can use on the road every day.

Explore local laws and traffic rules for drivers.

Get tips for proper maintenance of your vehicle so it's safe before you drive. No tests are required.

FC –

Full Class: 9/21 & 9/22; 11/2 & 11/3

9:00 a.m.– 12:00 p.m.

(Must attend both days to receive certification of completion)

Refresher Course: 10/5, 11/30, or 12/21

9:00 a.m.- 12:00 p.m.

Cost: \$20.00 AARP Members/ \$25.00 Non-members

Please make check payable to AARP. Please Bring AARP ID card.

CarFit

This educational program offers older adults the opportunity to check how well their personal vehicles "fit" them. Community specific resources that could enhance driver safety and mobility will also be available. Registration is required by calling 484-534-2033. 30 minute appointments are available.

Instructor: Alyson Strigle, CPSTI, Project Director

FC—Tuesday 11/10 10:00 a.m.-1:00 p.m.



Mobile Office Hours with Senator Anthony Williams

Visit with a representative to obtain SEPTA ID Cards and Rent Rebate information and assistance.

FC—2nd Mondays of each month
11:00 a.m.—1:00 p.m.

GN—4th Thursdays 11:30 a.m.- 1:00 p.m.

Mobile Office Hours with Senator Kane

Meet with a representative from Senator Kane's office who will be on site to provide help/information on Property/Rent Rebate, Veteran's services, LIHEAP and more.

CH—1st Wednesday 10:00 a.m.- 2:00 p.m.

Benefits & Services for Older Adults

Are you receiving all of the available benefits to which you may be eligible and entitled? What about the Homestead Tax Exemption, Rubbish Fee Exemption, have you applied for your Property Tax or Rent Rebate from the State? Find out what you may be missing out on! Call 610-497-3550 for an appointment.

Facilitator: Phoebe Snow

CH—Wednesdays 11:30 a.m.-2:30 p.m.

Weatherization Workshop

Learn about programs and services to get your home weather ready. Also learn about home safety, fire prevention and common issues seen in our community.

Facilitator: John Gebhardt, Red Cross Volunteer

FC—Wednesday 12/9 12:30 p.m.

Social Security Updates

Keep up with the latest updates and changes with Social Security and learn about current resources available to you.

Facilitator: Jessica Silvent, Public Affairs Specialist

FC—Wednesday 9/16 12:30 p.m.

Mobile Office Hours with State Rep. Dellosa

Every month a representative from Rep. Dellosa's office will be on site to provide help/information on state related needs such as LIHEAP, Property/Rent Rebate, PA 529, Veteran's services, Real ID Information, free Notary services and more!

GN—4th Wednesday 11:30 a.m.- 1:00 p.m.

SCH—3rd Wednesday 12:00- 1:30 p.m.

Case Management Support

Learn about available resources and programs to remain active and independent in the community. From in-home services to transportation, to utility assistance, applying for benefits, and more...get individualized support for the help you need.

Presenter: Thomas McCluskey, SCS Care Manager

CH—2nd Tuesdays 9:30-11:30 a.m.

FC—4th Fridays 10:00 a.m.- 12:00 p.m.

GN—1st Mondays 12:00-2:00 p.m.

SCH—4th Tuesdays 1:00-3:00 p.m.

Widow Workshop

Learn the specific laws and resources in place for those who are a widow/widower.

Presenter: Dana Breslin, Esq.

Breslin, Murphy and Roberts Law Firm

AST—Thursday 10/1 1:00 p.m.

FC—Monday 9/28 12:30 p.m.

Brain & Memory Workshop

Stay abreast of the latest information regarding brain health, memory, dementia and Alzheimer's disease. This session will provide valuable information, helpful resources and practical tips for maintaining cognitive wellness.

Presenter: Alzheimer's Association

CH—Tuesday 10/13 11:00 a.m.

Delaware County Transportation

Learn about travel options in Delaware County. Take the opportunity to meet with a representative to process SEPTA Senior Ride Free cards (new or renewal) as well as a representative from DELGO to assist with applications.

Presenters: Mary Ann Sandone

CH—1st Thursdays 11:00 a.m.-1:00 p.m.

FC—Wednesday 11/4 11:00 a.m.-1:00 p.m.

Pedestrian Safety

Pedestrian safety is a shared responsibility between pedestrians and drivers. To stay safe, pedestrians can learn tips to stay safe.

*Presenters: Alyson Strigle, CPTSI, Project Director
Elizabeth Aimee, Families for Safe Streets*

FC—Wednesday 11/10 12:30 p.m.

Album Listening Sessions

Enjoy this album music listening session from all decades—Memory and Hearing Prevention Sessions.

Presenter: Tiara Orange

FC—Mondays 10/19, 11/9, 12/14 9:00 a.m.

Coffee & Chat

With Borough Leaders

An informal, yet intimate discussion with the Mayor/Council Presidents about their work, community initiatives, and future plans. Come learn, share and connect.

Presenter: Local Community Leaders

FC—Thursdays 9/24, 10/22, 11/19 9:30 a.m.

Roving Reporter

Come share information, opinions and facts on local, community, state and national events. We event talk sports, restaurants and thrifting. No topic is off limits!

GN—Fridays 10:30 a.m.

Keep Your Brain Healthy as You Age

Hear what the research shows! Dementia is not inevitable. Review ways to keep your brain sharp as possible: the science, the myths and what is on the horizon. Discuss with a board certified neuropsychologist.

Presenter: Dr. Kathleen Breslin, Neuropsychologist

BRK—Thursday 10/15 1:00-2:00 p.m.

SCH (CWW)—Thursday 10/22 1:00-2:00 p.m.

Christian Legal Clinics of Philadelphia

Christian Legal Clinics provides a no-cost 1-hour consultation with a Pennsylvania licensed attorney. For clients who need more extensive representation we are often able to provide no-cost or low-cost representation. Services offered include Wills, Power of Attorney, Estate Administration and Probate, Family Law including custody, Landlord/Tenant & Eviction, Immigration, Community Legal education and more. **Services are by appointment only by calling Steve Lybrand at 215-399-0064 Ext. 110 or slybrand@clcpghila.org.**

CH—4th Monday of the month 5:00-8:00 p.m.

**Location: Salvation Army
151 W. 15th St., Chester**

Dog Training Workshop

Train your dog in basic obedience and also have the opportunity for your dog to pass the 1st requirement to be a Therapy Dog to help others. Sessions last 6 weeks.

Presenter: Kim Borbone, CPDT KA

FC—Mondays 10/5-11/16 3:00-4:00 p.m.

No class 10/12

**Cost: \$210 (Basic Obedience Class)
\$300 (Canine Good Citizen-added class)**



Delaware County Victims Assistance

Learn about the services and resources available to seniors through the Victim Assistance Office to support individuals who have experienced crime, abuse, fraud or other forms of victimization. The discussion will include information on advocacy, safety and where to turn for help and support.

Presenter: Delco Victim Assistance Office

SCH—Wednesday 10/28 12:15 p.m.

Legal Education for Seniors

Explore important considerations for managing your home and real estate as you age. Hear options about protecting your property, planning for the future, understanding ownership and estate planning, and making informed decisions about your real estate.

Presenter: Dana Breslin, Esq.

Breslin, Murphy and Roberts Law Firm

SCH—Tuesday 11/17 11:15 a.m.

Veteran's Recognition Events

Veteran's Ministry Chat & Chew

Be educated, gather information and resources from local professionals while enjoying light fare, conversation and honoring of those who've served. *Sponsored by Veteran's Ministry of First African Baptist*

GN—Saturday 11/21 10:00 a.m.-12:30 p.m.

Veteran's Day Breakfast

Enjoy a delightful meal among fellow Veteran's and friends sharing stories, experiences and memories of valiant service. Special guest speakers will share Reflections on the meaning of Veteran's Day and the importance of honoring those who have served.

SCH—Thursday 11/11 11:30 a.m.

Cost: Free for Veterans \$3 for guests

Chess Class & Play

For both seasoned and beginner players to enjoy a traditional game that requires you to use the brain. Learn the components of problem solving, planning and seeing from different perspectives.

Instructor: Lloyd Dupree

FC—Tuesdays 1:00 p.m.

VACCINE CLINICS

Protect yourself and others by getting vaccinations for flu, pneumonia, shingles, COVID, RSV, and more.

Fees are waived but you must provide medical insurance information.

For further details please contact the Senior Center of your choice.

Chester

Tuesday, October 6 11:00 a.m.-1:00 p.m.

Sponsored by Thrive Pharmacy

Friendship Circle

Friday, October 2 9:00-11:00 a.m.

Sponsored by Giant Pharmacy

Good Neighbor

Thursday, September 24 11:00 a.m.—1:00 p.m.

Sponsored by Thrive Pharmacy

Schoolhouse

**Monday, September 21 & Thursday, October 15
10:00 a.m.-2:00 p.m.**

Sponsored by Acme Pharmacy

MISSION STATEMENT

To promote independent and meaningful living for older adults through direct services and programs in the home and community.

General Information

Executive Director

Arthur Weisfeld

610.237.0719

aweisfeld@scs-delco.org

Long Term Care

Deborah Templeton, Director

484.534.2050

dtempleton@scs-delco.org

Senior Centers

Jamee Nowell Smith, Director

610.816.0391

jnowell@scs-delco.org

Advancement

John Federico, Director

484.496.2142

jfederico@scs-delco.org

Cognitive Stimulation Program

Dorothy Darragh, Program Manager

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ddarragh@scs-delco.org

Aging at Home

Christine Helmandollar, Director

484.534.2207

chelmandollar@scs-delco.org

Caregiver Support Program

Diana Twisler, Program Manager

484.540.0372

dtwisler@scs-delco.org

PA MEDI Program

Glenda Radical, Program Manager

484.494.3769

gradical@scs-delco.org

Volunteers

Jamee Nowell Smith

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Center Without Walls

Faith Ferebee, Program Manager

484.496.2143

fferebee@scs-delco.org



Many of these classes are supported by Pennsylvania Partners in the Arts (PPA), the regional arts funding partnership of the Pennsylvania Council of the Arts, a state agency. State government funding comes through an annual appropriation by Pennsylvania's General Assembly and from the National Endowment for the Arts, a federal agency. PPA is administered in this region by the Greater Philadelphia Cultural Alliance.



www.scsdelco.org

SCS Registration Form

Fall 2026

Center for Life Long Learning

**600 Swarthmore Avenue
Folsom, Pa 19033
610.237.8100**

Date	Members Expiration Date (if applicable)	
First Name	Middle Initial	Last Name
Home Address (include number and street or box no.)		
City	State	Zip
Day Phone	Evening Phone	E-Mail Address

Course Name	Course Day/Time	Course Location	Fee
			\$
			\$
			\$
			\$
			\$
			\$
Yes, I'm including a tax-deductible gift in the amount of			\$
Total			\$

I hereby release SCS and all other sponsors, supports, officers, board members, employees and volunteers from any and all liability with respect to SCS program activity and the arrangement for classes, trips and other trips and other enrichment opportunities.

Method of Payment:

- ☐ Cash Paid \$ _____
- ☐ Check or Money Order is enclosed, made payable to **Senior Community Services**
- ☐ Credit Card ☐ American Express ☐ Discover ☐ MasterCard ☐ VISA
 Account # _____ - _____ - _____ - _____
 () ** 3 digit security card on back of card Expiration Date ____/____ (month/year)
- ☐ Via PayPal at @scsdelco. (Please include the name of the class/classes)

Authorized Signature (Waiver and Payment)

Staff Initials

Mail To: Senior Community Services
600 Swarthmore Avenue, Folsom, PA 19033