

Center for Life Long Learning

CWW Spring 2026 Course Offerings

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 at several locations. 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 within Delaware County. Check out what our other centers are up to by visiting www.scs-delco.org. To find out more on programs/classes below, please call Allison Alfieri at **484-496-2143** or aalfieri@scs-delco.org.

Watercolor

Learn techniques, materials, tools, color mixing, and other approaches with a focus on individual needs. If needed, get supply list at first class.

Instructor: Marie Gilligan

ASTON

Intermediate – Advanced Class

12 sessions, Thursdays 2/5 – 4/30 **\$60**
NO CLASS 3/5
10:00 AM – 12:00 PM

Beginner Class

4 sessions, Thursdays 5/7 – 5/28 **\$20**
1:00 PM – 2:00 PM

CONCORD SENIOR CENTER

Intermediate – Advanced Class

12 sessions, Wednesdays 2/4 – 4/29 **\$60**
NO CLASS 4/1
10:00 AM – 12:00 PM

Acrylic Painting

Learn skills and techniques specific to acrylic painting. Through demonstrations, you will be taught color, materials, and even art history along the way! Inquire about supply list.

Instructor: Jim McKay

ASTON

8 sessions, Fridays **\$40**
2/13, 2/27, 3/13, 3/27
4/10, 4/24, 5/8, 5/22
1:00 PM – 3:00 PM

Intro to Pastels

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

Instructor: Jim McKay

BROOKHAVEN

6 sessions, Mondays **\$30**
2/9, 2/23, 3/9, 3/23, 4/13, 4/27
1:00 PM – 3:00 PM

Healthy Eating

By cooking and eating nutritiously, you can avoid short and long-term medical problems and increase your longevity. Join the program to find out more! Provided by Penn State University, Delaware County.

Presenter: Brittney Marshall

BROOKHAVEN

6 sessions, Tuesdays **NO FEE**
2/24, 3/24, 4/21, 5/19, 6/23, 7/21
1:00 PM – 2:00 PM

Chair Yoga

Enjoy this gentle form of chair yoga to relaxing music. Follow along to a guided and soothing type of exercise that helps create mobility, increase strength, flexibility, stamina, and balance. Students end the class with breathing exercises and stretches.

Instructor: Donna Rottenberk

BROOKHAVEN

8 sessions, Thursdays, 2/5 – 3/26 **\$40**
1:00 PM – 2:00 PM

Chair Zumba

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

Instructor: Lavinia Ferguson

BROOKHAVEN

12 sessions, Wednesdays 3/11 – 6/10 **\$60**
NO CLASSES 4/29 & 5/27
2:30 PM – 3:30 PM

Gold Zumba

This popular class pairs fitness with zesty Latin music, like salsa, merengue, cumbia, and more. This exercise class helps improve movement, flexibility, strength, and tone.

Instructor: Lavinia Ferguson

ASTON

12 sessions, Tuesdays 3/10 – 6/9 **\$60**
NO CLASS 5/19 & 5/26
1:00 PM – 2:00 PM

CONCORD SENIOR CENTER

12 sessions, Mondays 3/9 – 6/8 **\$60**
NO CLASSES 4/6 & 5/25
12:30 PM – 1:30 PM

SCHOOLHOUSE CENTER

12 sessions, Mondays 3/9 – 6/8 **\$60**
NO CLASSES 4/6 & 5/25
2:30 PM – 3:30 PM

Book Club

Enjoy a delightful conversation and make new friends in a relaxing atmosphere by joining the book discussion group. The first book to be discussed is **“Remarkably Bright Creatures”** by Shelby Van Pelt. The second session will focus on the book **“The Borrowed Life of Frederick Fife”** by Anna Johnston. Please read the books before each class.

Facilitator: Dianne Caggiano

ASTON

1st Book, Wed., 1/14 at 1 PM **NO FEE**

2nd Book, Wed., 3/11 at 1 PM **NO FEE**

3rd Book (TBD), Wed., 5/13 at 1 PM **NO FEE**

Breslin Law Firm

“Real Estate Tax”

Are your real estate taxes too high? What can be done about it? Are there any programs or benefits that can help?

CONCORD MUNICIPAL BUILDING

Thursday, 4/23 at 1 PM **NO FEE**

Presenter: Dana Breslin and Chris Murphy, Esq. from Breslin, Murphy, and Roberts Law Firm (formerly Pappano & Breslin)

“Widow Workshop”

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

SCHOOLHOUSE CENTER

Thursday, 6/11 at 1 PM **NO FEE**

Presenter: Dana Breslin, Esq. from Breslin, Murphy, and Roberts Law Firm (formerly Pappano & Breslin)

2026 PA MEDI Presentations

PA MEDI Medicare Presentations are **one-hour** informative talks and are available in-person/virtually through Zoom. Presentation topics include:

- Spring 2026 Medicare Updates
- How to Complete a Medicare Health Plan Comparison
- Medicare 101
- 2026 Medicare Supplemental Plans
- Extra Help/Medicare Savings Program

Presenter: DELCO PA MEDI Medicare Counselor

Multiple dates/times available **NO FEE**

To Register for a Presentation, contact Louisa Mygatt

Email: Louisaapprise@yahoo.com or Call PA MEDI Medicare Director Glenda Radical at (484) 494-3769

PA MEDI Counseling

PA Medicare Individual Counseling Sessions are **forty-five minutes to one-hour sessions** scheduled to assist the Medicare Recipient and potential Medicare Beneficiaries with questions, concerns, plan comparisons, and enrollment into Medicare Advantage Plans, Part D Prescription Plans, and Medicare Cost Savings Programs and Medigap Plans.

Presenter: DELCO PA MEDI Medicare Counselor

REGISTRATION IS REQUIRED NO FEE

- Every 2nd & 4th Wednesday from 10:00 AM – 2:00 PM
- In-person or over-the-phone appointments available

COURSE LOCATIONS

Aston Community Center *
3270 Concord Road
Aston, PA 19014

Brookhaven Municipal Building *
2 Cambridge Road
Brookhaven, PA 19015

Concord Senior Center *
817 Concord Road
Glen Mills, PA 19342

Schoolhouse Senior Center *
600 Swarthmore Avenue
Folsom, PA 19033

Contact: Allison Alfieri
484-496-2143

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

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

Spring 2026 Registration Form

MAIL THIS FORM WITH PAYMENT TO:

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

First NameMiddle InitialLast Name

Home Address (include number and street or box no.)

CityStateZipPhone Number

E-Mail Address (include for class updates)

COURSE NAME	COURSE DAY/TIME	COURSE LOCATION	FEE
			\$
			\$
			\$
			\$
			\$

Method of Payment:

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

☐ Credit Card: American Express ☐ Discover ☐ MasterCard ☐ Visa ☐

Expiration Date: ____/____ 3 digit security code # on back of card: (____)

Account #: _____

☐ Via PayPal at @scsdelco. *Please include the name of the class/classes in description.

REGISTRATION IS REQUIRED FOR ALL PROGRAMS
(INCLUDING NO FEE CLASSES)