

# Center for Life Long Learning

## Spring 2021 Course Offerings

### Programs for 50+ Learners in the Aston, Brookhaven, Concord & Springfield

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 (Aston Community Center, Brookhaven Municipal Building, Concord Senior Center, Rachel Kohl Library and Springfield Township Building). 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 484-496-2143 or [fesfahani@scs-delco.org](mailto:fesfahani@scs-delco.org)

All of the township buildings we have used for Centers Without Walls Life Long Learning programs will be unavailable for our spring semester programs due to the COVID-19 pandemic. Therefore, we will offer the presentations virtually. You can participate either through Zoom meetings or UberConference (teleconference). Please pre-register for the presentations you plan to participate. We will contact you prior to each program to provide you with the Zoom link or the telephone number for Teleconference. Whenever possible, SCS will also record programs and make them available on YouTube. For additional programs visit [www.scs-delco.org](http://www.scs-delco.org)

#### REGISTRATION IS REQUIRED FOR ALL PROGRAMS

#### BOOK CLUB

Join the book discussion group, enjoy a delightful conversation and make new friends "The Lions of Fifth Avenue" by Fiona Davis, is the first book to be discussed. Please read the book before the discussion. Wednesday 3/10, 5/12, 6/16 at 11:30 am  
Facilitator: Dianne Caggiano

## Health & Wellness

#### HEALTHY NUTRITION & OVERALL HEALTH

You will learn how by cooking and eating nutritiously, you can avoid medical problems and increase your longevity. This program is sponsored by Penn State University, Delaware County Extension. Tuesdays 2/9, 3/9, 4/13, 5/11  
2:00 pm

#### HEART HEALTH

Since 1963, February has been celebrated as American Heart Month. During this 45-minute presentation we'll discuss tips on how to make easy heart healthy meals and other ways to prevent heart disease. We will talk about supermarket choices, offer cooking tips, and discuss the most common type of heart disease. Thursday, Feb. 25, 2:00 pm  
Presenter: Bonnie Magliochetti, RDH, RN, MA, Community Health Educator with Main Line Health

#### FOOD ON A BUDGET

Healthy eating too expensive? It doesn't have to be! Learn tips on how to eat nutritiously while avoiding medical problems for less money. Presenter: Ashley McCorkle, RDN, LDN. Thursday, March 25 at 2:00

#### MEDICARE INDIVIDUAL COUNSELING

Medicare Individual Counseling sessions are 30 to 60 minutes in length scheduled to assist Medicare beneficiaries with questions and concerns regarding Medigap plan Comparisons and other Medicare and Health Insurance associated information. Attendees can be all Medicare Beneficiaries, Medicare caregivers, and anyone new to Medicare.

#### REGISTRATION IS REQUIRED

Wednesdays February through June

1st & 3rd week from 3- 6:00 pm

2nd & 4th week from 10-2 pm

Presenter: APPRISE Counselor

## Senior Issues & Topics

#### MEDICARE 101 PRESENTATION

Medicare 101 Presentation explains the basics of Medicare Parts A, B, C, and D. In addition, it explains Medicare terminology such as Copays, Coinsurance, Deductibles, Enrollment Special Periods, Medicare Plan Enrollment and Disenrollment, Penalties, Medigap, and Supplemental Plans.

Wednesday, March 3 at 2:00 pm

Presenter: APPRISE Representative

#### MEDICARE COST SHARING PRESENTATION

This is a presentation that shares information concerning saving Medicare Beneficiaries money on their Part A (Hospitalization Copays and Deductibles), Part B (Medical Copays and Deductibles) and Part D Prescriptions (Copays, Gap Coverage and Premiums). The programs discussed are the Medicare Savings Programs, The Extra Help Program, and PACE/PACENET Programs.

Wednesday, April 7 at 2:00 pm

Presenter: APPRISE Representative

#### STROKE SMART: ARE WE FIT FOR THE FUTURE?

The presentation will focus on the signs and symptoms of a stroke. It will include the following: BEFAST (Balance, Eyes, Face, Arms, Speech, & Time); the Easy Way to Eat Healthy; 7 Salty Myths; Covid and Stroke; and the other information and resources from the American Heart and American Stroke Associations.

Presenter: Suzanne Hefton, RN, BSN; Stroke Coordinator, CrozerHealth

Thursday, May 6 at 2:00 pm

