

TELL ME MORE!

Schedules

Enroll in just one class or attend a CENTER as often as you wish—the choice is yours.

Transportation

Need a ride? No problem—our CENTERS partner with Community Transit of Delaware County to offer round-trip shared-ride transportation.

Membership

Classes and activities are free or a nominal charge. To ensure you don't miss a thing, consider making an annual membership contribution—you'll enjoy special benefits!



Locations

SCS offers programs at numerous Delaware County locations, including SCS' four nationally accredited CENTERS and sites in Aston, Brookhaven, Concord, and Upper Chichester.

Let SCS put you in the
CENTER of life.

Center for Life Long Learning and
Center Without Walls Programs

600 Swarthmore Avenue

Folsom, PA 19033

(610) 237-8100

Chester Senior Center

721 Hayes Street, Chester, PA 19013

(610) 497-3550

Friendship Circle Senior Center

1515 Lansdowne Avenue

Darby (Yeadon), PA 19023

(610) 237-6222

TDD: (610) 237-6231

Good Neighbor Senior Center

1085 Hook Road, Studevan Plaza

Sharon Hill (Darby Township), PA 19079

(610) 586-8170

Schoolhouse Center

600 Swarthmore Avenue

Folsom, PA 19033

(610) 237-8100

www.scs-delco.org

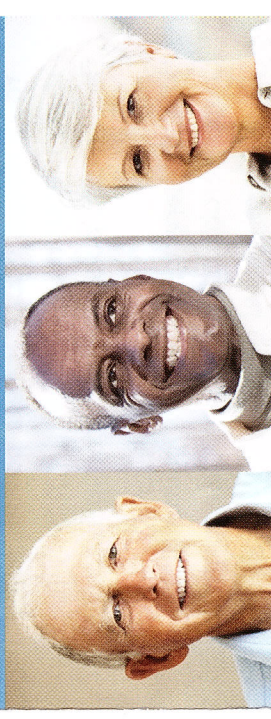


Mission: To promote independent and meaningful living for older adults through direct services and programs in the home and community.

SCS is proud to be a service provider of the Delaware County Office of Services for the Aging (COSA), a partner of the Pennsylvania Department of Aging (PDA).



Reconnect Renew Revitalize



Classes, Programs
and Resources
for Active Adults



Step into the **CENTER** of activity... Camaraderie, classes, trips, meals, resources, volunteer opportunities — and so much more. **Welcome to SCS' CENTERS!**

ENRICH and EXPLORE

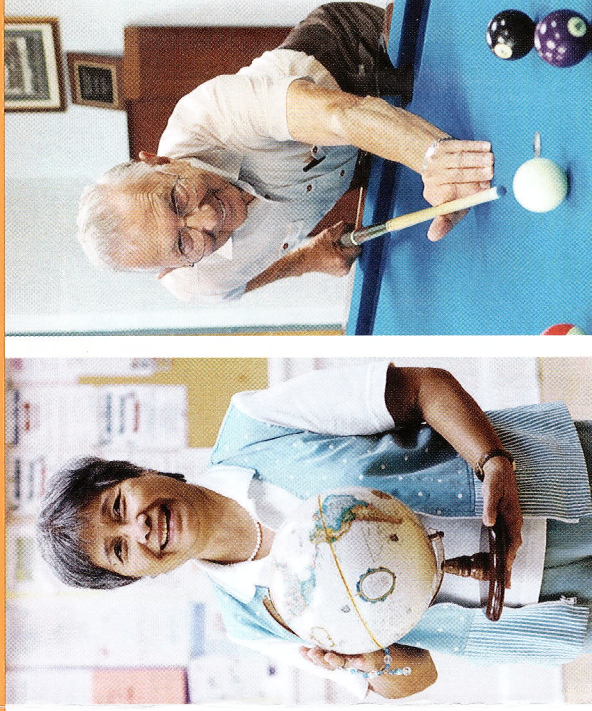
Rekindle a former hobby or immerse yourself in a new passion. From art appreciation to acting, birding to belly dancing, and computers to ceramics—our CENTERS offer it all.

We'll teach you how to refinish furniture, design jewelry, and buy and sell online. You'll discuss books, debate politics and study literature. We please the poetry buff, pool shark, poker and pinochle player.

If wood carving, watercolor painting or water aerobics don't suit you, we might tell you to take a hike! (with us, of course, in a beautiful local garden!) Join us on outings to exciting destinations—from the Philadelphia Orchestra to the Atlantic Ocean.

ENERGIZE and NURTURE

Take charge of your health by taking advantage of health screenings. Our exercise classes range from aerobics to Zumba! Pick up nutrition, meal preparation, and other healthy lifestyle tips. Relax with tea tastings, meditation and yoga.



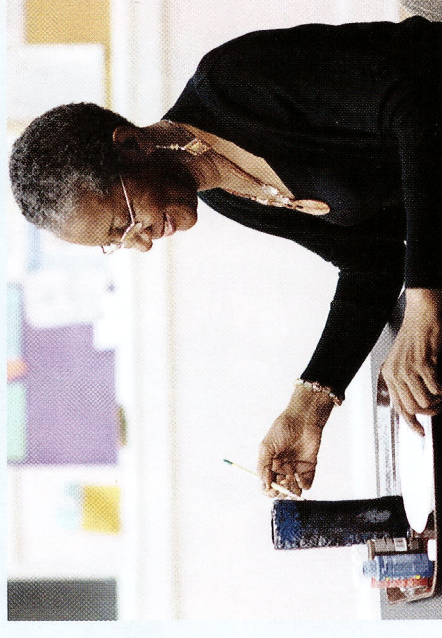
SHARE SKILLS gain PURPOSE

Opportunities abound to put your experience to use to serve others: You can teach photography, counsel individuals about health insurance benefits, and share hobbies with homebound seniors—just to name a few volunteer roles. You'll change lives, especially your own.

CONNECT with RESOURCES

Plug into our free counseling services. Let us answer your questions about Medicare, prescription (PACE) benefits, housing and in-home services.

Family caregivers can find support. Let us help you balance caring for your aging loved one with your other responsibilities.



SAVOR MEALS and CONVERSATION

Our kitchens serve "food that's good for the soul," delicious deli menus, and other palatable lunches and suppers. We offer eat-in or take-out options.

CONTACT US TODAY

Main number: (610) 237-8100

Email: centerinfo@scs-delco.org

www.scs-delco.org

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