



Friendship Circle Senior Center
610-237-6222; www.scs-delco.org
Center for Life Long Learning - Fall of 2010

Exercise and Dance Classes

- Tai Chi (Mondays ,2PM) \$3/class
Yoga (Thursdays ,1PM, \$3/class
Zumba (Tuesdays, 10:30AM), \$3/class
Sit & Get Fit (Monday & Wednesday, 10:30AM) FREE
Fitness Mix (Tuesdays 10AM) FREE
Low Impact Aerobics (Tuesdays, 1PM) \$3/class
Tap Dancing (Fridays, 10:30AM) \$1/class
Line Dancing (Thursdays, 9AM) FREE

Education Offerings

- Women in History (Oct. 18—1PM) FREE
Genealogy (Sept. 24—1PM) FREE
PECO Smart Program (Oct. 20) FREE
Wine Tasting (Oct. 5—5PM) \$15.00
Bible Study (Thursdays, 10AM) FREE
First Ladies (November Tuesdays,) \$40
Arlington Museum (Oct. 6, 1PM) FREE
Master Garden Program (Monthly on Wed. 1PM) \$5/class
Urban Wildlife (Oct. 21, 1PM) FREE
Volunteer/Explore Your Future (Nov. 5, 2PM) FREE
Book Discussion Series (2nd Tuesday, 10:30AM) FREE

- Book Signings-

Dining with the Dollar Diva, Sept. 17, 1PM FREE

Cable's Image, Nov. 17, 2PM FREE

Beginning Spanish (Tuesdays, 11AM) \$5/class

Health Resource Day (Nov. 5, 11AM) FREE

Hearing Education Day (Nov. 9, 9AM—3PM) FREE

Computer Education (call for dates)

- Discover the Fun—3 classes, 2PM \$25
MS Word—2 classes, 2PM \$20
Social Networking - 2 classes, 2PM \$20
Intro to Computers—3 classes, 2PM \$25
Word—4 classes, 2PM \$35
Eliminating Errands—Nov. 4, 2PM \$15
Medical Research—Nov 11, 2PM \$15
Online Banking—Nov. 18, 2PM \$15

Art Classes (call for dates)

- Watercolor—10 classes, 10AM \$5/class
Pencil Drawing I—5 classes, 2PM \$5/class
Pencil Drawing, II—5 classes, 2PM \$5/class
Pencil Drawing II—5 classes, 3PM \$5/class
Recycle Art—2 classes, 2PM \$5/class
Wire Jewelry, - 2 classes, 3PM \$5/class
Calligraphy—10 classes, 9AM \$5/class
Jewelry Making—Oct. 25, 3:30PM. \$8
Framing—2 classes, 2PM (supply cost determined at 1st class))

Support Groups and Clubs (call for dates)

- Hearing Loss Association of Delaware County,
2PM FREE
Diabetes Support—Fridays, 9:30AM—FREE
Caregiver Support Group—Monthly Thursdays,
3PM FREE
Caregiver Help Program , Oct. 5, 5:30PM FREE

For more information on or to register for any of the listed classes, please complete the form below and return it to: Friendship Circle Senior Center, 1515 Lansdowne Avenue, Darby, PA 19023. (Friendship Circle is conveniently located on the campus of Fitzgerald Mercy Hospital, St. Bernard Hall, opposite Holy Cross Cemetery on Wycombe Avenue in Yeadon.

Look for additional classes/programs and complete descriptions in our Center for Life Long Learning brochure available in September. Computer classes are limited to 6 participants and fill quickly. To reserve your seat, payment in full for computer classes only is required

NAME: _____

ADDRESS: _____

E-mail: _____ Phone: _____

I am interested in the following classes: _____

My check/money order in the amount of _____ is enclosed for computer classes as listed above.

**Consider becoming a member (\$25/year) and through your membership help support the ongoing programs and activities of the Center.