



Senior News

Swarthmore Senior Citizens Association, Post Office Box 306, Swarthmore, PA 19081

January
February
2019

We Could Learn a Thing or Two

One of the many advantages of living in a college town is the opportunity to keep learning long after most of us have left school. A number of our members either moved here or decided to remain here because of the proximity to an institution of higher learning. In addition to the classes, lectures, concerts, athletic games, libraries, and special events (fireworks!) our community engenders a sense of curiosity that we enjoy.

The wonderful thing is, the College is not the only place our curiosity can be nourished. There's the Public Library with all its programming in addition to the books and e-readers they provide. There's our school district, which offers drama productions, music concerts, and its own athletic events. The Wallingford-Swarthmore Community Classes offer many options for learning something new or brushing up on something we thought we already knew. Classes are always being presented at the Schoolhouse Center, too. The Swarthmore Discussion Group is a monthly lecture with dinner and talk-back time. Every congregation in town offers classes on various topics, and almost always open to anyone. We would be remiss if we didn't toot our own horn at least a little bit, with our terrific weekly programs at the Gathering Place!

All of this, and then there's even more available just a short train ride away in Philadelphia!

OK, fireworks don't really teach us anything. But they are fun, and we need some of that, too!



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Joynton Stables

Events

Dew Drop Inn

7A South Chester Road,
Swarthmore

Bridge on Mondays, Tuesdays, and Thursdays from 10:00 a.m. to 1:00 p.m.

Crafts on Mondays from 1:30 to 2:30 p.m. Making polymer clay jewelry, knitting, needlepointing and any other craft projects people are working on or want to share with others. Very casual.

Games such as chess, MahJong, canasta, checkers, and Scrabble on Fridays from 10:00 a.m. to 1:00 p.m.

SwarthmoreSeniors.com

Let's Go!

SSCA Travels offers a series of day trips to nearby places of interest. It is an opportunity to experience those places with friends and make new friends as we travel. The Swarthmore Presbyterian Church is generously providing their bus (and volunteer drivers!) for these trips, which we are currently planning on a monthly basis. Each trip will include transportation, entry fee, and lunch and will be free.

Tuesday, January 15: Herr's Snack Factory in Nottingham.

Thursday, February 7: Brandywine River Art Museum in Chadd's Ford.

Sign up at <https://www.signupgenius.com/go/30e0545aaa723a20-ssca>

Gathering Place

United Methodist Church
129 Park Avenue, Swarthmore

Entertaining, interesting, and informative programs for adults of all ages every Wednesday at noon, with the program starting at 12:30. Bring your lunch and we'll provide beverages and dessert. Or make a small donation and have a cup of soup and some bread. A light lunch is provided on the first Wednesday of each month.

Program Notes

1/9 Chair Yoga is for Everyone

Breathe Om Yoga from Wellness on Park will join us for a session showing how dhair yoga can change our life.

1/16 Have Fun at the YMCA

Eleanor Johnson, Business Development Director at Community YMCA, will share information about the Community YMCA programs for senior citizens at the Y's in Ridley and Lansdowne. Silver Sneakers and Silver & Fit are two programs designed to keep Seniors active and healthy.

1/23 Making a Difference in Chester

Reverend Zuline Wilkinson, Director of Chester Eastside, will join us to share their mission and work in our neighboring community.

1/30 African American History

Join us for a program honoring African American History Month.

2/6 Take A Few Steps

Bill Foster will share about A Few Steps programs and give us suggestions on reducing our own carbon footprints.

SSCA Travels

Leaving from SUMC
129 Park Avenue, Swarthmore

1/15 Herr's Snack Factory. Nottingham, PA. Departing at 9:30 a.m,

2/7 Brandywine River Art Museum, Chadd's Ford PA. Departing at 10:00 a.m.

Advance registration is required. See details and sign up on page 6.

2/13 Recycle Better

Sara Nelson, Director of Recycling for Delaware County Solid Waste Authority, will share with us what has changed in the recycling industry in the past year. She'll also give us tips on how we can be better recyclers.

2/20 Building a Better College


Greg Brown, Vice President for Finance and Administration at Swarthmore College, will give us an update on construction activity on Swarthmore College's campus, and what lies ahead.

2/27 Planning a Better Borough

Beth Murray is member of the study group looking at the future of the Borough of Swarthmore. She is coming to share a follow-up on the progress they've made since her initial presentation to Gathering Place a year ago.

Note: Sometimes our programs change after this newsletter is published. Please check our website and the *Swarthmore* *ean* for the most up-to-date information on programs.

January 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 No programs	2 No programs	3 10:00 to noon DDI bridge	4 10:00 to 1:00 DDI board games 10:30 DDI Canasta	5
6	7 10:00 DDI bridge 1:00 to 2:30 DDI crafts	8 10:00 to noon DDI bridge	9 Noon GP: Chair Yoga	10 10:00 to noon DDI bridge	11 10:00 to 1:00 DDI board games 10:30 DDI Canasta	12
13	14 10:00 DDI bridge 1:00 to 2:30 DDI crafts	15 9:30 Snack Factory Tour 10:00 DDI bridge	16 Noon GP: Your YMCA	17 10:00 to noon DDI bridge	18 10:00 to 1:00 DDI board games 10:30 DDI Canasta	19
20	21 10:00 DDI bridge 1:00 to 2:30 DDI crafts	22 10:00 to noon DDI bridge	23 Noon GP: Chester Eastside	24 10:00 to noon DDI bridge	25 10:00 to 1:00 DDI board games 10:30 DDI Canasta	26
27	28 10:00 DDI bridge 1:00 to 2:30 DDI crafts	29 10:00 to noon DDI bridge	30 Noon GP: African- American History	31 10:00 to noon DDI bridge	1 10:00 to 1:00 DDI board games 10:30 DDI Canasta	

February 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 10:00 DDI bridge 1:00 to 2:30 DDI crafts	5 10:00 to noon DDI bridge	6 11:00 Board Mtg Noon GP: A Few Steps	7 10:00 Brandy- wine Museum trip 10:00 to noon DDI bridge	8 10:00 to 1:00 DDI board games 10:30 DDI Canasta	9
10 4:00 Valentine's Cabaret	11 10:00 DDI bridge 1:00 to 2:30 DDI crafts	12 10:00 to noon DDI bridge	13 Noon GP: Recycling	14 10:00 to noon DDI bridge	15 10:00 to 1:00 DDI board games 10:30 DDI Canasta	16
17	18 10:00 DDI bridge 1:00 to 2:30 DDI crafts	19 10:00 to noon DDI bridge	20 Noon GP: At the College	21 10:00 to noon DDI bridge	22 10:00 to 1:00 DDI board games 10:30 DDI Canasta	23
24	25 10:00 DDI bridge 1:00 to 2:30 DDI crafts	26 10:00 to noon DDI bridge	27 Noon GP: Around the Borough	28 10:00 to noon DDI bridge	10:00 to 1:00 DDI board games 10:30 DDI Canasta	GP = Gathering Place DDI = Dew Drop Inn

Swarthmore Public Library Programs

Mystery Mondays every Monday 3:00 to 5:00 pm

Get your Mystery Fix! Join us every Monday from 3-5pm in the Council Room to watch British and International mystery TV series. Watch your favorite detectives in action and discover new ones!

Philosophy Forum on Tuesdays at 10:00 am

The Forum reads from introductory and classic philosophy texts and meets monthly to discuss the readings. All are welcome to join the group at any time.

Brush Up Your Shakespeare every Thursday from 10:00 am to noon.

Experience your favorite Shakespeare plays through film adaptations accompanied by video lectures from the Great Courses given by award-winning teacher of Shakespeare, Professor Peter Saccio of Dartmouth College. Each week, you will either watch a selected film adaptation of a Shakespeare plot or the video lecture on that play by Professor Saccio. Discussions will follow as time permits. Refreshments will be served.

Spanish Conversation on Fridays, January 11 and February 15, at 2:00 pm.

Swarthmorean Allison Moore facilitates a generous and lively conversation for beginning and intermediate Spanish speakers each month.

French Conversation on Fridays, January 18 and February 22, at 2:00 pm.

A friendly group of proficient French speakers meets each month to talk about art, literature, history, or current events. Come dust off your French! Facilitated by Lucy Saxon.

In Stitches: Yarn & Needle Work on Tuesdays, January 22 and February 26, at 10:00 am

Do you knit, crochet or do needle-work? No matter your skill level, you can join our monthly In Stitches club to learn and share tips and ideas while enjoying lively conversations with fellow crafters. Some supplies will be available for newcomers.

Valentines in Swarthmore!

The people of Swarthmore and surrounding areas love to make music, and what inspires more (or better) music than Love itself? Come out for Cupid's Cabaret on Sunday, February 10, at 4:00 p.m. at Swarthmore United Methodist Church. Love songs will be performed by several musical groups in town, including community choruses, bands, church choirs, and others.

Other Things to Do

Wallingford-Swarthmore Community Classes will be offering many courses with sign-ups in January.

www.wscclclasses.org

Swarthmore College events are often open to the public and are always free.

www.swarthmore.edu

Swarthmore Town Center presents First Fridays on January 4 and February 8.

www.swarthmoretowncenter.com

Community Arts Center features local arts and crafts. The CAC has Friday Night Live events with music. It's BYOB and BAYF (Bring All Your Friends). Check for the schedule of events at

communityartscenter.org

The **Schoolhouse Center** has a full range of activities geared toward seniors.

www.scsdelco.org/centers/schoolhouse.shtml

Swarthmore Discussion Group monthly talks include dinner. There is an annual fee, and sometimes there are tickets available for a single talk.

swatdiscussiongroup.wordpress.com/

Still Looking for Something to Do?

The Swarthmore Borough website has a directory of every non-profit organization in the immediate vicinity of town. Looking for a place to meet people, volunteer, or learn something new? This directory is a good starting point for your search! Go to:

<http://www.swarthmorepa.org/BusinessDirectoryii.aspx>

News

Oh, the Places We've Gone!

We have been doing our own version of the Grand Tour this past Fall, with trips to various locations in the Delaware Valley. Thanks to the generosity of the Swarthmore Presbyterian Church in the use of their bus, and providing volunteer drivers! Here are a few of our destinations:



Stoneleigh in Villanova, visited in October. Lunch was at Azie.



In November we visited Grounds for Sculpture in Hamilton, NJ, with lunch in their cafe.



Our December trip was to the American Helicopter Museum in West Chester, with lunch provided by a local Italian restaurant.

Notice of the Annual Meeting

The Board has set the date of Saturday, March 30, 2019, for the next Annual Meeting of the Association. It will occur immediately following the Senior Wellness Fair, at around 3:30 p.m. in the Sycamore Room of the Inn at Swarthmore, 10 South Chester Road. All members and friends of the Association are invited to what promises to be a very short (but informative) meeting, including brief reports on our activities and the election of new Board members. Wine (and other beverages) and hors d'oeuvres will be served.

Thank You, Peter Bloom!

After nine years of active participation and leadership on the Board of Directors, Peter Bloom has stepped down and says that he is finally really retired. It is a well-deserved retirement, following several years as Chair of the Finance Committee, working with internal and external advisors to ensure the long-term financial sustainability of the Association. Of course Peter plans to maintain his participation in the Association's many activities, so we will see him often, we hope!

The Association President has asked Peter to serve as an Adviser on the Advisory Council, and he has agreed to do that. He will be joining an august group, including the other newly-appointed Adviser, Gudmund Iversen, who recently retired from the position of Treasurer.

The Swarthmorean Lives!

Many in our community rely on the news and notices that are printed every week in the *Swarthmorean*, our local newspaper that has been published continuously for 125 years. The current publishers, Beth Gross and Don Delson, have been wanting to pass the mantle along, and last week new publishers were announced. They will be Robert Borgstrom and Todd Strine. This happy news is welcome by the Association, which has pledged its support in the form of promised advertising through the coming years, and an effort to promote subscriptions among its membership.

Senior Wellness Fair is Coming!

Put this date on your calendar: Saturday, March 30. Plan to spend the day with more than 100 of your friends and neighbors at the Inn at Swarthmore, as we participate in the second annual Senior Wellness Fair. This year's theme is *Pathways to Senior Well-Being*. There are many ways to get from here to there, but the road signs can sometimes be hard to read. The Wellness Fair presentations will help you figure out how you want your life to improve as you grow older.

Keynote speakers this year will be Julie Mayer and Barry Jacobs, both psychologists with deep understanding of the aging process and how we navigate life. Other presenters include the assistant District Attorney of Delaware County, who will discuss scams and other things to watch out for; Dan Snyder, who will discuss the uses of technology as we age; Linton Stables, who will give an overview of all the housing options that are available to seniors. Two additional talks are being planned, amounting to a full day (9:00 a.m. to 4:00 p.m. of informative sessions, along with our room full of vendors offering their own information. Keep an eye on the SwarthmoreSeniors.com website for more information and to pre-register.

Report from the Association Board

The Board of Directors is looking into the future of the Association, ut instead of making predictions it is making plans. Already a great variety of activities are offered, not only to seniors but to the entire community.

The Association requested an increase in Borough funding, and received it. TimeBank improvements will be a major part of our efforts in 2019. We will continue to get the word out about SSCA and all our activities through our newsletter, website, and weekly e-newsletter.

Bill Davis and the Aging in Place Committee continue the Association's implementation of the recommendations of the Aging-in-Place Task Force. The TimeBank's big kick-off potluck was a huge success, as was the silent movie night that was planned as a community-

wide event to bring the College and the town together. In addition, the SSCA Travels day trips have already started and are very popular. Planning for the 2019 Senior Wellness Fair is well under way!

The new Seminars and Events effort aims to help seniors find out what we all need to know as we grow older, such as healthcare options and housing options, and also provide opportunities for people to get out of the house. These include our collaborations with other community organizations.

TimeBank is a Community Resource

The response to our new time bank has been overwhelming! The **Nether-Swarthmore TimeBank** encompasses the general area covered by our school district. The TimeBank now has over 125 members, and interest keeps building.

If you find yourself in need of a ride to the doctor, or to the airport, think about using the TimeBank! Do you have some mulch that needs to be spread out before the winter sets in? Hey, there are people on the TimeBank ready and willing to help out.



Are you getting our e-newsletter?

If our e-newsletter is not arriving in your email inbox every Monday morning, you may be missing out on some opportunities! Go to our website (see the address above) and sign up today!

SwarthmoreSeniors.com

Resources

Senior Hotline: 484-580-1234

The Senior Care Line is available to anyone, not just Main Line Health members, and serves as a resource for seniors, their families, and caregivers to answer questions, address concerns, and provide guidance in making health care decisions. The 24-hour phone number is 484-580-1234 and the email address is MLHseniors@MLHS.org.

Get Your SEPTA Key Card

You now need a Senior Key Card to ride SEPTA. You can apply by going to one of State Rep. Leanne Krueger-Braneky's offices: 701 E. MacDade Blvd., Folsom, or Brookhaven Borough Building, 2 Cambridge Road, Brookhaven. Check to make sure they're open. The card is free, and after you get it ALL RIDES on SEPTA are FREE!

Help for Women in Need

A wonderful group of women has pooled their resources to assist women who find themselves in a financial bind.

If you know of someone who might need assistance, please contact Stephanie McDonough at samcd112@comcast.net and she will make the connection happen.

Do You Know a Shut-in Neighbor?

We keep hearing about folks in our Borough who cannot—or just don't—leave their homes but may be in need of assistance. We aren't fully equipped or capable of providing for all their needs, but if we know about people in need, we can probably help connect them to care providers, or new friends who can provide companionship. If you hear of someone like this, please contact Maria Mooney at jmooney562@verizon.net. Contact Maria also if you would like to help provide such assistance or companionship.

Seniors Helping Each Other

Caring

Contact Maria Mooney at jmooney562@verizon.net if you are interested in helping out by Caring for others in our community.

Community

If your interest is in building Community, contact Linton Stables at LStables52@gmail.com

Advocacy

If you want to be involved in Advocacy, contact Bill Davis at wmdavis@gmail.com.

Directors and Officers of the Association

Sheila Bell, Secretary

Louise Coffin, Vice President, Communications Chair

Nancy Daniel, Director, Development Chair

Bill Davis, Aging-in-Place Chair

Sue Dawes, Director, Intergenerational Chair

Maria Mooney, Director

Judie Neale, Director

Linton Stables, President

Gudrun Weinberg, Treasurer

Alice "Putty" Willetts, President Emerita

Advisory Council

Doug Bender

Peter Bloom

Eck Gerner

Gudmund Iversen

Christine Polito

G. Guy Smith

Ann Torregrossa

Committee Chairs (who are not Board members)

Barbara Bernhardt, Sunshine Chair

Ann Foster, Membership Chair

Sue Lawson, Dew Drop Inn Liaison

Need more information?

Do you want to know how to get involved, or where the next meeting is, or who is in charge of the food? Here's a directory of people you can contact.

Gathering Place

Linton Stables 610-544-3876 LStables52@gmail.com

Dew Drop Inn

Sue Lawson snlawson48@gmail.com

Receiving or giving a visit

Maria Mooney jmooney562@verizon.net

Agng-in-Place

Bill Davis 610-529-0399 wmindavis@gmail.com

More information, continued from above

Program ideas and suggestions

Linton Stables 610-544-3876 LStables52@gmail.com

Someone's in the hospital or stuck at home?

Maria Mooney jmooney562@verizon.net
or Barbara Bernhardt bab7114@aol.com

Women in financial need?

Stephanie McDonough samcd112@comcast.net



Swarthmore Senior Citizens Association

P.O. Box 306, Swarthmore, PA 19081

Our mission is to promote the well-being of seniors, as well as others in the community, by providing a welcoming environment for social interaction, learning opportunities, and exploring resources through a variety of activities and programs.