32nd Annual ElderWeek
Learning, Fun and Fellowship for People Age 55 and Over

Tuesday, Wednesday, Thursday, March 17, 18 and 19

REGISTRATION DEADLINE IS MARCH 13

Delaware County Community College

Looking forward to seeing YOU! ElderWeek '15
Join us on the Marple Campus for special mini-classes and a chance to share with new and old friends. Just $95 for all three days, or $90 for two days. Includes continental breakfast and your choice of three workshops each day, plus tempting lunches at “ElderWeek Cafe.”

Advance mail-in registration is required; see pages 7 and 8. For additional information, please call 610-359-5025.

**No Tests – No Homework!**

**Daily Schedule**

**Tuesday through Thursday**

<table>
<thead>
<tr>
<th>8:15 a.m.–8:30 a.m.</th>
<th>Continental Breakfast, STEM Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 a.m.–10:15 a.m.</td>
<td>Series I Workshops</td>
</tr>
<tr>
<td>10:30 a.m.–noon</td>
<td>Series II Workshops</td>
</tr>
<tr>
<td>Noon–12:40 p.m.</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:50 p.m.–1:30 p.m.</td>
<td>Entertainment</td>
</tr>
<tr>
<td>1:45 p.m.–3:15 p.m.</td>
<td>Series III Workshops</td>
</tr>
</tbody>
</table>

To register, see pages 7 and 8.

**About Lunch**

Details will be provided when you arrive the first day. Special needs will be accommodated, and you will not be separated from your friends.

**It’s Party Time!**

Be our guest at a special graduation party–filled with surprises–at the conclusion of Thursday afternoon’s workshops. Plan to spend a half hour or so celebrating with:

- **DIPLOMAS!**
- **REFRESHMENTS!**
- **DOOR PRIZES!**
Welcome

We’re delighted to have you join us, in our new, eco-friendly state-of-the-art Science, Technology, Engineering and Math (STEM) Complex. This stunning building is complete with designer classrooms and lounge areas, vast expanses of windows, exercise rooms, high-tech audio-visual equipment, high-speed elevators, and spacious restrooms.

The ElderWeek parking lots are just a hop, skip and a jump from the new building. All classes and activities, including breakfast, will take place in the STEM building. Lunch will be in the “ElderWeek Cafe” in the College cafeteria. Directions to the parking lots will be clearly marked with signs especially for this occasion, and staff will be on hand to help, both inside and outside the building.

So come enjoy your choice of the many workshops being offered, plus breakfast, lunch, live music, a party, and all the fellowship and laughter that have come to make ElderWeek so special to all of us. We can’t wait to see you.

Community Education
Facilitators, ElderWeek

Co-sponsored by County Office of Services for the Aging and the College
Tuesday, March 17, 2015

Series I Workshops 8:45-10:15 a.m.

**Classic Short Stories About Women - Session I (3548)**
Concentrates on short stories by James Joyce, Cynthia Ozick, Truman Capote, Tillie Olsen, Eudora Welty, and Alice Munro. This multi-session workshop requires registration on each of the three days.
*John Dalton: English Adjunct Professor, DCCC*

**Everything You Always Wanted to Know About “2,” But Were Afraid to Ask! (3549)**
Learn how “2” is important in many areas of Mathematics, Philosophy, and the Sciences.
*Dr. Sid Kolpas: Assistant Professor of Mathematics, DCCC*

**Fabric Wreath (3550)**
Learn how to make a fabric wreath using fabric, styrofoam, sequent pins and ribbon.
*Judy McCleary: Bethel Township Preservation Society*

**Humorology (3577)**
Laughter is exercise for the mind, body and soul. Learn how humor can help you enjoy the small things and survive the big challenges of life.
*June Robbins: Retired and Senior Volunteer Program*

**Personal Safety: ID Theft (3551)**
Learn key personal safety tips along with how you can protect yourself from ID theft.
*Tom Nee, Community Affairs Officer: Upper Darby Township Police*

**The Four Documents Everyone Needs for Estate Planning (3552)**
No matter what your income or asset level, you need to have updated documents for your Estate Plan. Join attorney, Joshua Wilkins to understand how a Will, POA, Health Care POA, and a Living Will can help you keep control.
*Joshua Wilkins, Esq.: Anderson Elder Law*

Series II Workshops 10:30 a.m.- noon

**Anyone Can Draw (3553)**
Unlock your inner artist as you create still life, landscape, and figure drawings.
*Joyce Sanetrik: Instructor, DCCC*

**Chairs Yoga (3554)**
Chair Yoga (aka Office Yoga and restorative yoga) makes yoga more accessible for people with limitations or constraints. Adapts traditional yoga poses while seated.
*Don Simpson: Registered Yoga Practitioner*

**Cornhusk Dolls (3557)**
Create your own large and small dolls for use during holidays or year round fun. All supplies will be furnished.
*Karen Cofer: Instructor, Delaware County Historical Society*

**Meditation and Mindfulness in Daily Life (3558)**
Explore the value of being mindful and discover how to include meditating in your daily life.
*Leslie Simpson Brennan: Career Coach, DCCC*

**Photography: Doing is Learning, and It’s Fun! (3555)**
Discuss image interest, shutter speed, and aperture; enjoy an opportunity to shoot; and learn from a gentle critique. Bring your camera and 5 photographs on a USB drive or memory card. Open to any skill level and any camera.
*Tom Brown: Amateur Photographer*

**Retirement Planning Mistakes and How to Correct Them (3556)**
Discover the common financial retirement mistakes, how to avoid them, and how to separate fact and fiction in a sales pitch.
*Henry Cluver: Certified Financial Planner*

**Zentangle® (3634)**
Learn this fun method for creating beautiful images from repetitive patterns. It increases focus and mind productivity, provides artistic satisfaction, and provides a sense of personal well being.
*Karen Izza, PhD: The Peaceful Healer*

Series III Workshops 1:45-3:15 p.m.

**Beginners Guide to Archaeology (3559)**
Want to learn about archaeology? Use the tools of the trade to dig in a mock laboratory, exploring artifacts through classification and/or reconstruction.
*Karen Cofer: Instructor, Delaware County Historical Society*

**Downsizing Painlessly (3563)**
Planning to downsize? Discover what you should keep, how long to keep it, and how to painlessly select items and find homes for them.
*Susan E. Evans: Your Office Assistant; DCCC Alumni*

**Eating Healthy: Clearing Up the Confusion (3560)**
Overwhelmed with all the information about how to eat right? Join us as we explore information about general nutrition based on scientific data.
*Beatrice Agar, MA, RD, LDN, CMA: Executive Administrator, DCCC*

**Fun With Flowers (3591)**
Learn how to choose, prepare and care for flowers while creating your own arrangement to take home or give as a gift. All materials will be provided.
*Leona Swiacki: Pretty Petals Floral Design*

**Reincarnation: How It Influences Your Life (3592)**
Join us to better understand the events that occur in your life and how you can resolve conflicts you may be experiencing. Theories of Reincarnation, the Law of Karma, and Déjà vu will be discussed.
*Jay Gullo: Metaphysician/Counselor*

**Why Do Some People Have All the Luck? The Law of Attraction (3562)**
Have you ever wondered why everything seems to go so easy and right for some people? Examine the “Law of Attraction” and discover how setting your intentions and energy can effect what is brought into your daily life and your future.
*Leslie Simpson Brennan: Career Coach, DCCC*
Wednesday, March 18, 2015

18th Century Christmas Decorations (3564)
Get your creativity on as you try your hand at fashioning several ornaments or other decorations out of natural materials or simple objects that might be found in a Colonial home.

Judy McCleary: Bethel Twp. Presv. Society

Classic Short Stories About Women - Session II (3565)
Continuation of Tuesday 8:45 a.m. workshop. Must register for all three sessions.

John Dalton: English adjunct professor, DCCC

Estate Planning (3566)
Develop an understanding of estate planning and administration. Answer questions such as “Do I need a will, a Power of Attorney, or a Healthcare POA,” and “What is the cost?”

David M. Smilk, Esq.: Sand, Gibbs, LLP

Property Taxes De-mystified (3574)
Get the lowdown on your property and school taxes, including the components and what drives tax increases.

Frank Agovino: Board of Directors, Springfield School District

What's New in Volunteering? (3567)
Volunteering has changed! Join us to discover how today's volunteer opportunities differ from the ones you may remember.

Michele O'Brien: Retired and Senior Volunteer Program (RSVP)

Wildlife Refuges in Delaware County (3568)
Explore Ridley Creek State Park, Tyler Arboretum, Glen Providence Park, J. Heinz National Wildlife Refuge and the Rose Tree Park hawk watch. Expand your knowledge of the history of Delaware County, and experience the natural beauty of these local gems!

Tom Reeves: Naturalist

18th Century Toys (3569)
Experience your second childhood as you see what toys Colonial children had and how you can make them.

Judy McCleary: Bethel Twp. Presv. Society

Chemical Warfare in WW I (3570)
Learn how World War I chemical agents were developed and used. Spend time examining an interactive display of World War I artifacts.

Jeffrey LaMonica: Prof. of History, DCCC

Door Knob Basket (3593)
Making a small basket is easy and fun to do. Using wet reed, learn how to bend and weave the reed into a small basket to hang on a doorknob.

Deborah Sax: Instructor

Fused Glass Pendants/Cabochons (3571)
Learn to cut glass, build your design, and create a unique fused glass pendant. All materials will be provided.

Leanne Purkis: Artist, Magic Glass Art

Intro to Tai Chi & Qigong (3572)
Learn how to use the slow, soft, flowing movements of Tai Chi to open the joints, strengthen the muscles, and reduce tension. Qigong focuses on body balance, structure and breathing, releasing tension in the muscles and joints.

Sifu Thomas Hardy: Tai Chi Practitioner and Teacher

Photography: Doing is Learning and It's Fun II (3573)
Continuation of Tuesday 10:30 a.m. workshop. Must register for all three sessions.

Tom Brown: Amateur Photographer

Building the Panama Canal (3640)
In 1879 the French tried and failed to build the canal. In 1904 the United States made their try at building the canal. Join us to explore the French failure and the US success. In 2000 the canal was given to Panama to own and operate. You will be fascinated by the interplay of money, power, race, and technology.

Paul Mattheiss: Instructor, OLLI

18th Century Ladies’ Accessories (3594)
Come join us and see where a lady would put her valuables. Look at lady's caps, stockings, shoes, fingerless gloves, cloaks and tippets. Learn how the accessories were constructed. Patterns for all accessories listed will be provided.

Judy McCleary: Bethel Twp. Presv. Society

An Opera Experience – I Pagliacci (3595)
It’s said that art exists to hold a mirror up to nature: to show the bad as well as the good, the funny along with the sad. Discover the truth of this statement as you experience one of the biggest hits in the history of opera.

Barbara Crea Shannon: Instructor, DCCC; Member-Sons and Daughters of Italy

Be in the Moment: Introduction to Improv Comedy (3575)
Join us to learn the secrets of improve comedy in a fun, non-judgmental atmosphere. Discover how to apply the concepts of improvisation to everyday life!

Dan Stabb: Director, Better Than Bacon; Improvisational Performer/Teacher

Computer Rescue: What to Watch Out For (3596)
Join us to discover how to back-up your precious data and to stay safe on the internet, while dodging viruses, malware and scams!

Scott Neely: Owner/Technician, Scott's Computer Repair

Intro to Tai Chi and Qigong (3597)
Repeat of 10:30 a.m. workshop.

Sifu Thomas Hardy: Practitioner and Teacher

Narrow Band Weaving (3598)
Back strap looms are a portable and fun way to weave narrow bands. Explore simple patterns and plain weaves as you learn to weave using two colors. Materials provided.

Deborah Sax: Instructor
Thursday, March 19, 2015

Series I Workshops 8:45-10:15 a.m.

**Acrylic Painting (3599)**
Discover materials and techniques for using this versatile medium, including the palette, mixing colors and paint additives, as you create a still life painting.

*Joyce Sanetrik: Instructor, DCCC*

**Classic Short Stories About Women - Session III (3601)**
Continuation of Wednesday 8:45 a.m. workshop. Must register for all three sessions.

*John Dalton: Professor, DCCC*

**Stay Organized, Safe and Independent (3602)**
Organization is important in everyone’s life, and as we age it can be the key to how well we function independently and for how long. Learn to simplify your life while maintaining independence and dignity.

*Annie Kilbride: Professional Organizer*

**How to Finance Long-term Care (3603)**
Learn how to properly access, now or in the future, public benefits such as Medicare, Medicaid, and Veterans Aid and Attendance.

*Joshua Wilkins, Esq.: Anderson Elder Law*

**Introduction to Aging Services (3604)**
Presents the mission and goals of the County Office of Services for the Aging (COSA), the wide range of services available, and how to access benefits and entitlements. Learn to locate resources through the Internet, health fairs, senior expos and senior centers, and discuss new initiatives for the aging population.

*Marie A. Bonita: Community Education Coordinator, COSA*

**Nature in Delaware County (3605)**
Come and enjoy the natural beauty of Delaware County from the comfort of your seat.

*Tom Reeves: Naturalist*

Series II Workshops 10:30 a.m.-noon

**A Box Full of Charm (3606)**
Create an easy to make Victorian style keepsake that will add an expensive looking touch of class to any room in your home. They make great gifts!

*Marti Hoffman: DCCC*

**A Tale of Two Asias: North Korea and Vietnam (3635)**
Discover what it’s like to tour North Korea, a country desperately clinging to its past, and nearby Vietnam, which is vibrant, open to change and thriving.

*Larissa and Michael Milne: Award Winning Travel Writers and Global Nomads*

**Best Ways to Manage Stress (3607)**
Stress is the body’s natural reaction to changes in our lives. Join us to experience specific techniques to manage daily stress and learn to relax.

*Tony Longobardi: Board Certified Hypnotist*

**Chair Yoga (3608)**
Repeat of Tuesday 10:30 a.m. workshop.

*Don Simpson: registered yoga practitioner*

**Hoofprints in Time: Domestic Animals in Colonial PA (3610)**
Enrich your understanding of the past by learning about domestic animals and the important roles they played in everyday colonial life.

*Barbara Corson, VMD: Farmer at the Colonial PA Plantation*

**Photography: Doing is Learning and It’s Fun III (3609)**
Continuation of Wednesday 10:30 a.m. workshop. Must register for all three sessions.

*Tom Brown: Amateur Photographer, Member Delco Camera Club*

**Science for Seniors (3611)**
Join us and learn with your own hands the science behind volcanoes, snowflakes, plants, and more. Leave with the ability to delight your family and friends with these hands-on projects.

*Gloria Hoffner: Owner/Author – Science for Seniors*

Series III Workshops 1:45-3:15 p.m.

**Bridging the Digital Divide (3612)**
Join us to discover ways to incorporate technology into your daily life, and to open opportunities to communicate and collaborate with members of the younger generation.

*Jannell Williams: President/Elder Consultant, Senior Lift at Home*

**Bringing Your Body to a State of Balance and Wellness (3613)**
Discover how you can slow the aging process, increase blood and lymph circulation, breathing capabilities, and more. All massage techniques can be done by you, on yourself.

*Kathe Schad: Licensed Massage Therapist*

**Find Missing Money! The Basics of Unclaimed Property (3614)**
Learn how to find missing, lost, and other kinds of unclaimed property including money and other assets that may be in your or your family’s name.

*Erica Swenson Danowitz: Assoc. Professor*

**Independent International Travel: Slow Down and Soak Up the Culture (3636)**
Learn the techniques we’ve developed for exploring an area on your own terms, at your own pace. Join us as we share unique experiences, such as a Hindu head-shaving ceremony in Malaysia and a self-drive safari in Africa.

*Larissa and Michael Milne: Award Winning Travel Writers and Global Nomads*

**More Fun With Flowers (3615)**
Learn how to choose, prepare and care for flowers while creating your own unique arrangement to take home or give as a gift. All materials will be provided.

*Leona Swiacki: Pretty Petals Floral Design*

**Use Your iPad to Boost Your Brain Power (3616)**
Have fun discovering “apps” that can be used for mind boosting exercises! Bring your charged iPad along with your Apple password. Be prepared for FUN!

*Karen Strauss: Faculty, DCCC; Owner, Main Street Technology, Inc.*
ElderWeek Registration Form
REGISTER FOR TWO DAYS OR FOR ALL THREE DAYS

Name ________________________________________________

Address ______________________________________________

City ______________________ State ________ Zip ________

Telephone Number ______________________ Birth Date __________

School District ___________________________________________

☐ Check enclosed

Charge my: ☐ American Express ☐ Discover ☐ MasterCard ☐ VISA

Card Number ______________________ Expiration Date __________

Signature of Cardholder __________________________________

Complete both sides of this form and mail it with a check payable to DCCC, or credit card information to:

Nan Smith
Community Education
Delaware County Community College
901 South Media Line Road
Media, PA 19063-1094

For additional information, please call 610-359-5025.

IMPORTANT INFORMATION

Please check one of the following registration options:

☐ All three days for $95 (1865)

One of these two-day combinations for $90

☐ Tuesday/Wednesday (1866)

☐ Tuesday/Thursday (1867)

☐ Wednesday/Thursday (1868)

I do ☐ do not ☐ plan to attend the party on Thursday afternoon.

Please indicate first and second choices in each workshop time slot on reverse side.
Please indicate first and second choices for each session.

**Tuesday, March 17, 2015**

<table>
<thead>
<tr>
<th>Workshop I 8:45-10:15 a.m.</th>
<th>Workshop II 10:30 a.m.-noon</th>
<th>Workshop III 1:45-3:15 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>_ Classic Stories I (3548)</td>
<td>_ Draw (3553)</td>
<td>_ Archaeology (3559)</td>
</tr>
<tr>
<td>_ Number 2 (3549)</td>
<td>_ Chair Yoga (3554)</td>
<td>_ Downsizing (3563)</td>
</tr>
<tr>
<td>_ Wreaths (3550)</td>
<td>_ Dolls (3557)</td>
<td>_ Eating Healthy (3560)</td>
</tr>
<tr>
<td>_ Humorology (3577)</td>
<td>_ Meditation (3558)</td>
<td>_ Flowers (3591)</td>
</tr>
<tr>
<td>_ Personal Safety (3551)</td>
<td>_ Photography I (3555)</td>
<td>_ Reincarnation (3592)</td>
</tr>
<tr>
<td>_ Estate Planning (3552)</td>
<td>_ Retirement (3556)</td>
<td>_ All the Luck (3562)</td>
</tr>
<tr>
<td></td>
<td>_ Zentangle (3634)</td>
<td></td>
</tr>
</tbody>
</table>

**Wednesday, March 18, 2015**

<table>
<thead>
<tr>
<th>Workshop I 8:45-10:15 a.m.</th>
<th>Workshop II 10:30 a.m.-noon</th>
<th>Workshop III 1:45-3:15 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>_ 18th Cent. Deco (3564)</td>
<td>_ 18th Century Toys (3569)</td>
<td>_ 18th Century Ladies (3594)</td>
</tr>
<tr>
<td>_ Classic Stories II (3565)</td>
<td>_ WWI (3570)</td>
<td>_ Opera (3595)</td>
</tr>
<tr>
<td>_ Estate Planning (3566)</td>
<td>_ Door Knob Basket (3593)</td>
<td>_ Improv (3575)</td>
</tr>
<tr>
<td>_ Property Taxes (3574)</td>
<td>_ Pendant (3571)</td>
<td>_ Computer (3596)</td>
</tr>
<tr>
<td>_ Volunteering (3567)</td>
<td>_ Tai Chi (3572)</td>
<td>_ Tai Chi (3597)</td>
</tr>
<tr>
<td>_ Wildlife (3568)</td>
<td>_ Photography II (3573)</td>
<td>_ Weaving (3598)</td>
</tr>
<tr>
<td></td>
<td>_ Panama Canal (3640)</td>
<td></td>
</tr>
</tbody>
</table>

**Thursday, March 19, 2015**

<table>
<thead>
<tr>
<th>Workshop I 8:45-10:15 a.m.</th>
<th>Workshop II 10:30 a.m.-noon</th>
<th>Workshop III 1:45-3:15 p.m.</th>
</tr>
</thead>
<tbody>
<tr>
<td>_ Painting (3599)</td>
<td>_ Box (3606)</td>
<td>_ Digital Divide (3612)</td>
</tr>
<tr>
<td>_ Classic Stories III (3601)</td>
<td>_ Two Asias (3635)</td>
<td>_ Wellness (3613)</td>
</tr>
<tr>
<td>_ Organization (3602)</td>
<td>_ Stress (3607)</td>
<td>_ Missing Money (3614)</td>
</tr>
<tr>
<td>_ Long-Term Care (3603)</td>
<td>_ Chair Yoga (3608)</td>
<td>_ Travel (3636)</td>
</tr>
<tr>
<td>_ Aging Services (3604)</td>
<td>_ Hoofprints (3610)</td>
<td>_ More Flowers (3615)</td>
</tr>
<tr>
<td>_ Nature (3605)</td>
<td>_ Photography III (3609)</td>
<td>_ iPad (3616)</td>
</tr>
<tr>
<td></td>
<td>_ Science (3611)</td>
<td></td>
</tr>
</tbody>
</table>

Office of Civil Rights
Delaware County Community College is an equal employment and educational opportunity institution conforming to all applicable legislation that prohibits discrimination. The College does not discriminate on the basis of race, color, religion, sex, age, national origin, disability, veteran status, sexual orientation or any other characteristic protected by state or federal laws in its educational programs, activities, admission or employment policies, as required by Title IX of the Educational Amendments of 1972, Section 504 of the Rehabilitation Act of 1973 and other applicable statutes. Inquiries concerning Title IX and/or 504 compliance should be referred to: Betty Brown, associate dean for student success, room 2195, 610-359-5320; and/or Connie McCalla, vice president of human resources, room 3572, 610-359-5094. TTY for the hearing impaired: 610-359-5020. DCCC is accredited by the Middle States Association of Colleges and Schools, Commission on Higher Education, 3624 Market St., Philadelphia, PA 19104.