

HEALTH SERIES

Tai Chi

Ed Matthews, Certified Instructor
Mondays and Wednesdays at LifeWorks Erie,
Fridays at the Regency, 9:30 to 10:15 a.m.
Free

Tai Chi is a centuries-old Chinese practice designed to exercise the mind and body through a series of gentle, flowing postures. It can improve strength, flexibility, balance and coordination. **SA**

Health Screenings at LifeWorks Erie

Every first and third Monday, 9:30 to 11 a.m.

Get your weight, blood pressure and pulse checked at no cost! Additional screenings at cost: blood glucose screening, \$10; blood glucose and cholesterol screenings, \$25.

Fit for Life Fitness Class

Doug Forne, Certified Fitness Instructor
Tuesdays, 9:30 to 10:15 a.m.
Free

This chair-based class will use bodyweight and light resistance bands to help improve strength and comfort with your activities of daily living. **SA**

Healthy Eating: Making Every Nutritious Bite Count

Elaine Johnson, RD, LDN
Second Wednesday, 9 to 11 a.m.
Free to members; non-members \$35 for 30 minutes
By appointment only. Please call (814) 453-5072 to make an appointment.

Healthy eating should be a way of life that you can maintain with every meal plan, including eating out. Our registered dietitian will work with you to find the right foods and the right diet plan to make it easier for you to stay healthy and enjoy life.

Cardio Fit and Weight Lifting Class

Doug Forne, Certified Fitness Instructor
Thursdays, 9:30 a.m.
\$3 per class

Use dumbbells, exercise bands and even your own bodyweight in this full-body workout that targets the major muscle groups of the upper and lower body. **SA**

Wise Words for Wellness: Questions for the Pharmacist

Rebecca Miller Wise, Med, PharmD, CGP
Thursdays, 10:30 a.m.
Call (814) 453-5072 for dates and topics.

Dr. Wise will present information on a variety of wellness topics and answer questions regarding medications.

Medication Consultations

Rebecca Miller Wise, Med, PharmD, CGP
Fridays, 9 a.m. to noon
All consultations are by appointment. Please call Dr. Wise at (814) 453-5072.
Free to members only.

Dr. Wise will help you sort through your medications and gain a greater understanding of your health.

Pet Therapy

LECOM Paws for Patients
Last Monday of every month, 10 to 11 a.m.

Visits with therapy dogs can provide many wonderful benefits for people of all ages. These visits can break the daily routine, increase overall emotional well-being and stimulate the mind.

Healthy Living for Your Brain and Body

Jill Curtis, BSW, Education and Outreach Coordinator
Alzheimer's Association: Greater Pennsylvania Chapter
Thursday, June 6, 10:30 a.m.
Free

This workshop covers four areas of lifestyle habits associated with healthy aging: cognitive activity, physical health and exercise, diet and nutrition, and social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health in each area. Healthy Living for Your Brain and Body: Tips From the Latest Research is designed for individuals of any age who are looking for information on ways to age as well as possible. **VL**

Aging Gracefully

Amee Weislogel, LECOM Geriatric Behavioral Health Clinical Liaison
Monday, June 10, 10:30 a.m.
Free

When it comes to aging, life is not always considerate. In an ideal situation, daily undertakings should become easier as we grow more experienced and learn to deal with the unexpected. It only makes sense that we should get better at living the longer we are at it, but insidious changes to the body we used to know can force us to deal with challenges with which we have had no prior experience. How we individually cope with change due to advancing age may very well make or break a fulfilling retired life. **VL**

Shelly Mayes Therapy Talk

Thursday, June 13, 12:30 p.m.
Free

Learn about maintaining your wellness and what rehabilitation settings could be right for you. **VL**

New Technologies for Managing Diabetes

Rebecca Miller Wise, Med, PharmD, CGP
Millcreek Municipal Building
Wednesday, June 19, 6 p.m.

Fifteen years ago, much of today's technology didn't exist, but now we can't seem to live without it. Medically speaking, technology has advanced just as far when it comes to managing diabetes. Learn what's new! **AE**

Portion Distortion

Elaine Johnson, RD, LDN
Millcreek Municipal Building
Wednesday, July 17, 6 p.m.

In this session, explore how portion sizes have changed over the years. Learn how choosemyplate.gov guidelines can help you maintain a healthy weight and lifestyle. **AE**

LIFELONG LEARNING SERIES DESCRIPTIONS

AE ASK AN EXPERT

All classes offered in this series are FREE. Located at Millcreek Municipal Building featuring speakers from LECOM Health.

CM CREATIVITY MATTERS

The Creativity Matters program is supported in part by the Pennsylvania Council on the Arts, a state agency funded by the Commonwealth of Pennsylvania and the National Endowment for the Arts, a federal agency.

SA STAYING ACTIVE: FITNESS CLASSES

VL VIBRANT LIFE SERIES

All lectures offered in this series are FREE.

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(Erie Center on Health and Aging)
406 Peach Street
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LECOM HEALTH
LIFEWORKE ERIE

Annual membership to LifeWorks Erie is

\$50 for individuals

\$95 for couples

Call **(814) 453-5072**

or visit LifeWorksErie.org
for more information.



REGISTER NOW! Call (814) 453-5072 or email lifeworkserie.org.

LECOM HEALTH
LIFEWORKE ERIE

LIFELONG LEARNING INSTITUTE

*Sweet Sounds
of Summer*



**SUMMER 2019
SCHEDULE**

June 3 - July 19, 2019

SUMMER 2019 SCHEDULE

Class sizes are limited. Pre-registration for all classes is required.

Strings Residency

Wednesdays, June 5 through August 28, 1:30 to 3 p.m.
No class July 3, 24 or 31

Mary Moser

\$20 members; \$25 non-members

Re-ignite your passion for instrumental music. Did you play an instrument back in the day or wish you'd always played? Dig your instruments out of your closets and out of your basements. If you want to begin, call us and we'll help you find your instrument. In our 10 weeks together, we will review the basics of music that will make reading music for your instrument accessible and will cover specific basic instrument care. We will also explore the physical awareness necessary to make it possible to play an instrument again. Our goal will be to enjoy music and to personally enjoy making it. **CM**

Social Media and Digital Safety

Alan McGill, Pennsylvania Office of Attorney General
Wednesday, June 5, 12:30 p.m.

Free

This program is designed to help Pennsylvania's older population identify some of the dangers of social media and internet safety issues. The program discusses: social media use and potential dangers; the permanent mark of the digital age; online predators that every parent and grandparent should know; online consumer hazards; general internet safety; and an overview of the "dark web."

Beginner/Intermediate Tap Dance Class

Melanie Titzel, Instructor

Wednesdays, June 5 through July 17, 5 to 6 p.m.

No class July 3

\$30 members; \$40 non-members

Get an overview of basic tap techniques and steps. More advanced techniques and dance combinations will follow. This will be a combined beginner/intermediate class. **CM**

Wonderful World of Windows 10

Jim Bailey, Experienced Computer Instructor

Wednesdays, June 12 through July 10, 1 to 3 p.m.

\$30 members; \$40 non-members

During this five-week session, Windows 10 users will learn the nuts and bolts of this operating system. Class requirement: participants must bring their own laptops or tablets with Windows 10 pre-installed. Participants are encouraged to bring their power cords and a cordless mouse and to come to the first class with questions. Class size is limited; however, this class must have five participants to be held.

LifeWorks Erie Max & Erma's Fundraiser

Friday, June 14, 11 a.m. to 11 p.m.

Max and Erma's has scheduled June 14 as the LifeWorks Fundraiser Day. A percentage of food sales will go to LifeWorks Erie. Please help support LifeWorks Erie and take your family and friends to Max and Erma's. Please see the front desk for a flyer. The flyer must be presented at time of payment.

Exploring Drawing Residency

Deb Sementelli

Mondays, June 17 through August 19, 4 to 5:30 p.m.

\$10 members; \$15 non-members

Drawing challenges the brain and brings it focus. It can be stimulating and relaxing at the same time. We will work on drawing journals with Erie, Tall Ships and summer as our focus. Every participant will receive a small drawing journal in which to draw in hopes they will want to sketch a little on their own between classes. The goal is for participants to get more comfortable drawing so that it becomes a relaxing pastime. Drawing media will include lead pencil, charcoal and water soluble pencils. **CM**

Powerful Tools for Caregivers Workshop

Corry Memorial Hospital, 965 Shamrock Lane, Corry
Tuesdays, June 18 through July 23, 4 to 5:30 p.m.

Free

This program is designed for caregivers to learn how to reduce stress, increase communication, how to deal with difficult situations and learn more awareness about situations, emotions and a variety of daily activities a caregiver faces. Please call (814) 453-5072 to register.

Food for Life - A Diabetic Series

Class 4: Designing a Diet for Maximum Weight Control
Lisa Rose, Vegan Lifestyle Coach and Educator
Wednesday, June 19, 2 to 4 p.m.

\$30 per class for members; \$35 per class for non-members

This is not a "diet" that asks you to walk around hungry or feel deprived. How can you lose weight, if needed, without skipping meals or limiting your portions? In a word, it's all about fiber. Plant foods have it; animal foods do not. Fiber is what makes us feel full, and, as a bonus, it also helps to control blood sugar levels, protects against certain cancers, and, of no small importance, it keeps us "regular." Learn to comfortably fill up on whole foods and watch the pounds melt away. Enjoy some delicious high-fiber dishes—without any cardboard taste.

Afternoon Movie Series

Popcorn provided. Bring your own beverage. For information on a movie, please call (814) 453-5072.

"A Star Is Born" (R)

Thursday, June 20, 12:30 p.m.

\$1 members; \$2 non-members

Duration: 2 hours, 15 minutes

"A Dog's Way Home" (PG)

Thursday, July 11, 12:30 p.m.

\$1 members; \$2 non-members

Duration: 2 hours, 17 minutes

"Holmes & Watson" (PG-13)

Thursday, July 18, 12:30 p.m.

\$1 members; \$2 non-members

Duration: 1 hour, 33 minutes

Doo Wop Dance

Friday, June 21, 6 to 9 p.m.

Doors open at 5 p.m.

\$5 per person

Join your friends for the next doo wop dance! Bring your own food and beverage. Soda will be available for purchase.

Diabetes Self-Management Workshop

John F. Kennedy Center, 2021 E. 20th St., Erie
Fridays, June 21 through July 26, 9:30 a.m. to noon

Free

Created for diabetics and their caregivers, this program has been successful in building confidence in one's ability to manage health and live a fulfilling life. Call (814) 898-0400 to register.

Brew Ha-Ha Coffee Cupping

2612 W. 8th St., Erie

Tuesday, June 25, 4:30 p.m.

\$10 per person

During this hands-on program, participants will experience the different tastes and aromas that coffee beans possess. A minimum of 10 participants needed. Please RSVP by June 18.

Tax-free Investing: It's Not What You Make, It's What You Keep

Zac Wild, CFP

Thursday, June 27, 1 p.m.

Free

In this seminar, learn about: tax-advantaged investments and their features; tax-free investment returns vs. taxable investment returns; three ways to purchase municipal bonds; and how tax-free investing can help you achieve your goals.

Summer Floral Vase Painting

Colleen Welka

Friday, June 28, 1:30 to 3:30 p.m.

\$35 per person

Create your personal masterpiece! LifeWorks presents a summer calla lily vase painting class. Fill your life and palette with fresh flowers and color! Materials and instructions will be included. Be sure to wear your paint-friendly attire! (Minimum 12 attendees required to host this class.)

Reiki Sessions

Paula Pontillo, Reiki Master

Friday, June 28 by appointment

\$15 for 20 minutes, \$30 for 40 minutes, \$45 for an hour

Schedule a therapy session with Master Reiki Teacher Paula Pontillo. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. Please call (814) 453-5072 to schedule your appointment.

LifeWorks Erie Summer Picnic

Parkside Westminster, 3929 W. 38th St.

Saturday, June 29, 4 to 7 p.m.

\$10 members; \$15 non-members

Join us for love, laughter and a family atmosphere! There will be picnic-style food, entertainment by The Happy Music Duo, Flagship Niagara League with hands-on nautical fun, door prizes, games of chance and raffles. Please RSVP by calling (814) 453-5072 by June 20.

Sizzlin' Summer Bingo

Monday, July 8, 12:30 to 3:30 p.m.

\$10 per person

Enjoy an afternoon of bingo and win cash and door prizes. Players are welcome to bring their own snacks to munch on. If you would like lunch, be sure to make your reservation by Wednesday, July 3. (Call for the lunch selection for this day.)

Coping with Loss: Optimism and Everyday Miracles

Amy Bovaird, Author, Inspirational Speaker

Tuesday, July 9, 12:30 p.m.

\$5 members; \$8 non-members

Amy Bovaird, author and inspirational speaker, offers her experiences on a platter. This packed session is aimed at coping positively with any loss. Bovaird is losing her vision and hearing and had dealt with pregnancy loss, divorce and the sudden passing of each of her parents. She will share uplifting anecdotes, God's tender mercies, miracles and life lessons as well as short passages from her memoirs. Her optimism is contagious and participants will leave refreshed.

UNIVERSITY SPOTLIGHT SERIES

All lectures offered in this series are FREE.

Teaching and Living in Bhutan

Andrea Wyman, Edinboro University

Tuesday, July 2, 10:30 a.m.

Dr. Wyman will discuss teaching at the Changangkha Middle Secondary School in Thimphu, Bhutan, as part of a volunteer program through the Bhutan Canada Foundation. While there, she worked with librarians to enhance literacy and early reading skills.

Makeover Your Leftovers

Elaine Johnson, RD, LDN

Wednesday, July 10, 10:30 a.m.

Free

Learn how to use leftovers as start overs to create new healthy balanced meals.

Trivia Afternoon at LifeWorks Erie

Friday, July 12, 1:30 to 3:30 p.m.

\$5 per person

Snacks will be provided. Beverages available for purchase. Enjoy a fun afternoon with friends while working together as a group to answer fun trivia questions. Prizes will be awarded, and the winning group will have trivia bragging rights.

LifeWorks Erie Satellite Programs

All members are welcome to attend any of these programs for free. Please sign in at each facility.

Wise Words for Wellness with Dr. Rebecca Wise

Osteoporosis, Arthritis

Monday, June 10, 1:30 p.m. – Parkside Westminster

Monday, June 17, 1:30 p.m. – Regency at South Shore

Joint Replacements

Monday, June 24, 1:30 p.m. – Parkside Westminster

Monday, July 1, 1:30 p.m. – Regency at South Shore

Review of Respiratory System

Monday, July 8, 1:30 p.m. – Parkside Westminster

Tai Chi

Mondays at 11 a.m. – Parkside North East

Tuesdays at 11 a.m. – Parkside Westminster

Fridays at 9:30 a.m. – Regency at South Shore

Walking Club

Fridays at 8:30 a.m. – Regency at South Shore

Tuesday Talks

Fraud BINGO and Top 10 Scams in Erie

Pam Marlowe, Better Business Bureau

Tuesday, June 4, 2 p.m. – Parkside North East

Tuesday, July 16, 1:30 p.m. – Regency at South Shore

Frauds and Scams

Agent McGill, Coalition Pathways

Tuesday, June 11, 1:30 p.m. – Parkside Westminster

Opioid Epidemic

Agent McGill, Coalition Pathways

Tuesday, June 18, 1:30 p.m. – Regency at South Shore

Better Vision

Becca Swick, Sight Center of Northwestern PA

Tuesday, July 9, 1:30 p.m. – Parkside Westminster

Academic Support Provided by the University Consortium and Lake Erie College of Osteopathic Medicine



The Lifelong Learning Institute is affiliated with

