

# **Lifelong Learning Institute April and May Classes** **Spring 2015: Awakening the Senses**

**Brought to you by:**



**Class sizes are limited.**

**Pre-registration, for ALL classes, is strongly recommended.**

**If not registered, cost is 'More at the Door' - add \$1 to listed price.**

***Academic Support Provided by the University Consortium***



## **Gentle Yoga with Kate Will**

***Tuesdays at 5:30 pm***

*\$8 members; \$10 non-members*

Tune in on Tuesdays for a gentle yoga flow that focuses on breath, sensory awareness, and self discovery. Quiet the mind and learn to trust intuition and bodily wisdom. Experience a devotion to loving and caring for yourself through movement and mindfulness.

## **Qigong with Jennifer Shepherd**

***Mondays, April 6 - May 18 at 5:30 pm***

*\$8 members; \$10 non-members*

Qigong is easy to learn and fun to do. Everyone can practice and the benefits are immediate. It is a Chinese system of breathing exercises, body postures and movements and mental concentration, intended to maintain good health and control the flow of vital energy.

## **Mindfulness, Movement & Meditation Class**

***Wednesdays at 12:30 pm starting April 8<sup>th</sup> - May 27<sup>th</sup>***

*\$3 members; \$5 non-members*

Betty Amatangelo, CYT/RYT will guide participants through Movement & Mindfulness Meditation practices as taught by Jon Kabat-Zinn and Thich Nhat Hanh.

## **Creativity Matters: The Home Project**

Support for the Creativity Matters program is provided in part from an Erie Arts & Culture Project Grant, made possible by community contributions to the Combined Arts & Cultural Campaign and the Erie Arts Endowment.

In addition, 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.

### **Drawing with Deborah Sementelli**

***Every Tuesday, beginning April 7, entire session, 1:30 - 3:00 pm***

*\$5/class members; \$8/class non-members*

Learn to draw or continue to develop your skills. Come to one (any one), some, or all of the classes. Individual attention given. All supplies included

### **New Horizons Music Project**

***Thursdays at 4:00 pm***

*Call for pricing information*

Group lessons and performance in folk or orchestra, learn a new instrument or return to an old one.

### **Watercolor with Deborah Sementelli**

***Every Thursday beginning April 16, entire session 6:30 - 8:00 pm***

*\$5/ class members; \$8/class non-members*

Learn the basics of watercolor painting through fun and interesting exercises. This class is appropriate for those who are beginners or for more advanced artists. All supplies included.

### **Creative Writing with Carrie Campbell**

***Thursdays, April 2 – 16 at 12:30 pm*** ***This series is CANCELLED; Please check back in Summer or Fall***

*\$10 for 3 class series for members; \$13 non-members*

Creative writing has long been known as an emotionally therapeutic exercise, but it also exercises the mind through stimulation and building memory. The three-week writing workshop will have a weekly theme to inspire creativity and encourage reflection. We will designate time for discussion, writing, and sharing throughout each class. The discussion will be based on a question related to the writing exercise and participants will be able to read and talk about what they wrote.

### **Beginning Digital Photography with Matt Mead**

***Thursdays, April 9-30, 2:00 to 4:00 pm***

*\$25 for 4 class series for members;*

*\$40 for 4 class series for non-members*

Learn to identify common photography pitfalls, properly compose and expose photographs, the basic functions of your camera, when to use flash or natural light, and more while exploring indoors and outside.

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## **It's Never Too Late: Financial Planning for All Ages**

**Dan Porath, President of Porath Financial Advisory, LLC**

**Wednesdays, April 1, 8, 22 & 29 and May 13 & 20 at 6:30 pm**

*\$5 Members/\$8 Non Members per class*

*\$25 members/\$40 non-members for entire 6 session series*

**PRE-REGISTRATION REQUIRED**

### **April 1: *Qualified Plans (401K, 403B, IRAS and more): The Good, the Bad, and the Ugly***

Learn the benefits of contributing with pre tax dollars and its limitations, how to look for administrative fees and expenses that are hidden from participants and market risks

### **April 8: *Maximizing Your Social Security***

Did you know that Social Security is one of the most valuable and least understood benefits available to retirees today? The decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. Learn strategies, how to maximize SS benefits, and how COLA impacts benefits.

### **April 22: *ABC's of Retirement Planning***

This session will help you answer your most important questions about Conservative Retirement planning. Included in this session:

- What is the trade-off between Risk, Return and Liquidity
- How to prepare for the end of the Bull Market
- Wall Street Myths and they affect my investing
- How to develop your own personal investment profile

### **April 29: *Mortgages, Master Your Choices***

Purchasing your house over your lifetime is probably your greatest investment in securing your financial future. In class you will explore mortgages, mortgage options available, why have a mortgage, what is opportunity costs, why choose a 15yr. mortgage over a 30yr. mortgage.

### **May 13: *Ten Minute Lesson on Life Insurance***

One of our most valuable assets we own, with the unfortunate lack of understanding of the NEW accumulation designs and the improved, reduced cost of insurance as life expectancy has increased. In this session you will learn kinds of life insurance and future insurability and much more.

### **May 20: *You're Private Reserve Strategy***

Learn about a savings strategy to help you develop or improve your Financial security: In this closing session you will learn how to become a wealth creator vs. a savor or debtor, how to avoid or minimize losses from the interest you are paying banks and finance companies for the major items you need during a lifetime.

## Old Time Erie Series

### **From Milling to Mass Manufacturing: The Development of Industry in Erie, PA with Melinda Meyer** **Thursday, April 2 at 6:30 pm**

*\$5 members; \$8 non-members*

Erie has claimed an identity as a manufacturing city since the middle of the 19<sup>th</sup> century. The early Censuses of Manufacturers show that companies producing ploughs, stoves, steam engines, and other metal castings were beginning to make a significant economic impact and the transition to modern manufacturing was taking place. By 1919, the Erie Chamber of Commerce was proudly proclaiming that "Erie Enterprise Encircles the Earth," and National Geographic was reporting that Erie "has the largest horseshoe factory (US Horseshoe Company), and the largest pipe organ plant in the world, and makes more baby carriages, gas mantles, and clothes wringers than any other city..." Then, as now, products made in Erie were used around the world. During this presentation we will explore the history of Erie's industries, from milling to mass manufacturing.

### **Kraus Department Store Museum Tour**

**Tuesday, April 21 at 1:30 pm/ Meet at LifeWorks at 1:15pm and carpool to Kraus Dept Store.**

*\$5 members; \$8 non-members*

Need an odd sized key copied? An old lamp rewired? Or maybe you just need to mail a letter or have a hankering for penny candy. If so, **Look no Further** than Kraus' Department Store. Join us for a special tour of their 2<sup>nd</sup> Floor Museum (there is an elevator to 2<sup>nd</sup> floor) by Tom Nowosielski, great grandson in the Kraus family, and an opportunity to explore the store. Kraus' Department Store has become Erie's favorite local hardware store and it hasn't changed since 1886. It only gets better with age and as their saying goes, "if we don't have it, you don't need it."

### **Exploring the History, Mystery, and Magic of Magnets**

**Wednesday, April 29 at 12:30 pm**

*\$5 members; \$8 non-members*

Explore the history, mystery, and magic of magnets through a video, experiments, and more presented by Eriez Manufacturing. Find out who was credited with the discovery of magnetite and how Eriez grew to become a world leader in magnetic and separation technologies for industrial applications.

### **Part I: Organ Demonstration at the First Presbyterian Church of the Covenant**

**Wednesday, May 20 at 1:00 pm; Meet at LifeWorks at 12:45 and walk to Church of the Covenant.**

*\$5 members; \$8 non-members*

Bryan Timm, from Organ Supply Industries will guide us through a demonstration of the role of the organ as a musical instrument for worship, how it makes sound, the variety of sound, and some of the mechanical devices that aid in the function of the organ. This musical demonstration of the instrument will help you understand what you will see when you arrive for the factory tour next week.

### **Part II: Tour of Organ Supply Industries**

**Wednesday, May 27 at 1:00 pm; Meet at LifeWorks at 12:45 and carpool Organ Supply Industries**

*\$5 members; \$8 non-members*

Bryan Timm, Director of Sales, will guide us on a tour of Organ Supply Industries, about an hour tour, which will show the raw materials and processes used to manufacture the mechanical aspects of the organ, wind chests, reservoirs, wood pipes, metal pipes, and the variety of craftsmen/artisans devoted to the art.

## The Sweet Sounds of Music

This Series is Offered **FREE** through the Erie Philharmonic

### **Deconstructing Music with Director Daniel Meyer**

Friday, April 10<sup>th</sup> at 3 pm at LifeWorks Erie **Please note this is a change from previous posting**  
Maestro Daniel Meyer will give an intimate presentation about the orchestra, upcoming concerts, and what you might see if you attend the open rehearsal on Friday, April 10.

### **Erie Phil Lite Performance**

**Thursday, May 14 at 5:30 pm**

First United Methodist Church - 707 Sassafras St, Erie, PA 16501

Enjoy a performance by the Erie Phil Lite - a smaller ensemble of Erie Philharmonic musicians.

### **Behind the Scenes: An Erie Philharmonic Rehearsal**

**Friday, April 10 at 7:30 pm at the Warner Theatre**

**Pre-registration required by calling 814-455-1375**

Get a sneak peek of the last Symphonic Concert of the season, Mozart's Requiem.

### **Awaken the Senses... Herbs to be seen, tasted, and touched by: Leslie M. Alexander, PhD, RH (AHG) Clinical herbalist, educator & author**

**Wednesday, April 8 at 12:30 pm**

*\$5 members; \$8 non-members*

It's time to awaken our senses to the many treasures we find amongst herbs. This hands-on workshop will explore different ways we can experience herbs. Our focus will be on taking advantage of the aesthetic aspects of herbs- in the kitchen, garden, and table; their taste in oh-so many forms, and their feel. Participants will leave with a wealth of herbal memories and methods on how they can awaken their senses any time of the day or night with medicinal and culinary herbs.

### **Starting a Vegetable Garden with Mike Bailey and Ellen Diplacido**

**Wednesday, April 15 at 12:30 pm**

*\$5 members; \$8 non-members*

Join Penn State Extension Master Gardeners, Mike and Ellen, co-directors of the Emmaus Grove Garden – part of the Emmaus Ministries, as they share their expertise on how to start your own vegetable garden, as well as provide information about the community garden concept.

### **Tibetan Singing Bowls: for Healing and Meditation**

**Wednesday, April 15 at 6:30 pm**

*\$5 members; \$8 non-members*

Bathe your senses in the ancient sound of OM during a healing session with Nancy Bowden. Clear your energy centers, balance your mind, and energize your spirit.

### **ISIS, the New Face of Terror in the Mid-East? – Edinboro University**

**Thursday, April 16 at 9:30 am – FREE**

**Class held at Diebold Center, Edinboro University**

**Pre-registration Required – Call 453-5072**

Part of the Al Stone Lecture Series, learn more about ISIS through this informative presentation that encourages dialogue. Parking is available behind Redder Hall for visitors.

**Cucina Italiana: the Italian Cooking School with Italian trained chef Scott Schillinger**

***Mondays, April 20 and May 4 at 5:30 pm***

*\$45/class members; \$55 non-members*

Minimum of 6 and Limit of 12 Participants Per Class

Pre-registration, with payment, required.

An in-depth, hands-on experience of Italian cooking.

**Monday, April 20: Gnocchi** – Learn how to make this delicious Italian comfort food and three different sauces.

**Monday, May 4: Italian Picnic** – Change up the usual picnic fair with salads and entrees with an Italian flair.

**Understanding and Responding to Dementia Related Behavior  
with Kristen Bires from the Alzheimer's Association**

***Wednesday, April 22 at 2:00 pm***

**FREE**

During the middle stages of dementia, the person with the disease often starts to exhibit new behaviors that can be confusing for a caregiver. This class will help caregivers decipher behaviors and determine how best to respond.

**Sensory/ Hand Scrubs – Gannon University**

***Wednesday, April 22 at 3:00 pm at LifeWorks Erie***

**FREE**

We experience the world around us through our senses. Our senses enhance our life experiences. You will experience a wonderful touch, smell, and vision implosion through your participation in "The Sensory Scrub" group. Through the making, mixing, and application of a home-made sugar scrub, your hands will feel and look amazingly soft and beautiful, your nose will tingle with excitement, and you will have an elevated sense of your own inner and outer beauty.

**Preventing Identity Theft Crisis with Robert D. Otis of Citizens Bank**

***Friday, April 24 at 12:30 pm***

**FREE**

Learn about identity theft, how it occurs, how to prevent it and what to do if you become a victim.

**Appealing to the Senses in Successful Marketing**

***Monday, April 27 at 12:30 pm; Lunch 11:30 am***

*\$5 members; \$8 non-members; Lunch Included*

When it comes to defining brands, those creating the messages want something that sticks. That's why the best marketing touches on as many senses as possible. These days, that includes developing interactive experiences with customers. Join Mike Smiley, vice president of PAPA Advertising, as we discuss how the most successful marketing campaigns appeal to our senses.

**An Evening of Wines and Pasta**

***Tuesday, April 28 at 6:30 at LifeWorks Erie***

*\$10 members; \$13 non-members*

Need a respite from your hectic day? Look no further, come to LifeWorks Erie and treat yourself to an evening of wines and pasta pairings, and give your taste buds something to talk about! Presque Isle Wine Cellars, one of the first two wineries to open in PA since Prohibition, has been crafting award-winning wines since 1969. A family-owned winery, they will be highlighting their wines accompanied by different paired pasta dishes.

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## University Spotlight

All Lectures in this Series offered **FREE**

### **Examining Human-Robot Interactions – Penn State Erie The Behrend College**

**Friday, May 1 at 12:30 pm at LifeWorks Erie**

Dr. Heather Lum will discuss her research related to differences in interactions with live and robotic entities and its implications for human-animal and human-robot interactions.

### **Teaching with Games: Does It Work? – Mercyhurst University**

**Wednesday, May 13 at 12:30 pm at LifeWorks Erie**

Based on over 5 years of research, Professor Kris Wheaton from Mercyhurst University's Tom Ridge School of Intelligence Studies and Information Science, will discuss a relatively new pedagogical technique called "game-based learning."

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### **Aromatherapy... Promoting the Health of Body, Mind, and Spirit**

**Tuesday, May 5 at 12:30 pm**

*\$5 members; \$8 non-members*

Do you need a break from the stresses of your day, or perhaps relief from a nagging pain? Then this class is for you. Come learn about aromatherapy- from its beginnings in 1937 to present day, as well as all its benefits. Elizabeth Kennerknecht, a PA licensed massage therapist for over 15 years, will discuss her techniques and provide a mini hands-on demonstration of how to move your body out of pain and away from stress and into relaxation.

### **An Afternoon of Animalistic Power Carving in Corry, PA**

**Wednesday, May 6 at 1:00 pm; Depart LifeWorks at 10:30 am, carpool to Gigi's Diner in Corry**

*\$5 members; \$8 non-members*

*Lunch at Gigi's Diner in Corry **On Your Own***

You may have carved your turkey for Thanksgiving, but I bet you never chain sawed a dinosaur before. Come take a tour and experience the power carving abilities of Scott Dow, an Edinboro MFA graduate with a concentration in sculpture, at his Animalistic studio in Corry. Scott started chainsaw carving in 2010 and won 1<sup>st</sup> place in the 2012 US open competition and 2<sup>nd</sup> place at the 2012 world championship in Germany. He is pleased to give us a tour and demonstration of his ever evolving gallery and equipment.

### **Nora's Soap Scents**

**Wednesday, May 6 at 6:30 pm**

*\$5 members; \$8 non-members*

Come watch Nora Goetzinger make her homemade goat's milk soap and take some home to use. Forced into early retirement, Nora took her situation and began living her dream by creating soaps and other bath items that are pleasurable and functional. Nora will discuss the process of making her elaborate soaps and bring some to display and sell.

### **Introduction to Computers, 3 Part Series – Penn State Erie The Behrend College with Ron DelPorto**

**Fridays, May 8, 15, and 22 at 12:30 pm at LifeWorks Erie**

\$25 members, \$40 non-members Basic Windows concepts and navigation will be presented. Emphasis will be on how to find reliable website information and how to set up an email account.

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**Watershed Opportunity: Addressing Runaway Water Problems to Create a Sustainable Future**  
**Tuesday, May 12 at 12:30 pm; Lunch at 11:30 am**

*\$5 members; \$8 non-members; Lunch Included*

The Lake Erie watershed is home to about 13 million people, providing them with drinking water and it supports one of the largest freshwater fisheries in the world. It also provides many recreational and tourism opportunities. However, the Great Lakes, especially Lake Erie and Lake Ontario, face a number of stressors that threaten water quality, biological communities and recreational value. Find out more about these problems and what you can do to restore and protect our precious water resources.

**Understanding Medicare with Kendra White**

**Thursday, May 14 at 12:30 pm - FREE**

A comprehensive, informative discussion about all parts of Medicare: A, B, C, and D.

**Frosting, Flowers, and Fun: Cake Decorating for Beginners**

**Monday, May 18 at 6:30 pm**

*\$10 members; \$13 non-members*

Having trouble drawing those flowers? Can't seem to get the borders straight? No more worries, let Tiffany Wasiela, owner of Tasty Bakes on Pittsburg Avenue, guide you through the process. She will bring her expertise, talents and tools to LifeWorks to help you create your finest unique cake decorations in this hands-on demonstration. Take home a piece of your finished cake to show off and savor!

**Color Your World**

**Tuesday, May 19 from 6:00 - 8:00 pm**

*\$15 members; \$25 non-members*

Paint a fun spring design, featuring a dragonfly. No painting experience needed and all supplies are provided.

**Learn To Tie Bows Like a Pro**

**Wednesday, May 27 at 12:30 pm *Please note this is a change from previous posting***

*\$10 members; \$15 non-members*

Joann Zambruno, retired florist will teach you her technique of how to create hand tied bows. Once you learn to make beautiful handmade bows, store bought bows will never seem the same.

**Sweet Treats and Vineyard Wines**

**Wednesday, May 27 at 6:30 pm at LifeWorks Erie**

*\$10 members; \$13 non-members*

Indulge in an evening tasting wine from Presque Isle Wine Cellars, a family-owned winery, paired with delightful mini cupcakes for a taste to please your palate. Presque Isle Wine Cellars, one of the first two wineries to open in PA since Prohibition, has been crafting award-winning wines since 1969. Don't miss out on this exclusive opportunity to let us bring you the best of both worlds.

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