

HEALTH SERIES

Tai Chi

Ed Matthews, Certified Instructor
Mondays and Wednesdays at LifeWorks Erie;
Fridays at the Regency from 9:30 – 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**

Fit for Life Fitness Class

Nancy Adams, Certified Fitness Instructor
Tuesdays from 9:30 – 10:15 a.m.
FREE

Use body weight and light resistance bands in this chair-based class to help improve strength and comfort in daily living activities. **SA**

Healthy Eating: Making Every Nutritious Bite Count

Rhonda Moore, RD, LECOM Senior Living Center
Second Wednesday of each month from
9:00 - 11:00 a.m.
Free to members; non-members \$35 for 30 minutes

Healthy eating should be a way of life easily maintained with every meal plan, including eating out. Our registered dietitian will help you to find the right foods and diet plan to make it easier to stay healthy and enjoy life. Call (814) 453-5072 to make an appointment.

Cardio Fit and Weight Lifting

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

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

Wise Words for Wellness – Questions for the Pharmacist

Rebecca Miller Wise, MEd, PharmD, CGP
Thursdays at 10:30 a.m.
Free

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

Medication Consultations

Rebecca Miller Wise, MEd, PharmD, CGP
All consultations by appointment
Free to members; non-members \$75 per hour

Dr. Wise will help you sort through your medications and gain a greater understanding of how to take command of your health. Call (814) 453-5072 to make an appointment.

Life is Why

Gina Klofft, Division Director,
American Heart Association
Monday, October 16 at 10:30 a.m.

Everyone has a reason to live a longer, healthier life. Hear the "whys" of others and share yours, too! **VL**

Stem Cell Treatment for Arthritis

Gregory Coppola, DO, Integrative Medicine,
LECOM Health
Wednesday, October 18 at 6:00 p.m., Millcreek
Municipal Building

If anti-inflammatory medication, steroid injections, narcotics and surgery haven't helped your arthritic pain, relief may be possible through stem cell therapy. Dr. Coppola will discuss the role of stem cell treatments for arthritic conditions. **AE**

Improve Your Motivation

Shireen Hoover, DPT, LECOM Senior Living Center
Thursday, October 19 at 12:30 p.m.

Learn how to motivate yourself and become more productive. Shireen will discuss how to increase energy levels, enhance your functional ability and improve your overall sense of well-being. **VL**

Holiday Baking with Adaptive Equipment

Emily Kaminske, MS, OTR/L, Rehab Coordinator,
LECOM Health Visiting Nurse Association
Monday, November 13 at 10:30 a.m.

Emily will share creative ways to continue holiday baking with ease, into your golden years. **VL**

Heavy Metals and Your Health

Karl Falk, DO, Osteopathic Manipulative Medicine,
LECOM Health
Wednesday, November 15 at 6:00 p.m. at the
Millcreek Municipal Building

Heavy metals (including lead, cadmium, mercury, and arsenic) are persistent in the environment and have documented potential for serious health consequences. Dr. Falk will discuss heavy metal detoxification and how osteopathic manipulative treatment (OMT) can be used to treat musculoskeletal pain and disability. **AE**

Understanding Advance Directives

Friday, November 17 at 10:30 a.m.
Shireen Hoover, DPT, LECOM Senior Living Center
Shireen will explain the terminology. Learn more about advance directives, living wills, and do not resuscitate (DNR) orders. **VL**

UNIVERSITY SPOTLIGHT SERIES

All lectures offered in this series are FREE.

Resilience Among Children

Shraddha Prabhu, PhD, Social Work Instructor,
Edinboro University
Thursday, October 26 at 1:00 p.m.

This presentation focuses on resilience among children after exposure to violence and trauma. Based on a study of 146 children age 13-17 from India, strengths and limitations of the results will be discussed.

Trauma and College Drop-Out Rates

Molly Wolf, LMSW, PhD, Assistant Professor of Social
Work, and Kim Hardner, MSW, Social Work Instructor,
Edinboro University
Monday, November 6 at 1:00 p.m.

Based on results of their recent study, this presentation will focus on childhood sexual abuse survivors and their ability to successfully attain higher education.

Antibiotic Resistant Bacteria

Beth Potter, PhD, Associate Professor of Microbiology,
Penn State Behrend
Wednesday, November 8 at 12:30 p.m.

This presentation will introduce the audience to antibiotic resistance and how it occurs within bacteria. Animals raised for consumption are often subject to antibiotic overuse. Insufficient cooking of meat leaves us susceptible to infections from bacteria already resistant to our best medicine.

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.

Annual membership to LifeWorks Erie is
\$25 for individuals
\$45 for couples

Call **(814) 453-5072**
or visit LifeWorksErie.org
for more information.

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THE LIFELONG
LEARNING
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KALEIDOSCOPE OF COLORS
October 16 – November 30, 2017

FALL
SCHEDULE



The Lifelong Learning Institute is affiliated with

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FALL 2017 SCHEDULE

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

New Horizons Music Project – Strings and Folk

Judith Wahlenmayer, Strings Director
Janice Marquand, Folk Director
Thursdays through November 30 from 4:00-6:00 p.m.
\$90 for the semester or \$30 per month
Learn a new instrument or return to playing an old one through group lessons and performance. **CM**

Microsoft Word Essentials

Pat Mayer, Instructor
Tuesdays, October 17 – November 7
from 10:30 a.m. – 12:00 p.m.
\$25 members; \$50 non-members
This instructor-led course covers the essential skills necessary for creating documents, manipulating text, and applying text attributes. Create letters, labels, and flyers using Microsoft Word/Wordpad.

Animal Advocacy

Irene Fiala, PhD, Associate Professor of Sociology,
Edinboro University
Wednesday, October 18 at 12:30 p.m.
Free
Become an animal advocate! Volunteer at an animal shelter, drive freedom runs for rescue groups, or meet with legislators about animal welfare issues.

Open House at LifeWorks Erie

Wednesday, October 18 from 4:00 – 6:00 p.m.
Free
Join us at our Open House and take a tour of the facility, meet current members and staff and learn more about our programs and services. Refreshments will be served. Current members are welcome to attend if they bring a non-member guest.
October Promotion: Become a member during the Open House and save \$5 off the cost of membership!

Local Gallery Tours

Thursday, October 19 at 10:00 a.m. and 1:00 p.m.
\$5 members; \$8 non-members
Plan to meet at 9:45 a.m. and walk from LifeWorks to Glass Growers for a tour. Learn about the artists on display and their pieces. Return to LWE at 11:30 a.m. for lunch. A tour of the Bayfront Gallery will follow.

Winter Weather Safety Tips

Tom DiVecchio, Senior Meteorologist for WJET/WFXP
Monday, October 23 at 1:00 p.m.
Free
Tom will discuss important weather safety tips for the upcoming winter months. Learn more about winter weather, Erie's biggest snowstorms of all time and predictions for the 2017 season.

Candlelight Ghost Walk Tour

Stephanie Wincik, Local Paranormal Author
Tuesday, October 24 from 7:00 – 8:30 p.m.
Bicentennial Tower, Dobbins Landing
\$6 per person
Join us for an evening of spooky legends, mysterious sightings and terrifying ghost stories as you stroll Erie's beautiful bayfront.

Employment for the Older Adult

Michael Lehman, PathStone Representative
Wednesday, October 25 at 10:30 a.m.
Free
PathStone is a private, not-for-profit community development and human service organization. Michael will present information on the Senior Community Service Employment Program which provides training for low-income, unemployed seniors. Participants are required to meet income criteria to be eligible for the program. Call LifeWorks for income requirements.

Union Station Haunted History Tour

Monday, October 30 from 6:00 – 7:30 p.m.
The Brewerrie, 123 West 14th Street
\$12 per person
Meet in the foyer for a tour of Union Station. Learn more about its history, "ghost stories" and paranormal investigations. The second half of the tour will include a short walk to explore tunnels underneath the building. Please note that the second half is not accessible for anyone using a cane or walker.

Find Your Sequel

Holly Jacobs, Author
Wednesday, November 1 at 12:30 p.m.
\$5 members; \$8 non-members
As an author, Holly sets most of her books in her hometown of Erie! In her personal life, she often asks herself "what happens next." From basket weaving to starting college, Jacobs shares her "what happens next" experiences and encourages participants to ask this question as well.

An Introduction to Medicinal Herbs

Leslie Alexander, PhD, Herbalist
Thursday, November 2 at 1:00 p.m.
\$5 members; \$8 non-members
Holistic herbalism is the oldest form of medicine in history. Leslie will introduce us to therapeutic uses for everyday herbs and spices.

Guys and Dolls – Mercyhurst Theatre

D'Angelo Performing Arts Center
Friday, November 3 at 7:30 p.m.
\$10 for 2 attendees; Members only event
Meet in the lobby at 7:00 p.m. for a backstage tour, followed by the musical comedy performance of *Guys and Dolls*.

Bingo Palooza

Saturday, November 4 at 1:00 p.m.
Doors open at 11:00 a.m.
\$20 per person
Join us for a fun-filled day featuring refreshments, raffles, door prizes and more. There will be sixteen bingo games and two special games. Food will be available for purchase.

We Can Do It! WWII: Traveling Exhibit

Wednesday, November 8 at 12:30 p.m.
\$5 per person
Historical Society of Erie County, 356 W. 6th St.
(park on 5th & Walnut at the back of the building)
This traveling exhibit explores Western Pennsylvania's incredible impact on the home, industrial, and battle fronts during World War II. We also plan to explore artifacts from the Erie County Historical Society collection.

Salute to Our Veterans

Friday, November 10 at 11:30 a.m.
Free for veterans; \$5 non-members
Join us as we honor veterans during this luncheon event. Additional programing will follow lunch.

Chicory Hill Herbs Tour

Tuesday, November 14 at 3:00 p.m.
Chicory Hill Herbs, 2516 ½ Peach St.
Free
Sample the tea of the day while the Chicory Hill staff shares information on the wide variety of health and energy-balancing products one can use to enhance physical and mental well-being.

Living in Azerbaijan

Andrea Wyman, PhD, Librarian and Associate Professor,
Edinboro University
Wednesday, November 15 at 12:30 p.m.
\$5 members; \$8 non-members
Azerbaijan gained independence from the Soviet Union in 1991 and is known as the Land of Fire. Learn more about its famous walled city in Baku, the centuries-old stone Maiden Tower and the Palace of the Shirvanshahs.

Meadows Casino and Volant Mill Winery Trip

Wednesday, November 15
Depart 8:00 a.m.; Return 8:30 p.m. (Times are approximate)
\$30 members; \$35 non-members.
Includes \$25 slot incentive
Enjoy five hours at the Meadows Casino in Washington, PA which features over 3,000 slot machines, harness racing and bowling. Upon departure, we will travel to the Volant Mill Winery in Volant, PA for a private wine tasting. There is a \$2 charge per person for five wine tastings. The final stop on our tour is Grove City for a quick meal (on your own) before heading back to Erie. Detailed itinerary and more information is available by calling LifeWorks Erie.

Writing Romance Novels

Nancy Kay, Author
Thursday, November 16 at 12:30 p.m.
\$5 members; \$8 non-members
Nancy dabbled in writing from the time she was in high school, but it was not until later in life that she began her writing career. She has published six books and strives to make her romantic suspense novels interesting and authentic by drawing from life experiences.

Mama Mia! - Dinner and Theater

Friday, November 17 at 6:00 p.m.
Erie Playhouse
\$30 members; \$35 non-members
includes cost of ticket and dinner buffet
Enjoy dinner at LifeWorks followed by transportation to the Erie Playhouse (and back to LWE following the show). Seating is limited, first come, first serve.

Thanksgiving at LifeWorks Erie

Tuesday, November 21
Two sessions – 11:30 a.m. or 1:00 p.m.
Free to members and those 90+; \$5 for non-members
Join your LifeWorks Erie family for a traditional Thanksgiving dinner. Reservations must be made by Monday, November 6!

Holiday Decorating with House Plants

Nancy Elwell, Master Gardener from Penn State Extension
Tuesday, November 28 at 1:00 p.m.
\$5 members; \$8 non-members
With a little imagination, a plant can become the central focus of your décor and remain long after the holidays to lift spirits all through winter. Nancy will share tips for adding plants to your holiday décor.

Escape the Brig or Da Vinci's Secret

Wednesday, November 29 at 1:00 p.m. or 2:05 p.m.
\$25 per person
Escape Game Erie, 4838 W. Ridge Rd.
Immerse yourself in a fictional scenario where the outcome is anything but certain. Participants choose their scenario and time. Escape Game Erie is located at the Nicholson House, a historic registry landmark.

A Late in Life Career Change

Liz Allen, Erie City Council Candidate
Thursday, November 30 at 1:00 pm
\$5 members; \$8 non-members
Liz spent 32 years chronicling Erie's history and events as a newspaper reporter, editor and columnist for the Erie Times-News. Now retired, she is running for office at age 65! Liz will discuss how to stay involved and active in our community.