

## 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**  
Doug Forne, 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**  
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**

**By appointment – (814) 453-5072**

Healthy eating should be a way of life easily maintained with every meal plan, including eating out. Find the right foods and diet plan to stay healthy and enjoy life.

**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  
**Fridays from 9:00 - 12:00 p.m.**  
**Free to Members; \$75 non-members per hour**

**By appointment – (814) 453-5072**

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

**Disaster Preparedness**  
Chris DeRosa, RN, American Red Cross Nurse  
**Monday, October 29 at 10:30 a.m.**  
**Free**

Do you know what to do in the event of an emergency? You may be confined to your home for an extended period of time or told to evacuate on short notice. Prepare for such possibilities by gathering emergency supplies in one place... get a kit; make a plan; be informed.

**Seasonal Affective Disorder (SAD)**  
Amee Weislogel, Geriatric Behavioral Clinical Liaison  
**Thursday, November 15 at 12:30 p.m.**  
**Free**

Seasonal affective disorder (SAD) is a type of depression that's related to changes in seasons. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody. Amee will share how to live a healthier life in every season.

**How Spirituality Improves the Quality of Life**  
Shireen Hoover, DPT, Millcreek Community Hospital  
**Monday, November 19 at 12:30 p.m.**  
Our beliefs often contribute to our worldview in significant ways. Shireen will discuss spirituality and how it can improve your life.

**In Office Diagnosis of Knee and Shoulder Conditions**  
Joshua Tuck, DO, Orthopedic Surgery & Sports Medicine, LECOM Health  
**Wednesday, November 28 at 6:00 p.m. at the Millcreek Municipal Building**  
**Free**

Dr. Tuck will discuss Mi-Eye – a cutting-edge diagnostic tool which allows patients to undergo an arthroscopic evaluation of the knee or shoulder while awake in the office. This procedure allows for more rapid diagnosis of conditions effecting the knee or shoulder, without waiting for an MRI. **AE**

**UNIVERSITY SPOTLIGHT SERIES**  
All lectures offered in this series are **FREE**.

**Goodness and Godliness: Does Morality Depend on Religion?**

Steven Sullivan, PhD, Assistant Professor of English and Philosophy, Edinboro University  
**Thursday, November 1 at 2:00 p.m.**

**Free**

Faith-rooted values give many people a reason to behave morally when no one is looking. Many believe that morality is tied to faith, especially in one's belief in God. This presentation will explore the link between goodness and godliness.

**Decluttering and Downsizing with Creative Aerobics**

Arpan Yagnik, PhD, Assistant Professor of English and Philosophy, Edinboro University  
**Tuesday, November 13 at 11:00 a.m.**

**Free**

Letting go of things that one has collected over his or her lifetime is challenging. Dr. Yagnik explains how "creative aerobic" mental exercises develop elasticity between the left and the right brain which allow participants access to solutions outside their present problem-solving techniques. This session will focus on using these creative strategies to declutter and downsize.

**Animation and Social Activism**

Michael Genz, MFA, Associate Professor of Art, Edinboro University  
**Monday, November 26 at 5:00 p.m.**

**Free**

Michael will be screening his new 3-minute short film "Mni Wiconi: Water is Life" inspired by the events of the Dakota Access Pipeline. The animated film is a fictional narrative that uses symbolic metaphors to represent economic greed, political and corporate bullying, and the destruction of the environment. There will be a discussion on animation and social activism following the film.

## 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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LIFEWORKS ERIE

REGISTER NOW! Call (814) 453-5072 or email [lifeworks@lifeworkserie.org](mailto:lifeworks@lifeworkserie.org).

Autumn Rhapsody

October 22 – November 30, 2018

LECOM HEALTH  
LIFEWORKS ERIE  
LIFELONG LEARNING INSTITUTE

# FALL 2018 SCHEDULE

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

## Medicare Options

Mary Allen, Highmark Direct  
Tuesday, October 23 at 10:30 a.m.  
Free

Learn about the changes coming in 2019 and the plans that will be offered. This informative presentation will address many common Medicare questions.

## A Smithsonian Tour through American History

Pat Mayer, Instructor  
Tuesdays, October 23 – November 27 at 12:30 p.m.  
\$5 members; \$8 non-members

Experience American history through videos that showcase authentic historical objects, detailed replicas and photos. Along with history, get a behind-the-scenes look at the work of curators, conservators and other professionals who are preserving our nation's heritage. Discussion will follow each of the presentations. The list of the topics will be distributed at the first meeting.

## LifeWorks Open House

Tuesday, October 23 from 4:00 – 5:30 p.m.  
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 that evening.

## Beginner Improv

Alyssa Pelinsky, Instructor  
Tuesdays, October 23 – November 27  
from 6:00 – 7:00 p.m.

\$15 members; \$25 non-members for series

Improvisation is a great tool for improving mental agility; all you need is an open mind. Explore the basics of body movements, tell stories without scripts and laugh. No previous comedy or theatre experience is required. **CM**

## The Poetry Path – Fun with Creative Expression Residency

Lora Zill, Teaching Artist, PA Council on the Arts  
Wednesdays, October 24 – December 19  
from 10:15 a.m. – 11:45 a.m.

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

In this residency, you will have the opportunity to create your own book of poetry and participate in a collection of class work. Writers of any skill level are welcome. **CM**

## Massage and Paraffin Wax Hand Treatment

Lisa Hughes, RN, BSN/LMT  
Wednesdays, October 24 and November 28  
**\$25 for 30-minute massage; \$45 for 50-minute**

**massage;  
\$25 for 25-minute paraffin wax**

## By Appointment Only

Therapeutic massage offers many health benefits for the mind and body. Paraffin wax is used to soften and soothe skin; it increases elasticity allowing for increased movement and mobility. Rejuvenate yourself this autumn – appointments only!

## Travel Abroad

Amy Eperthener, EdD, Assistant Professor/Athletic Trainer, Edinboro University

Thursday, October 25 at 12:30 p.m.

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

Amy will share stories from her multi-country travel adventure this past summer. She will also discuss an upcoming trip for students, faculty and community members that she is leading to Scotland and England.

## New Horizons Music Project – Strings and Folk

Judith Wahlenmayer, Strings Director

Janice Marquand, Folk Director

Thursdays, October 25 – November 29.

**Strings will meet from 2:00 – 4:00 p.m.;**

**Folk will meet from 3:00 – 5:00 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**

## Creative Dance Residency

Jennifer Dennehy, Instructor  
Fridays, October 26 – December 28  
from 12:30 – 1:30 p.m.

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

This residency is designed for students of any skill level, with or without previous dance experience. Creative dance is a fusion of the mastery of movement with the artistry of expression. Dive into a different element of dance each week via exploration activities, improvisation and even some composition exercises. **CM**

## Frankenstein – Dinner and Theater

Tuesday, October 30

**5:30 Buffet Dinner at Nunzi's**

**7:30 p.m. Mercyhurst DeAngelo Performing Arts**

**\$37 per person**

Childlike in his innocence but grotesque in form, Frankenstein's bewildered creature is cast out into a hostile world by his horror-struck maker.

## Contemporary and Classical Greek Language

Gerry Trambley, Former Editor, Erie Times-News  
Thursdays, November 1, 8, 15, 29  
and December 6 and 13 from 2:00 – 4:00 p.m.

**\$25 members; \$40 non-members**

Learn the similarities between the Greek and English languages. Basic Greek greetings and phrases will be taught.

## Find the Artist Within: Art Exploration Studio

Anne Cameron Cutri, Instructor  
Tuesdays, November 6, 13, 27 and December 4  
from 1:00 – 3:00 p.m.

**\$25 members; \$50 non-members**

Explore new art techniques each week. In this class, you will experiment with a variety of art materials and mediums. Alcohol infused painting, water color collage, pastel drawing, and pour painting and clay (combined) will be covered. **CM**

## Creating Family Memories with PowerPoint

Pat Mayer, Instructor  
Tuesdays, November 6, 13, 20 and 27  
from 10:30 – 12:00 p.m.

**\$25 members; \$50 non-members**

Give your grandchildren a lasting memory of your family history. Learn to use PowerPoint to preserve your family pictures and historical information.

## Downsizing Tips

Marion Taylor, Owner of Simple Solutions for Living

**Thursday, November 8 at 10:30 a.m.**

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

Are you drowning in stuff and ready to downsize? Marion will share the top five tips for living stress free when it comes to downsizing.

## Veteran's Day Celebration

**Friday, November 9 at 10:30 a.m.**

**Free to veterans (must show military ID); \$5 non-members**

Join us as we honor veterans during this luncheon event. Listen to patriotic music by John Guras at 10:30 a.m. followed by a catered lunch at 11:30 a.m. Additional programming will follow lunch.

## Terms of Endearment – Dinner and Theater

**Wednesday November 14**

**5:30 p.m. Dinner at LifeWorks Erie**

**7:30 p.m. Erie Playhouse**

**\$33 members; \$37 non-members**

This funny and touching story captures the delicate, sometimes fractured bonds between mothers and daughters, husbands and wives, and lovers, both old and new. Transportation will be provided.

## "Rust Belt New Americans"

**A Film about the Refugee Experience**  
Friday, November 16 at 12:30 p.m.

**Free**

As many communities have discovered, welcoming these new Americans does not go unrewarded. New Americans build communities and revitalize economies – the Rust Belt region is no exception. Maitham Basha-Agha, a refugee himself, shares his story in this documentary film.

## November Book Club

**Tuesday, November 20 at 12:00 p.m.**

**Free**

Members will receive a book and participate in a lively group discussion.

## Thanksgiving at LifeWorks Erie

**Wednesday November 21**

**Two sessions – 11:30 a.m. or 1:00 p.m.**

**Donation request of canned goods for Second Harvest Food Bank**

Join your LifeWorks Erie family for a traditional Thanksgiving dinner. Seating is limited for each session. Tickets must be picked up in advance and presented the day of the dinner. **Reservations must be made by Monday, November 5.**

## Doo-Wop Dance

**Friday, November 30 from 6:00 – 9:00 p.m.**

**Doors open at 5:00 p.m.**

**\$5 per person**

Join your friends for the next doo-wop dance! Bring your own food and beverages.

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



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