

Lifelong Learning Institute February and March 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.

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 February 3, 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.

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 starting February 5, entire session 6:30 - 8:00 pm

\$10/class members; \$13/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. Take one (any one), a few, or all classes.

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.

The Beautiful Aging Brain, a Three Part Series

Explore a variety of topics related to brain health.

A Walk Down Memory Lane with Dr. Tania Flink- Gannon University

Wednesday, February 18 at 12:30 pm

\$5 members; \$8 non-members

Forgotten where you placed your keys? A person's name? Join Dr. Tania Flink in a discussion about memories, what they are and how they change with age. We will also be discussing facts and myths about memory loss, for natural aging and with disorders such as Alzheimer's disease.

Neuroplasticity... What is it All About?

With Dr. Rebecca Wise, LECOM School of Pharmacy

Wednesday, March 4 at 12:30 pm

\$5 members; \$8 non-members

Neuroplasticity, or Neurodynamics, is the idea that your brain can adapt to changes in the environment, behavior, emotions, and even injury. We will discuss why this is important to your health and how to improve your brain's ability to adapt. We will even practice some of the methods to improve your cognition before the end of the session!

Understanding and Responding to Dementia Related Behavior with Kristen Bires

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.

Script Your Future with LECOM School of Pharmacy

Tuesday, February 17; 10:00 - 11:00 am; FREE

Nearly three out of four Americans report that they do not always take their medications as directed, leading to poor adherence, serious health consequences and high costs. The Script Your Future event is aimed to raise awareness about health consequences of not taking medications as directed.

Aromatherapy...Promoting the Health of Body, Mind and Spirit with Elizabeth Kennerknecht

Tuesday, May 5 at 12:30 pm ***This class was rescheduled from an earlier date***

\$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! Learn about Aromatherapy - from its beginnings in 1937 to present day and 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, into relaxation.

Avoiding Scams with Michael Lehman

Thursday, February 26 at 12:30 - FREE

Senator Sean Wiley's Constituent Outreach Specialist, Michael Lehman, will share what resources are available through the Senator's office and also give information and handouts on what you can do to avoid scams.

Casbohm Maple and Honey Sugarhouse Tour

Tuesday, March 31 at 1:00 pm *This class was rescheduled from an earlier date*

Tour: \$5 members; \$8 non-members

Lunch at Valenza's Restaurant **On Your Own**

Depart LifeWorks at 10:30 am, carpooling to Valenza's restaurant for lunch, then traveling to Casbohm Sugarhouse. Tour a modern sugarhouse to learn more about making Pure Pennsylvania Maple Syrup and related products. They plan to have the evaporator boiling syrup and the steam rising for our tour. **Dress warm and wear boots!**

Mindfulness Meditation for All Minds with Betty Amatangelo

Monday, March 2 at 12:30 pm

\$5 members; \$8 non-members

Come and join Betty Amatangelo as she talks and demonstrates how the breath and body work together to quiet the turbulence of the mind.

Come Tie One On with Erie Ultimate Angler

Wednesday, March 4 at 6:30 pm

\$5 members; \$8 non-members

J.T. Davis, who has been guiding on the local Steelhead tributaries for over 8 years and started fly tying in the early 70's, will discuss why fly fisherman tie their own flies and introduce you to the basics of fly tying. Bring your own vice/tools if you have them - otherwise they will be provided for this hands-on demonstration.

University Spotlight

All Lectures in this Series offered FREE

This series continues with presentations by faculty members from Mercyhurst University and Penn State, Behrend in April and May.

The Unseen Majority - Microbes and Chemicals in Recreational Waters with Dr. Steven Mauro – Gannon University

Thursday, March 5 at 12:30 pm

Microbes constitute an important part of recreational waters and are vital for sustaining life in lakes and other aquatic recreational areas. Pathogenic microbes and emerging chemicals of concern are disrupting this delicate balance. Examining Presque Isle swimming areas, this talk will highlight ten years of research that seeks to understand the dynamics in recreational waters.

Criminal Investigations: Forensic Psychology with Dr. Ron Craig – Edinboro University

Thursday, March 26 at 12:30 pm

Dr. Craig will present on topics related to his research in a variety of areas of psychology and law including the detection of deception in juveniles, detecting intent to deceive, juvenile false confessions, use of deception in texting, and the use of animated simulations in court.

Control Your Diabetes for Life

with Justine M. Kuroda, RN, BSN, CDE

Monday, March 9 at 6:30 pm

\$5 members; \$8 non-members

In this abbreviated version of Erie County Diabetes Association's Diabetes Group Visit Series, you will find out ways to prevent and/or reduce complications from diabetes. This session will highlight food, monitoring, activity, medications, and helpful tips to help you reach your goal of managing diabetes.

Steps to Preventing Diabetes with Lana Kunik, Prevention Services Coordinator for Erie County Diabetes Association

Tuesday, March 10 at 12:30 pm

\$5 members; \$8 non-members

What is Type 2 diabetes and how can it be prevented? We will discuss risk factors and simple steps to reduce your risk of developing Type 2 Diabetes by: controlling your weight, getting moving, balancing your diet and if you smoke, quitting.

Caring For and Living with a Family Member with Alzheimer's with Mary Ann Frew, RN, MA

Wednesday, March 11; 9:30 - 11:30 am & 12:30 - 2:30 pm

Break for Lunch from 11:30 to 12:30

Free Workshop - Sponsored by Home Instead

Learn the particulars of the disease process, how to navigate the relationship and maintain quality of life for you and your loved one. Learn the techniques for managing behaviors associated with Alzheimer's, how to create a loving, enjoyable, safe environment, and cope with the changes and losses inherent to this journey.

An Afternoon at the Erie Art Museum: Gallery Tour of the *Styled By Adams* Exhibition

Thursday, March 12, 12:30 - 2:00 pm

\$5 per person; meet at LifeWorks at 12:15 pm & walk over

Take a closer look at the life and work of designer Wilbur Henry Adams and learn of his influence in Erie, a hub of industrial activity in the mid 19th century. Adams designed and styled tractors, bicycles, toilets, and even drive-in theaters. Peruse the artists' sketches, blueprints and models with a Museum tour guide and identify sites from Erie's past. Afterwards inspired visitors can streamline their own designs with a simple printmaking activity.

Qigong with Jennifer Shepherd

Mondays, March 16 - May 27 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.

Understanding the Roots of Irish American Behavior with William Garvey, Ph.D.

Tuesday, March 17 from 11:00 am to 12:00 pm;

Lunch, included in the cost, to follow

\$5 members; \$8 non-members

An analysis of how the Irish in America moved from the bottom to the top of the most influential groups of American society. The lecture will include a study of the influence of Irish American music and what it reflects about the Irish Diaspora.

Coffee Cupping with Brew Ha Ha

Wednesday, March 18 at 1:00 pm

\$5 members; \$8 non-members

Using professional coffee cupping standards, we will experience the aromas, tastes and full sensory experience of coffee. This class will overview the main coffee-growing regions of the world, and how the location, processing, and roasting of a bean impacts its final flavor. Attendees will have the chance to taste a range of coffees, which will also be available for purchase.

How to Dress Fabulous at Fifty and Beyond without Breaking the Bank with Abbey Mollo – Mercyhurst University

Thursday, March 19 at 6:30 pm

\$5 members; \$8 non-members

Having trouble finding fashionable clothes that flatter your figure? Worried that your new style might not fit in this month's budget? Look no further! This presentation is for women (and men!) who are interested in fashion but do not

know which silhouettes, styles, and colors are right for them. Learn the fundamentals of wardrobe selection in a way that will guarantee learning and laughter through group discussion, lecture, and hands-on activities.

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

Mondays, March 23 and 30 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.

March 23: Homemade Pasta - Bring your wine, friends and family to learn how to make homemade pasta as well as four sauces.

March 30: Sunday Dinner - Learn to make delicious “gravy” or “sauce”, fork tender meatballs and other accompaniments.

My Journey with Vision Loss - Amy Bovaird

Tuesday, March 24 at 6:30 pm - FREE

Local author of her newly published book, Mobility Matters: Stepping Out in Faith, Amy will discuss the evolving responses she has had to her own vision loss, comparing these losses to the changing attitudes she held about other cultures as she became more familiar with them and observing them from a better perspective during her time living and working overseas. Amy will also talk about how you must “pack” certain essentials with you when traveling that vision-impaired road. Her book will be available for purchase.

Home Safety Solutions ... For Peace of Mind

Thursday, March 26 at 2:00 pm

\$5 members, \$8 non-members

More and more In-Home Care is being provided today allowing older adults to age in place. Caring for your loved one(s) is no easy task. Robin Otis - Director of Springhill at Home will be discussing the various ways you can assure the home is safe and prepare for any situation you might encounter. Bring your questions and concerns to be discussed and answered; leave with the peace of mind that you and your loved one(s) will live comfortably and safely.

Taste or Waist and Annual Health Fair At Mercyhurst Athletic Center

Friday, March 27 from 11:00 am to 1:00 pm

Donation of 50 cents or a can of food per recipe tasted.

All food is donated to the Sisters of Mercy Women’s Center

Can you taste the difference? Nutrition students at Mercyhurst University prepare one recipe two different ways: one with healthier ingredients and attendees taste a little of each to see if they can tell the difference. Recipes for healthier versions available.