

ALL CLASSES AT PARKSIDE NORTH EAST
Fall 2017

Health Screenings

2nd Wednesday every month

Tai Chi once a week

Book club once a week

Wheelchair and Walker Safety

Wednesday, October 4 at 12:45 p.m.

Shireen Hoover, PT, LECOM Senior Living Center

You have been asked to use a walker or wheelchair to increase your functional independence and safety. A discussion regarding safety, appropriate use of the devices in different environments. What modifications can you make to help decrease the energy expended, to enhance your independence and enable you to negotiate different indoor and outdoor surfaces.

How to Gain that Self – Confidence You Need

Shireen Hoover, DPT, LECOM Senior Living Center

Thursday, October 12 at 1:00 p.m.

Do you feel that you could be more assertive and achieve more if you could only be more confident about yourself and your abilities?

Quick and Easy Table Decorations

Thursday, October 19 at 1:00 p.m.

Marian Taylor, Simple Solutions for Living

With the upcoming holiday seasons, Marian will teach you some inexpensive and easy ways to decorate your table.

Learn the Healing Benefits of Essential Oils

Wednesday, October 25 at 10:30 a.m.

Guy Burchill - GreenLife Natural Health Center

Guy will present a background of how Essential oils came to be, how they work, and how to use them. He also will give you some background on some of the more popular oils.

Healthy Holiday Eating

Wednesday, November 1 at 3:30 p.m.

Rhonda Moore, RD, LECOM Senior Living Center

Healthy eating should be a way of life easily maintained with every meal plan, including during the festive holiday seasons. Rhonda, a registered dietitian will help you find the right foods to make it easier to stay healthy during the holidays.

The Benefits of Reading

Sheryl Thomas, Assistant Director, Erie County Public Library

Wednesday, November 15 at 10:30 a.m.

Everyone knows reading can be fun, useful or just downright necessary, but did you know it can also help reduce stress, expand your vocabulary, strengthen your analytical thinking skills and improve your focus and concentration? Learn more about the power and benefits of reading and what the Erie County Public Library can do for you.