

Presentation/Classes at Parkside Westminster

Fall

Health Screenings
2nd Monday every month

Tai Chi once a week

Book Club once a week

Fur Babies for the Soul

Thursday, September 7 at 2:30 p.m.

Melanie Dunbar, PhD, Psychologist, LECOM

Animal-assisted therapy is a growing field that uses dogs or other animals to help people recover from or better cope with health problems. Dr. Dunbar will bring a few four-legged helpers to show the benefits of pet therapy.

A History of the English Language

Thursdays, September 14, 21, 28 7 at 2:30 p.m.

Jerry Trambley, Retired faculty and news reporter

Learn how the English language relates to other world languages and the origins of many common words.

Powerful Tools for Caregivers

Fridays, October 6 – November 10 from 10:00 – 11:30 a.m.

Caregiving involves many challenges. Too often caregivers neglect their own health and well-being, and put their own needs second. This often results in caregivers becoming “burned out,” depressed or physically ill themselves. Tools that are learned in this program include reducing personal stress, communicating feelings and needs, setting limits asking for help, and dealing with emotions and difficult situations.

Local Professor's Experience Being on the *Who Do You Think You Are* Television Show

Joseph Beilein, Penn State Behrend

Wednesday, October 18 at 2:00 p.m.

The Who Do You Think You Are television show features top celebrities as they navigate through personal journeys to unlock mysteries of their ancestors. Professor Beilein was featured on this show helping actress Jessica Biel investigate her family's Civil War history.

How to Gain that Self - Confidence You Need

Shireen Hoover, DPT, LECOM Senior Living Center

Thursday, November 2 at 2:30 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?

Color Your World

Kathy Bruno, LifeWorks Erie Staff Member

Thursday, November 9 at 1:30 p.m.

\$15 per person.

Join Kathy in painting a pretty fall picture. No painting experience needed. All supplies are provided.