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## Session Overview

Class terms are divided into three thematic sessions yearly: spring; summer; fall/winter. During each 14-16 week term, class offerings, typically held during the day in the summer and as a mixture of day and evening classes during the fall/winter and spring sessions. Classes are presented individually or as a series, and represent an array of topical interests including the arts, politics, finance, spirituality, nature, music, history and culture, food and wine, literature, psychology, social problems, and specific issues related to health and wellness. Presenters are academics or professionals in their fields of interest who are well-regarded for their expertise. Interactive opportunities for learning are inherent in the class format and participation is welcomed.

## Class Times

Typically, day-time classes begin at 10:30 am or 12:30 pm and evening classes begin at 6:30 pm unless otherwise designated in the specific class description. Duration of classes is one and a half to two hours. Unless otherwise indicated, classes are held at the LifeWorks Erie Center, 406 Peach St.

## Membership

Annual LifeWorks Erie membership, which enables full participation in all programs, is fifteen dollars (\$15). There are many benefits of membership, including deeply discounted classes, activities, services, and events. For a detailed explanation and list of benefits of membership, please refer to the membership brochure available at LifeWorks Erie, call 459-4132, ext. 36, or visit our website at [www.lifeworkserie.org](http://www.lifeworkserie.org).

## Class Fee

Members of LifeWorks Erie pay four dollars (\$4) per class and non-members pay seven dollars (\$7) per class, unless otherwise noted.

Select classes in the catalog are and are designated as such.

Select classes in the catalog have a special fee that is different from the standard class fee and are designated as such.

## Class Pass

LifeWorks Erie members are eligible for a deeply discounted class pass which enables participation in approximately one hundred classes, including fitness and others, per session, at a set nominal cost. Classes that have a "special fee" are not included in the Class Pass.

Individual class pass: thirty-two dollars (\$32)

Couples class pass: sixty dollars (\$60)

To purchase the class pass, please call us at 459-4132, ext. 36 or drop in at our location at 406 Peach St between 8:30-4:30, Monday-Friday or prior to one of the evening classes.

## Payment for Classes

To pay for classes please make checks to "Erie Center on Health and Aging" or call or stop in with your credit card information. We also accept cash, checks, and credit cards directly preceding the class you wish to attend. We ask that if you wish to pay upon arrival that you plan on getting here 15 minutes prior to the scheduled class.

## Registration Options (Class Registration Strongly Encouraged, Class Sizes Limited)

There are four options for signing up for classes:

1. Fill out the registration form and send it to our Address, along with a check for either a per class fee or for a class pass. If you are wanting to purchase a class pass but do not have a membership, please include \$15 for the membership fee.
  2. Send us an email, letting us know which classes you would like to sign up for and pay when you arrive for your first class
  3. Call us and sign up for your classes and pay over the phone
  4. Pay for the class when you arrive. Please be sure to arrive at least 15 minutes prior to the class if you would like to pay at the time of the class.
- Please email [ibenacci@lifeworkserie.org](mailto:ibenacci@lifeworkserie.org) if you have registered for a class and will be unable to attend

## Non-Discrimination

LifeWorks Erie does not discriminate on the basis of age, race, color, national origin, religion, sex, gender, sexual orientation, disability, or veteran status.

## Parking

Parking is available in the LifeWorks Erie parking lot located to the west of our building at 406 Peach St. You can gain access to the parking lot from either Peach or 4<sup>th</sup> Streets. Additional street parking is also available on Peach and 4<sup>th</sup> Streets.

## Make a Gift to LifeWorks Erie

Should you wish, you may make a contribution to the LifeWorks Erie annual fund when you pay for your class(es). The annual fund helps to fund all of the activities of the center, including the Lifelong Learning program.

## Class Descriptions

### **Drawing: A Journey of Creative Insight (and Loads of Fun) with Deborah Sementelli**

**SF - includes all supplies - \$20 members and \$25 non-members; all classes \$90 members; \$115 non-member; Limited to 12 participants**

*Mondays, June 3-17 and July 1 and 8 at 11:00 am*

Learn to draw, or continue to develop your skills. Come to one (any one), some, or all of the classes. Deborah is a well-known, accomplished, and widely-respected, artist, art teacher, and lecturer.

### **Five Simple Keys to Better Golf with David Wedzik**

*Tuesday, June 4 at 12:30 pm*

This 60 minute seminar will present information about improving your swing, why the things you read in golf magazines are not always true, and why traditional "fundamentals" like grip, setup and alignment might be the last things you should worry about when trying to improve your golf game.

### **Through the Eyes of the Artist: A Vision of Purpose with Deborah Sementelli**

*Wednesday, June 5 at 1:00 pm*

View a selection of Deborah's work and hear about her personal odyssey captured in her pieces.

### **Creating Public Access Television, A Four Part Series**

*Thursdays, June 6 – 27 at 10:30 am* **FREE**

A behind the scenes look at CAT TV and Amazing Grays

Session I: An overview of CAT TV. See excerpts from their library and receive an introduction to field

equipment, interviewing and editing.

Session II: A field trip to the studio. Learn about the steps necessary to put a show on air. Put the knowledge gained in Session I to use with interviewing and editing.

Session III: Choosing highlights of LifeWorks Erie and taping segments for the show.

Session IV: View raw footage from the previous sessions, and possibly, a finished show. Discuss potential ways for LifeWorks Erie to use this technology on an ongoing basis.

### **Exploring Our Backyard: Gullpoint Trail Nature Walk with Steve Ropski**

*Tuesday, June 11 at 10:30 am*

Hike on Gullpoint Trail, discussing the amazing process of succession that is unique to Presque Isle. Along the way, identify plants and birds and discuss management issues of the peninsula.

### **Osteoporosis, Not Just Your Grandmother's Disease with Colleen Wallace**

*Tuesday, June 11 at 5:00 pm*

Discover lifestyle improvements and choices you can make at any age to improve bone health.

### **Art Appreciation: Tour the Erie Art Museum**

*Wednesday, June 12 at 10:30 am*

An opportunity to explore the museum with guided observation and discussion.

## Walking Tours

### **St. Patrick's Church**

*Wednesday, June 5 at 8:30 am*

**Meet at LifeWorks Erie at 8:15 am**

Walk to St. Patrick's Church and view life-size Stations of the Cross and renovations.

### **Presque Isle**

*Wednesday, June 14 at 8:30 am*

**Meet at Perry Monument at 8:20 am**

Enjoy a walk on Presque Isle, followed by a breakfast of muffins and juice.

### **Ghost Stories and Legends of Downtown Erie with Melinda Meyer**

**SF - \$2.00 donation**

*Friday, July 12 at 8:30 am*

**Meet at LifeWorks Erie at 8:20 am**

Haunted mansions, execution yards and oddities – Erie has an eerie past. Join us as we explore ghost stories and bizarre legends from the heart of the city.

### **Historic Downtown Erie Walking Tour**

**with Melinda Meyer**

**SF - \$2.00 donation**

*Friday, July 26 at 8:30 am*

**Meet at LifeWorks Erie at 8:20 am**

Prior to the War of 1812, Erie was a rustic frontier town of less than 500 people. Wartime activities accelerated the town's growth and maturation, and it wasn't long before Erie transitioned into a bustling port city. Today, evidence of these early years exists in the buildings and sites of downtown Erie.

### **Bayfront Promenade**

*Friday, August 2 at 8:30 am*

**Meet at LifeWorks Erie at 8:20 am**

Walk the beautiful bayfront promenade, followed by a light breakfast at the park.

### **Asbury Woods Tour and Hike**

**SF - \$5 per person**

*Wednesday, August 21 at 9:00 am*

**Meet at Asbury Woods at 8:50 am**

Explore the Asbury Woods Nature Center and Trails on a guided tour.

### **Exploring Excel with Ron DelPorto**

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

*Wednesdays, June 12-26 at 12:30 pm*

Basic spreadsheet concepts will be presented along with formatting cells and how to enter data. Learn how to create a working, functional spreadsheet.

### **Exploring Our Backyard: Presque Isle Pontoon Boat Tour - Pre-registration Required.**

*Friday, June 14 at 8:30 am*

**FREE** - Enjoy a walk and breakfast on Presque Isle, before venturing on a pontoon boat tour of the area. Meet at Perry Monument at 8:15 am.

### **Understanding Strokes: Prevention and Warning Signs with Gina Klofft**

*Tuesday, June 18 at 10:30 am*

**FREE**—Information about strokes, including best practices for prevention and early warning signs.

### **Exploring Our Backyard: A Trip to Downtown Girard with Melinda Meyer**

**SF - \$22 members; \$25 non-members**

*Thursday, June 27 at 10:00 am*

Begin with a volunteer from the Hazel Kibler Museum guiding you on a walking tour of downtown Girard. The first settlers to arrive in the “town on the hill” were merchants and farmers. When the Erie Extension Canal opened in 1844, Girard was a growing community and in 1846 was incorporated as the Borough of Girard. The town received fame when showman Dan Rice started wintering his circus here in 1855. Enjoy lunch at the historic Girard Dinor, which began as a horse-drawn dining car in 1913. Our visit to Girard concludes with a tour of the Battles Museums of Rural Life.

### **An Introduction to the Fish and Other Organisms Living in Lake Erie with Ray Bierbower**

**Limited to 10 participants**

*Tuesday, July 2 at 10:30 am*

Meet at the Stull Center at Presque Isle and participate in the North Shore Lake Study. Take water samples and identify living organisms, learn about their natural habitat with the help of a Tom Ridge Center Experienced Guide. *Please note that you will be fully participating with waders supplied by TREC.*

### **Presque Isle Bay and the Bullhead Study**

**with Dr. Michael Rutter**

*Tuesday, July 9 at 12:15 pm*

Dr. Rutter, a professor at Penn State Behrend led and participated in a long term study of the Bullhead fish and the presence of tumors in this species. He analyzed the data and interpreted the findings. It is a great story with a significantly happy ending: based on the research (which spanned more than twenty years!) the US Environmental Protection Agency removed Presque Isle from the “Areas of Concern” designation, thereby lifting concern for water quality which had been present since 1990.

### **Grand Carnival with Deborah Sementelli For Grandparents and their Grandchildren, ages 6-9**

**SF - \$25 for one grandchild and grandparent (members); \$29 for non-members**

**Includes lunch and all materials**

*Wednesday, July 10 from 12:00 to 2:00 pm*

Come enjoy an afternoon engaged in fun activities with your grandchildren. Face painting, special lunch menu (pizza and sundae bar), entertainment, games, and featuring our resident artist who will help you and your grandchildren make, together, a unique sock puppet that will be cherished forever. ***Please bring a sock with you***, a limited number will be available.

### **Summer Smoothies with the Magical Mystery Touristas**

**SF - \$10 members; \$13 non-members**

*Tuesday, July 16 at 12:30 pm*

Easy to make and healthy too – a variety of smoothie drinks and desserts, some alcoholic, will be available for tasting. In addition, all recipes will be copied for you to take home and try. These mystery guests are no strangers to the kitchen and promise lots and lots of fun.

**Jewelry Making for the Taking  
with Kathy Denning**

**SF - \$10 members; \$13 non-members**

**All materials included**

*Thursday, July 18 from 1:00 to 4:00 pm*

Spend a fun afternoon expressing yourself and making a one of a kind bracelet that will be uniquely yours, under the direction of an experienced jewelry artisan. *If you have jewelry tools, you are encouraged to bring them.*

**A Summer Saladbration  
with the Magical Mystery Touristas**

**SF - \$10 members; \$13 non-members**

**Limited to 16 participants**

*Tuesday, July 23<sup>rd</sup> at 10:30 am*

Enjoy a demonstration of healthy summer salads –learn how to make the most of fresh produce, herbs, and lots of fun additions. You will have the opportunity to make and eat your own (with a glass of wine and artisan bread).

**Author's Series**

**The Erie Women's Story with Sabrina Freeman**

*Wednesday, July 17 at 12:00 pm*

*Lunch, preceding the presentation, is included*

Ms. Freeman's book is an important landmark work as it features the history of the Erie County Community through the eyes of women who were a part of it, presented through compelling story-telling.

**Days of Grapes and Wine with Dick Tefft**

*Wednesday, July 24 at 10:30 am*

*Lunch, following the presentation, is included*

Through Mr. Tefft's interesting and informative article on our local history of the grape and wine industries.

**A Picture Palace Transformed: How Erie's Warner Theatre Survived a Changing World  
with Barbara Hauck**

*Wednesday, July 31 at 12:00 pm*

*Lunch, preceding the presentation, is included*

The Warner Theatre comes alive in the skillful and thoughtful crafting of words written by Ms. Hauck. The theatre's history and significance to the Erie Community is discussed in a manner that renders her book a treasure to own.

**Pizza Bomber: The Untold Story with Jerry Clark**

*Wednesday, August 7 at 12:00 pm*

*Lunch, preceding the presentation, is included*

Remember the Erie Pizza Bomber story that made national news? If you do, and even if you quite possibly never heard of this story before – you will delight in the masterful telling of the details and analysis of the case, as told by former FBI agent and lead investigator on the case, Jerry Clark. A for sure "not to miss" experience.

**After the Glory with David Frew**

*Wednesday, August 21 at 10:30 am*

*Lunch, following the presentation, is included*

Dr. Frew will describe the largely unknown year of 1814 when Arthur Sinclair took over the fleet of the Erie Naval Base and directed a campaign against the British.

**History of Presque Isle with Gene Ware**

*Wednesday, August 28 at 12:00 pm*

*Lunch, preceding the presentation, is included*

Follow this beloved and well-respected author on an historical journey of Presque Isle as told through the eyes and spirit of Joe Root, another beloved Presque Isle character.

**Dealing with Hearing Loss (for those who experience it and those who love and care for them) with Sam Triton**

*Tuesday, July 23 at 12:30 pm*

A comprehensive, frank discussion of a usually sensitive topic. Learn what to do, when and how to cope with interaction, both for the one experiencing loss and for the individuals closest to them. A rare opportunity for understanding an issue facing all of us. You will not want to miss this presentation.

**What's Hiding in Your Water?  
with Anna McCartney**

*Wednesday, July 24 at 12:00 pm*

Did you know that medication and other products are finding their way into our water supply? Anna McCartney, from Sea Grant, will discuss the quality of our water and best practices to ensure that we are not accidentally contaminating our water supply.

**Through My Eyes: A Virtual Tour of Presque Isle with Brian Berchtold**

*Tuesday, August 6 at 10:30 am*

A photo essay of Presque Isle State Park seen through the camera lens of PI's respected photographer and ambassador. You will experience the aura of the park as you never have before, and most likely never will again, through this unique experience.

**ADIAMO (Let's Go): Conversational Italian with Norma Webb**

*Tuesdays, August 6 and 13 at 12:00 pm*

Planning a trip to Italy or just interested in learning basic Italian? In any case, you will want to participate in this class guided by an entertaining, knowledgeable, and experienced author, speaker, and teacher fluent in the Italian language.

**Under the Hoop with Liz Dunn and Betty Ryan**

*Thursday, August 15 at 12:30 pm*

Chances are you have never had the opportunity to peek under a Victorian Lady's skirt. Well, here is your chance – Liz and Betty are experienced reenactors and historians of Victorian times. They will demonstrate and explain the clothing worn during this magnificent period of our past.

**Bird's Eye View with Brian Berchtold**

*Thursday, August 15 at 2:00 pm*

A slideshow of photos, with lecture, focusing on the birds (there are over 300 species) of Presque Isle State Park. Brian is an experienced photographer and an ambassador of Presque Isle who spends every morning in this beautiful environment.

**SAVE THE DATE**  
**A Day at Chautauqua:**  
**A Gift from LECOM to the Members of LifeWorks Erie**  
*Tuesday, August 20*  
Details coming soon!

**Picnic in the Park: The Waterworks Experience with Gene Ware**

**SF - \$10 members; \$13 non-members, includes boxed lunch; Meet at Bayside Cookhouse**

*Thursday, August 22 at 12:00 pm*

Enjoy a picnic and lecture at Waterworks Park. You will learn the history (quite intriguing) from a well-known guide who has authored six books. Gene is engaging, knowledgeable, and take you on a tour of the Waterworks that you can only access under his tutelage.

**War of 1812 Walking Tour of the Harbor with David Frew**

*Friday, August 23 at 9:30 am*

We will drive to various iconic War of 1812 sites to review the Erie Harbor as it was from 1812 to 1815 during the war. Participants will carpool between the locations – walking will be limited.

**Mourning in the Morning with Liz Dunn and Betty Ryan**

*Tuesday, August 27 at 10:30 am*

In period mourning dress, Liz and Betty will reveal and demonstrate the mourning customs of the Victorian period – by explaining the context of mourning: its meaning and ritual in this piece of remarkable history. A truly informative and interesting presentation by two professional teachers and historic reenactment aficionados.

**Lifelong Learning Institute Open House**

*Thursday, August 29 from 12:00 to 2:00 pm*

Join us at LifeWorks Erie to discover the Lifelong Learning Institute. Be introduced to the concept and all the particulars of this great resource for keeping your mind and spirit active. Fall class schedules will be available and refreshments will be served.

Before or after each class, visit:

**The LifeWorks Café**  
**Open from**  
**11:30 am to 1:00 pm**  
**Monday - Friday**

Select from a number of menu options, including:  
sandwiches, wraps, soup, salad, and fresh baked goods.

Selections change weekly. Visit our website or call for this week's menu.