

LANCASTER COUNTY OFFICE OF AGING



HEALTH AND WELLNESS PROGRAM

150 North Queen Street Suite 415

Lancaster, PA 17603

Phone: (717) 299-7979 or 1-800-801-3070

Website: <http://www.lancoaging.org/>

In accordance with the Pennsylvania Department of Aging, the Lancaster County Office of Aging's mission for the Health and Wellness program is to promote healthier lifestyles among older Pennsylvanians through the implementation of evidenced based programs. Evidenced based disease prevention and health promotion programs reduce the need for more costly medical interventions, support older adults in making lifestyle changes to improve their health, and to empower older adults with the information they need to age well.

LANCASTER SENIOR GAMES

This annual event is held during the first week of May. Since starting in 1989, thousands of athletes have participated in the games. The 2019 Senior Games had over 1,000 participants ages 55 and older! With over 50 events throughout the week, over 40 sponsors and 300 volunteers, the senior games truly have something for everyone. The 2020 Lancaster Senior Games will be the 32nd anniversary!

When: May 4 – 8, 2020

Cost: \$10.00 (Includes registration, t-shirt, and lunch)

Registration: Will open in March 2020.

Website: <http://www.lancseniorgames.org/>

AQUATIC EXERCISE

The Lancaster County Office of Aging sponsors 4 indoor aquatic classes year-round and multiple outdoor sites during the summer. Classes are for individuals 60 and older. Certified instructors will lead participants through a one-hour class that incorporates cardiovascular and strength exercises. Aquatic exercise is a low impact activity and has been shown to increase flexibility, improve muscle strength, and cardiovascular endurance. Call 717-299-7979 for more information.

Cost: FREE

Ongoing sites:

- **Lancaster City YMCA- 265 Harrisburg Pike, Lancaster 17603
Tuesday and Thursday 9:30-10:30am**
- **Lampeter YMCA- 800 Village Road, Lancaster 17602
Friday 9:00-10:00am**
- **New Holland YMCA- 123 North Shirk Road, New Holland 17557
Monday 11:30-12:30pm (NO CLASSES UNTIL FURTHER NOTICE, Call New Holland YMCA at 717-354-4747 for update on pool renovation).**
- **Lititz Rec Center- 301 West Maple Street, Lititz 17543
Wednesday 10:45-11:45am**

OUTDOOR SUMMER AQUATICS

The Lancaster County Office of Aging in conjunction with community pools, sponsor 4 outdoor aquatic classes during the summer. Classes are for individuals 60 and older. Certified instructors will lead participants through a one-hour class that incorporates cardiovascular and strength exercises. Aquatic exercise is a low impact activity and has been shown to increase flexibility, improve muscle strength, and cardiovascular endurance. Call 717-299-7979 for more information.

Cost: FREE

2019 Sites:

- **Leola Community Pool- 23 East Main Street, Leola 17540**
- **Manheim Community Pool- 504 East Adele Ave, Manheim 17545**
- **SECA Community Pool- 299 Park Avenue, Quarryville 17566**
- **Millersville Lions Club Pool- 314 N. Prince St, Millersville 17551**

(2020 Schedule To Be Determined)

CHRONIC DISEASE SELF MANAGEMENT PROGRAM

Developed by Stanford University, this FREE six-week program is for individuals 50 and older living with a chronic disease. The program is structured to help participants better manage their ongoing health conditions such as arthritis, diabetes, high blood pressure, anxiety, and heart disease. Discussions include; finding better ways of dealing with pain and fatigue, easy exercises to help improve or maintain strength and energy, learning the appropriate use of medications, and improving nutrition. The program covers a new topic each week and provides opportunities for interaction and group problem solving. <https://www.selfmanagementresource.com/>

Next Workshop: To Be Determined

When: Fall 2019

Cost: Free, call 717-299-7979 for more information.

DIABETES SELF MANAGEMENT PROGRAM

Developed by Stanford University, this FREE six-week program is for individuals 50 and older living with diabetes or those who are at risk of developing diabetes. This interactive workshop will cover topics including techniques to deal with symptoms, exercise for maintaining and improving strength, healthy eating, appropriate use of medication, and working more effectively with health care providers. <https://www.selfmanagementresource.com/>

Cunningham-Jackson Senior Community Center
450 East Strawberry Street, Lancaster 17602
October 10 – November 21 (no class 10/31)
Thursdays 10:00-12:30pm
Cost: FREE
Call 717-299-7979 to register.

YOGA at MILLERSVILLE

This yoga class is open to adults 55 and older. Students will be able to work at their own pace with modifications. The class will include: breathing exercise instruction, gentle warm up, yoga postures that focus on muscle strength and flexibility. Students must provide own mats.

Millersville Senior Center
222 North George Street, Millersville 17551
Cost: Free
Schedule To Be Determined: Call 717-299-7979 for more information.

WALK WITH EASE

Developed by the Arthritis Foundation, this FREE six-week program is an interactive workshop that was specifically developed for people with arthritis who want to be more physically active. It is also appropriate for people without arthritis, particularly those with diabetes, heart disease and other chronic conditions. While walking is the central activity, Walk with Ease is a multi-component program that also includes health education, stretching and strength exercises, and motivational strategies. Each participant will receive a workbook that provides information on arthritis, managing pain and stiffness, self-monitoring, and how to overcome barriers. Class is for individuals 60 and older.

<https://www.arthritis.org/living-with-arthritis/tools-resources/walk-with-ease/>

Lancaster Rec Senior Center
525 Fairview Ave, Lancaster 17603
September 3 – October 11, 2019
Tuesday, Thursday, Friday 11:00 – 12:00pm
Cost: Free, call 717-399-7671 to register.

Next Gen Senior Center
184 South Lime St, Quarryville 17566
September 3 – October 11, 2019
Tuesday, Thursday, Friday 8:30 – 9:30am
Cost: Free, call 717-786-4770 to register.

Elizabethtown Senior Center
70 South Poplar St, Elizabethtown 17022
October 28 – December 16, 2019
Monday, Thursday, Friday 12:30 – 1:30pm
Cost: Free, call 717-367-7984 to register.

HEALTHY STEPS FOR OLDER ADULTS

Healthy Steps for Older Adults is a unique, comprehensive, community-based falls prevention program. It is designed to raise participants' knowledge and awareness, introduce steps they can take to reduce falls, improve their health and well-being, and provide referrals and resources.

Next Workshop: To Be Determined
When: Fall 2019
Cost: Free, call 717-299-7979 for more information.

GERI-FIT STRENGTH EXERCISE

Geri-Fit is a FREE strength training program for individuals 60 and older. Geri-Fit is a 45-minute class that meets twice a week and has been proven to improve balance, flexibility and strength. Participants will perform exercises using dumbbell weights and resistance bands. One-on-one instruction is provided in the group setting by a certified instructor and each person is encouraged to work at his/her own pace. Dumbbell weights and resistance bands will be provided, bring water. (Classes run September through June). <https://www.gerifit.com/>

Cost: FREE

Sites:

- **Columbia Senior Center- 510 Walnut Street, Columbia 17512
Monday and Wednesday 10:30-11:15am, call 717-684-4850 to register.**
- **Lititz Senior Center- 201 E. Market Street, Lititz 17543
Monday and Thursday 10:00-10:45am, call 717-626-2800 to register.**
- **Lancaster Rec Senior Center- 525 Fairview Ave, Lancaster 17603
Tuesday and Friday 9:30-10:15am, call 717-399-7671 to register.**
- **Millersville Senior Center- 222 N. George Street, Millersville 17551
Monday and Wednesday 9:00-9:45am, call 717-871-9600 to register.**
- **Next Gen Senior Center- 184 S. Lime Street, Quarryville 17566
Tuesday and Thursday 9:30-10:15am, call 717-786-4770 to register.**

WELLNESS INITIATIVE for SENIOR EDUCATION (WISE)

The WISE Program is a wellness and prevention program for adults aged 60 and older. The class is 6 weeks long with each class lasting 2 hours. Participants are educated with a mixture of small group work, individual exercises, and discussion. The lessons in the program include: (1) Factors that contribute to the aging process and how to live longer, happier, healthier lives. (2) What it means to age as a member of our society and as an individual. (3) Exploring diversity and developing an appreciation for differences. (4) Medication misuse among older adults and how to avoid. (5) Substance misuse and understanding the disease of addiction. (6) How to improve and enhance the quality of life as we age. <https://www.njpn.org/wise>

Lititz Senior Center

201 East Market Street, Lititz 17543

October 9 – November 20, 2019 (No class 11/6)

Wednesdays 9:30 – 11:30am

Cost: Free, call 717-626-2800 to register.

Next Gen Senior Center

184 South Lime Street, Quarryville 17566

March 16 – April 20, 2020

Mondays 9:30 – 11:30am

Cost: Free, call 717-786-4770 to register.

TAI CHI for ARTHRITIS

Tai Chi for Arthritis is an 8-week program that promotes exercise and injury/disease prevention. The program is designed to improve movement, balance, strength, flexibility, and relaxation. In addition, the program has also been shown to decrease pain and falls. Classes meet once a week for 45-60 minutes and include warm-up/cool-down exercises, core movements, advanced extension movements, and breathing instruction. Intended for adults with or without arthritis, rheumatic diseases or related musculoskeletal conditions and is appropriate for people with mild, moderate and severe joint and back pain. <https://taichiforhealthinstitute.org/>

Buchanan Park, across from dog park
901 Buchanan Ave, Lancaster 17603
September 18 – November 6, 2019 (Nov 13 makeup)
Wednesdays 4:00 – 4:45pm
Cost: Free, call 717-299-7979 to register.

Lititz Senior Center
201 East Market St, Lititz 17543
Weekly, year round
Wednesdays 9:00am
Cost: Free, call 717-626-2800.

Lancaster Rec Senior Center
525 Fairview Ave, Lancaster 17603
Classes Start this Fall
Day/Time To Be Determined
Cost: Free, call 717-399-7671 for more information.

Next Workshop: Spring 2020
Site: To Be Determined

BINGOCIZE

10-week health promotion program that strategically combines the fun game of bingo with exercise and falls prevention education; designed to increase functional performance, health knowledge, cognition, and social engagement of older adults. Bingocize classes are held twice a week for 1-hour sessions. Classes are led by certified instructor.

<https://www.wku.edu/bingocize/>

Columbia Senior Center
510 Walnut Street, Columbia 17512
December 3 – February 6, 2020
Tuesday and Thursday 9:00 – 10:00am
Cost: Free, call 717-684-4850 to register.

Lancaster Neighborhood Senior Center
33 East Farnum Street, Lancaster 17602
December 3 – February 6, 2020
Tuesday and Thursday 10:30 – 11:30am
Cost: Free, call 717-299-3943 to register.

Elizabethtown Senior Center
70 South Poplar Street, Elizabethtown 17022
January/February 2020
Cost: Free, call 717-367-7984 for more information.

POWERFUL TOOLS FOR CAREGIVERS

A self-care education program for family caregivers to improve; self-care behaviors, management of emotions, self-efficacy, and use of community resources. This community-based program is held for 6 consecutive weeks, with sessions lasting 90 minutes. Classes are led by two certified leaders and participants are educated in group interaction, self-care, stress management, communication strategies, and self-confidence. Family caregivers of adults living with chronic conditions are the target audience for this program.

<https://www.powerfultoolsforcaregivers.org>

Manheim Township Library
595 Granite Run Drive, Lancaster 17601
October 9 – November 20, 2019
Wednesdays 6:00 – 7:30pm
Cost: Free
Call 717-299-7979 to register.

Elizabethtown Senior Center
70 South Poplar St, Elizabethtown 17022
March 17 – April 21, 2020
Tuesdays 12:30 – 2:00pm
Cost: Free
Call 717-367-7984 to register.

EAT SMART, MOVE MORE, WEIGH LESS

Weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. This online program provides information about why behavior is important for weight loss/maintenance, tips/concepts that can be adopted by the whole family, opportunities for sharing, and guided discussions of strategy on a weekly basis. <https://esmmweighless.com/>

Next Workshop: To Be Determined.
When: Fall 2019
Cost: Free, call 717-299-7979 for more information.

LANCASTER COUNTY OFFICE OF AGING SENIOR CENTERS

COLUMBIA SENIOR CENTER

COLUMBIA UNITED METHODIST CHURCH
510 WALNUT STREET
COLUMBIA, PA 17512
PHONE: 717-684-4850 / FAX: 717-684-3822
MANAGER: CINDI HAMMONS
HOURS 7:30AM—1:30PM
E-mail: chammons@caplanc.org

ELIZABETHTOWN AREA SENIOR CENTER

70 S. POPLAR ST., P.O. BOX 225
ELIZABETHTOWN, PA 17022-0225
PHONE: 717-367-7984 / FAX: 717-361-7235
MANAGER: JOYCE HARDMAN
HOURS: 9:00A.M.—4:00P.M.
E-mail: senior_center@embarqmail.com

LANCASTER NEIGHBORHOOD SR. CENTER

33 EAST FARNUM STREET
LANCASTER, PA 17602
PHONE: 717-299-3943 / FAX: 717-299-9341
MANAGER: VASTHI BELTRE
HOURS: 7:30A.M.—1:00P.M.
E-mail: vperez@caplanc.org

LRC SENIOR CENTER

525 FAIRVIEW AVE.
LANCASTER, PA 17603
PHONE: 717-399-7671 / FAX: 717-392-8489
MANAGER: SUSAN DAVIS
HOURS: 8:30A.M.—3:00P.M.
E-mail: sdavis@lancasterrec.org

LITITZ SENIOR CENTER

UNITED METHODIST CHURCH
201 EAST MARKET STREET
LITITZ, PA 17543
PHONE: 717-626-2800 / FAX: 717-626-0662
MANAGER: LUCY N. WEAVER
HOURS: 8:30A.M.—1:00P.M.
MONDAY, WEDNESDAY, THURSDAY
E-mail: lititzseniorcenter@gmail.com

MILLERSVILLE SENIOR CENTER

ST. PAUL LUTHERAN CHURCH
222 NORTH GEORGE STREET
MILLERSVILLE, PA 17551
PHONE: 717-871-9600 / FAX 717-872-0759
MANAGER: LAUREN KNATZ
HOURS: 8:00AM—1:00PM
MONDAY, TUESDAY, WEDNESDAY
E-mail: LKnatz@co.lancaster.pa.us

NEXT GEN SENIOR CENTER

184 SOUTH LIME STREET
QUARRYVILLE, PA 17566
PHONE: 717-786-4770 / FAX: 717-786-3330
MANAGER: CARLY BRYANT
HOURS: 8:00AM—2:00PM
E-mail: nextgenseniorcenter@gmail.com

SACA SENIOR CENTER

545 PERSHING AVE.
LANCASTER, PA 17602
PHONE: 717-295-7989 / FAX: 717-509-2833
MANAGER: YIRMARES CUEVAS
HOURS: 8:00A.M—4:30P.M.
E-mail: YCuevas@sacapa.org

OFFICE OF AGING STAFF

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