

# LANCASTER COUNTY OFFICE OF AGING HEALTH AND WELLNESS PROGRAM



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 evidence-based programs. Evidence-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 empower older adults with the information they need to age well.

Lancaster County Office of Aging  
150 N. Queen Street, Suite 415  
Lancaster, PA 17603  
Phone: 717-299-7979 or 1-800-801-3070  
Website: <http://www.lancoaging.org/>

## **BINGOCIZE**

A 10-week health promotion program that 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 one-hour sessions. Classes are led by a certified instructor. Call 717-299-7924 to register.

**Program Website:** <https://www.wku.edu/bingocize/>

**Workshop Location:** Conducted virtually through LCOA's Virtual Connections Senior Center

**When:** Mondays and Thursdays, 9/11/23 – 11/16/23, 10:00 AM – 11:00 AM

**Cost:** FREE

## **CHRONIC DISEASE SELF MANAGEMENT PROGRAM (CDSMP)**

Developed by Stanford University, this 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. Call 717-299-7924 to register.

**Program Website:** <https://www.selfmanagementresource.com/>

**Workshop Location:** Conducted as a telephone conference call

**When:** To Be Determined

**Cost:** FREE

## **DIABETES SELF MANAGEMENT PROGRAM (DSMP)**

Developed by Stanford University, this 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. Call 717-299-7924 for more information.

**Program Website:** <https://www.selfmanagementresource.com/>

**Workshop Location:** Conducted as a telephone conference call

**When:** Tuesdays, 9/12/23 – 10/17/23, 1:30 PM – 3:00 PM

**Cost:** FREE

## **EAT SMART, MOVE MORE, WEIGH LESS**

A 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 on-line 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. Call 717-299-7924 for more information.

**Program Website:** <https://esmmweighless.com/>

**Workshop Location:** Conducted online

**When:** Winter 2024

**Cost:** FREE

## **FARMERS MARKET NUTRITION PROGRAM (FMNP) FOR SENIORS**

This is a Pennsylvania Department of Agriculture program that benefits both Seniors and Farmers. Each year from June 1<sup>st</sup> to September 30<sup>th</sup> Lancaster County Office of Aging distributes FMNP vouchers at local Senior Centers. Eligible participants receive \$50 in vouchers to purchase Pennsylvania grown fruits and vegetables from local farmers. Participants are eligible once per year and vouchers must be used by November 30<sup>th</sup>. People living in facilities where meals are provided are not eligible.

### **2023 Eligibility:**

Participant must be age 60 or older by 12/31/2023

Participant must be a Lancaster County Resident

Income limit is per household and is gross income (before deductions): 1 person \$26,973; 2 people \$36,482; 3 people \$45,991; 4 people \$55,500

Vouchers are available to be picked up in person at local Senior Centers. You do not need an application or proof of income if picking up vouchers for yourself. It is suggested that you take ID in case proof of age is requested.

If you are not able to pick up your own vouchers, applications are available from Lancaster County Office of Aging. Complete the application and have a representative take your application (proof of ID or income is not needed) to the Senior Center to pick up vouchers on your behalf. Vouchers are available until September 30<sup>th</sup> or until they are gone.

## **FROZEN MEAL BOXES**

Lancaster County Office of Aging Senior Centers are offering FREE frozen microwavable meals to Seniors. Older adults can pick up 4 free boxes of frozen meals from a Senior Center every other month. Participants must be 60 years of age or older and live in Lancaster County. People living in facilities where meals are provided are not eligible. There is no income limit. Senior Centers cannot deliver these meals and they must be picked up immediately due to lack of Senior Center freezer space. Individuals interested in frozen meals can call their local Senior Center directly for more information. The frozen meal program is anticipated to continue through June 2024.

## **FRUIT AND VEGETABLE DISTRIBUTION**

Lancaster County Office of Aging provides fresh produce to Senior Center participants, once a month. Each Senior Center receives produce and distributes it to Center participants (regardless of income) on a regular day each month. Participants in this program must be appropriate for a Senior Center, must register for the center, and be present for the distribution. For more information on this FREE program, call your local Senior Center (a list of all the Centers is on the last page of this packet). The produce monthly distribution is anticipated to continue through June 2024.

## **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 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.

**Program Website:** <https://www.gerifit.com/>

**Cost:** FREE

**Sites:**

- **Columbia Senior Center-510 Walnut St, Columbia**  
Mondays and Wednesdays, 10:30-11:15 AM, call 717-684-4850 to register
- **Elizabethtown Area Senior Center-70 S Poplar St, Elizabethtown**  
Mondays and Thursdays, 1:30-2:15 PM and 2:30-3:15 PM, call 717-367-7984 to register
- **Ephrata Rec Center-130 S Academy Dr, Ephrata**  
Tuesdays and Thursdays, 1:00-1:45 PM, call 717-299-7924 to register
- **Lancaster Rec Center-525 Fairview Ave, Lancaster**  
Tuesdays, 10:15-11:00 AM, and Fridays, 9:15-10:00 AM, call 717-399-7671 to register
- **Millersville Senior Center-222 N George St, Millersville**  
Mondays and Wednesdays, 8:45-9:30 AM, call 717-871-9600 to register
- **New Holland United Methodist Church-120 W Main St, New Holland**  
Tuesdays and Thursdays, 9:00-9:45 AM, call 717-299-7924 to register
- **Next Gen Senior Center-184 S Lime St, Quarryville**  
Tuesdays and Thursdays, 12:30-1:15 PM, call 717-786-4770 to register

## **HEALTHY STEPS FOR OLDER ADULTS (HSOA)**

Healthy Steps for Older Adults is a unique, comprehensive, community-based falls prevention program. It is designed to raise participants' knowledge and awareness of fall prevention, introduce steps they can take to reduce falls, improve their health and well-being, and provide referrals and resources. Call 717-299-7924 for more information.

**Workshop Location: Conducted online through LCOA's Virtual Connections**

**When: Winter 2024**

**Cost: FREE**

## **INDOOR AQUATIC EXERCISE**

The Lancaster County Office of Aging sponsors 3 indoor aquatic exercise classes year-round. 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 717-299-7924 for more information.

**Cost: FREE**

**Ongoing sites:**

- **Lancaster City YMCA - 265 Harrisburg Pike, Lancaster  
Tuesdays and Thursdays, 9:30-10:30 AM**
- **Lampeter Strasburg YMCA - 800 Village Rd, Lancaster  
Wednesdays, 9:00-9:45 AM**
- **Lititz Rec Center - 300 W Maple St, Lititz  
Wednesdays, 10:45-11:45 AM**

## **LANCASTER SENIOR GAMES**

This annual event is held during the first week of May. Since starting in 1989, thousands of athletes aged 55 and older have participated in the Games. With over 50 events throughout the week, over 40 sponsors and 300 volunteers, the Senior Games truly have something for everyone.

**When: May 2024**

**Cost: \$15.00 (Includes registration, t-shirt, and lunch)**

**Registration Deadline: Registration Currently Closed**

**Website: <https://www.lancseniorgames.org/>**

## **OUTDOOR SUMMER AQUATICS**

The Lancaster County Office of Aging, in conjunction with community pools, sponsors outdoor aquatic exercise classes during the summer. Classes are for individuals 60 and older. Certified instructors will lead participants through a 45-minute class that incorporates cardiovascular and strength exercises. Aquatic exercise is a low impact activity and has been shown to increase flexibility and improve muscle strength and cardiovascular endurance. Call 717-299-7924 for more information.

**Cost: FREE**

**2023 Sites:**

- **Ephrata Outdoor Community Pool – 418 Vine St, Ephrata  
Wednesdays, 7/5/23-8/23/23, 8:15-9:00 AM**
- **Millersville Lions Club Pool - 314 N Prince St, Millersville  
Mondays and Wednesdays, 7/10/23-7/31/23, 9:00-9:45 AM;  
Mondays and Wednesdays, 8/2/23-8/16/23, 10:30-11:15 AM**
- **SECA Community Pool – 299 Park Ave, Quarryville  
Mondays, Wednesdays, and Fridays, 7/5/23-8/31/23, 9:00-10:00 AM**

## **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. Call 717-299-7924 to register.

**Program Website:** <https://www.powerfultoolsforcaregivers.org>

**Workshop Location:** Ephrata Church of the Brethren, 201 Crescent Ave, Ephrata

**When:** Mondays, 9/25/23 – 10/30/23, 1:00 PM – 2:30 PM

**Cost: FREE**

## **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 disease, or related musculoskeletal conditions, and is appropriate for people with mild, moderate, and severe joint and back pain. Call 717-299-7924 to register.

**Program Website:** <https://taichiforhealthinstitute.org/>

**Cost: FREE**

### **Workshop Locations:**

**Lititz Senior Center – Lititz United Methodist Church, 201 E Market St, Lititz  
Wednesdays, 9/13/23 – 11/15/23, 3:00 PM – 4:00 PM**

**Maple Grove Community Building – 1420 Columbia Ave, Lancaster  
Level 1/Beginner's – Tuesdays, 10/3/23 – 12/19/23, 1:00 PM – 2:00 PM  
Level 1/Beginner's – Thursdays, 10/5/23 – 12/14/23, 2:30 PM – 3:30 PM  
Level 2/Advanced – Thursdays, 10/5/23 – 12/14/23, 1:00 PM – 2:00 PM**

**New Holland United Methodist Church – 120 W Main St, New Holland  
Thursdays, 9/14/23 – 11/2/23, 10:15 AM – 11:00 AM**

## **WALK WITH EASE (WWE)**

Developed by the Arthritis Foundation, this 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 multicomponent 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 aged 60 and older. Call 717-299-7924 to register.

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

**Workshop Location: Next Gen Senior Center, 184 S Lime St, Quarryville**

**When: Tuesdays, Thursdays, and Fridays, 9/26/23 – 11/3/23, 11:30 AM – 12:30 PM**

**Cost: FREE**



## **WELLNESS INITIATIVE for SENIOR EDUCATION (WISE)**

The WISE Program is a wellness and prevention program for adults aged 60 and older. The program is 6 weeks long, with each weekly 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. Call 717-299-7924 for more information.

**Program Website:** <https://www.njpn.org/wise>

**Workshop Location:** To Be Determined

**When:** To Be Determined

**Cost:** FREE

## **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  
Hours: 7:30am-1:30pm; Mon-Fri  
Manager: Brenda Kelliehan  
E-mail: [bkelliehan@caplanc.org](mailto:bkelliehan@caplanc.org)

### **Elizabethtown Senior Center \***

70 S. Poplar St., P.O. Box 225  
Elizabethtown, PA 17022-0225  
Phone: 717-367-7984  
Fax: 717-361-7235  
Hours: 9:00am-4:00pm; Mon-Fri  
Manager: Jessica Rausch  
E-mail: [seniorcenter@getintogears.org](mailto:seniorcenter@getintogears.org)

### **Lancaster Neighborhood Senior Center \***

33 East Farnum St.  
Lancaster, PA 17602  
Phone: 717-299-3943  
Fax: 717-299-9341  
Hours: 8:00am-1:00pm; Mon-Fri  
Manager: Lydia Perez  
E-mail: [lperez@caplanc.org](mailto:lperez@caplanc.org)

### **LRC Senior Center \***

525 Fairview Ave.  
Lancaster, PA 17603  
Phone: 717-399-7671  
Fax: 717-735-0794  
Hours: 8:30am-3:00pm; Mon-Fri  
Manager: Elaine Campbell  
E-mail: [ecampbell@lancasterrec.org](mailto:ecampbell@lancasterrec.org)

### **Lititz Senior Center \***

Lititz United Methodist Church  
201 East Market Street  
Lititz, PA 17543  
Phone: 717-626-2800  
Fax: 717-626-0662  
Hours: 8:30am-1:00pm; Mon, Wed, Thurs  
Manager: Lucy Weaver  
E-mail: [lititzseniorcenter@gmail.com](mailto:lititzseniorcenter@gmail.com)

### **Millersville Senior Center**

St. Paul Lutheran Church  
222 North George St  
Millersville, PA 17551  
Phone: 717-871-9600  
Fax: 717-872-0759  
Hours: 8:00am-1:00pm; Mon, Tues, Wed  
Manager: Starr Brubaker  
E-mail: [sbrubaker@co.lancastercountypa.gov](mailto:sbrubaker@co.lancastercountypa.gov)

### **Next Gen Senior Center \***

184 South Lime St.  
Quarryville, PA 17566  
Phone: 717-786-4770  
Fax: 717-786-3330  
Hours: 8:00am-2:00pm; Mon-Fri  
Manager: Michelle Reeves  
E-mail: [nextgenseniorscenter@gmail.com](mailto:nextgenseniorscenter@gmail.com)

### **SACA Senior Center \***

545 Pershing Ave.  
Lancaster, PA 17602  
Phone: 717-295-7989  
Fax: 717-509-2833  
Hours: 8:00am- 4:30pm; Mon- Fri  
Manager: Yirmares Cuevas  
E-mail: [ycuevas@sacapa.org](mailto:ycuevas@sacapa.org)

### **LCOA Virtual Connections**

Virtual Senior Center  
Phone: 717-299-7979  
Manager: Debbie Groff  
E-mail: [dgroff@lancastercountypa.gov](mailto:dgroff@lancastercountypa.gov)

\* indicates subcontracted Senior Center Program

### **ADDITIONAL STAFF**

Lisa Paulson, LCOA Senior Center Director  
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