

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 always held during the first week of May. Since starting in 1989, thousands of athletes have participated in the games, with an average of 850 people each year. With over 40 events throughout the week, nearly 40 sponsors and 200 volunteers, the senior games truly have something for everyone. The 2018 Lancaster Senior Games will be the 30th anniversary!

When: May 7-11, 2018

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

Registration Deadline: April 2, 2018

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. 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.

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 12:00-1:00pm**
- **Lititz Rec Center- 301 West Maple Street, Lititz 17543
Wednesday 10:45-11:45am**

CHRONIC DISEASE SELF MANAGEMENT PROGRAM

Developed by Stanford University, this FREE six week program is for individuals 60 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. There's also discussions on; 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.

Next Workshop: Will be held at Brightside Opportunities Center, 515 Hershey Ave, Lancaster 17603. The program will be offered every Tuesday starting April 3 to May 8, 2018 from 1:00-3:30pm. For more information or to enroll please call 717-299-7979.

Cost: FREE

DIABETES SELF MANAGEMENT PROGRAM

Developed by Stanford University, this FREE six week program is for individuals 60 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.

Next Workshop: TBD

Cost: FREE

YOGA at MILLERSVILLE

This yoga class will give the option to use a yoga mat, chair, or a mixture of both. Open to adults 55+, 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.

Workshop: Will be held at the Millersville Senior Center, 222 North George Street Millersville 17551. Classes will be offered every Friday from 10:00-10:45am starting January 5 and ending February 23. Classes may be extended through June, 2018. For more information or to enroll please call 717-299-7979.

Cost: FREE

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.

Next Workshop: Will be held at the Elizabethtown senior center, 70 South Poplar Street, Elizabethtown 17022. The program will run every Monday and Friday starting on January 8 to March 9, 2018 from 12:30-1:30pm. For more information or to enroll please call 717-299-7979.

Cost: FREE

GERI-FIT STRENGTH EXERCISE

Geri-Fit is a FREE ongoing 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.

Cost: FREE

Ongoing sites:

- **Lititz Senior Center- 201 E. Market Street, Lititz 17543
Monday and Thursday 10:00-10:45am**
- **Columbia Senior Center- 510 Walnut Street, Columbia 17512
Monday and Wednesday 10:30-11:15am**
- **Lancaster Neighborhood Senior Center- 33 E. Farnum St, Lancaster 17603
Monday and Wednesday 9:00-9:45am**

LANCASTER COUNTY OFFICE OF AGING SENIOR CENTERS- ONGOING HEALTH/WELLNESS PROGRAMS

Geri-Fit strength exercise:

Monday/Wednesday

9:00am Lancaster Neighborhood Senior Center

10:30am Columbia Senior Center

Tuesday/Thursday

10:00am Lititz Senior Center

Healthy Steps in Motion- strength exercise:

Monday

9:00am Millersville Senior Center

9:30am Lancaster Rec Senior Center

Tuesday

9:00am Lancaster Rec Senior Center

Wednesday

9:15am Lititz Senior Center

Thursday

9:00am SACA Senior Center

Friday

9:30am Next Gen Senior Center

Penn State Nutrition Education:

Monday

10:00am First Monday @ Lititz Senior Center

Tuesday

10:00am Last Tuesday @ SACA Senior Center

10:15am Third Tuesday @ Elizabethtown Senior Center

10:30am First Tuesday @ Next Gen Senior Center

Friday

9:15am Third Friday @ Lancaster Rec Senior Center

10:30am Last Friday @ Millersville Senior Center

Yoga:

Thursday

10:30am Next Gen Senior Center

Tai Chi:

Tuesday

9:30am Next Gen Senior Center

Wednesday

9:00am Millersville Senior Center

Chi Gung:

Thursday

9:30am Lancaster Rec Senior Center

Walking Club:

Mon-Friday

9:00am Elizabethtown Senior Center

Monday & Wednesday

9:00am Lititz Senior Center

Shuffleboard:

Wednesday

1:30pm Lancaster Rec Senior Center

Pickle Ball:

Monday

1:30pm Lancaster Rec Senior Center

Center phone/address next page

Schedules subject to change

LANCASTER COUNTY OFFICE OF AGING SENIOR CENTERS

5. **LITITZ SENIOR CENTER**
LITITZ UNITED METHODIST CHURCH
201 E. MARKET ST.
LITITZ, PA 17543
PHONE: 626-2800/FAX: 626-0662
MANAGER: LUCY N. WEAVER
HOURS: 8:30A.M.-1:00P.M.
E-mail: lititzseniorcenter@gmail.com
- *1. **COLUMBIA SENIOR CENTER**
COLUMBIA UNITED METHODIST CHURCH
510 WALNUT ST.
COLUMBIA, PA 17512
PHONE: 684-4850/FAX: 684-3822
MANAGER: CINDI HAMMONS
HOURS 7:30AM-1:30PM
E-mail: chammons@caplanc.org
6. **MILLERSVILLE SENIOR CENTER**
ST. PAUL LUTHERAN CHURCH
222 N. GEORGE ST.
MILLERSVILLE, PA 17551
PHONE: 871-9600/FAX 872-0759
MANAGER: VALERIE DUNN
HOURS: 8:00AM-1:00PM
MONDAY, WEDNESDAY, FRIDAY
E-mail: vdunn@co.lancaster.pa.us
- *2. **ELIZABETHTOWN AREA SENIOR CENTER**
70 S. POPLAR ST., P.O. BOX 225
ELIZABETHTOWN, PA 17022-0225
PHONE: 367-7984/FAX: 361-7235
MANAGER: JOYCE HARDMAN
HOURS: 9:00A.M.-4:00P.M.
E-mail: senior_center@embarqmail.com
- *7. **NEXT GEN SENIOR CENTER**
184 S. LIME ST.
QUARRYVILLE, PA 17566
PHONE: 786-4770/FAX: 786-3330
MANAGER: VICKIE HENRY
HOURS: 8:00AM – 2:00PM
E-mail: sascinc@frontiernet.net
- *3. **LANCASTER NEIGHBORHOOD SR. CENTER**
33 EAST FARNUM STREET
LANCASTER, PA 17602
PHONE: 299-3943/FAX: 299-9341
MANAGER: VASTHI BELTRE
HOURS: 7:30A.M.-1:00P.M.
E-mail: vperez@caplanc.org
- *8. **SACA SENIOR CENTER**
545 PERSHING AVE.
LANCASTER, PA 17602
PHONE: 295-7989/FAX: 509-2833
MANAGER: YIRMARES CUEVAS
ASST. MGR.: KARLA MARGUETTI
HOURS: 8:00A.M-4:30P.M.
E-mail: YCuevas@sacapa.org
- *4. **LRC SENIOR CENTER**
525 FAIRVIEW AVE.
LANCASTER, PA 17603
PHONE: 399-7671/FAX: 735-0794
MANAGER: SUSAN DAVIS
HOURS: 8:30A.M.-3:00P.M.
E-mail: sdavis@lancasterrec.org
- *Subcontracted Senior Center Programs*