

# 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/>

## **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.

**When: Senior Games 2021 have been cancelled due to COVID-19**

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

**Registration: Closed**

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

## **INDOOR AQUATIC EXERCISE**

The Lancaster County Office of Aging sponsors 3 indoor aquatic 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 717-299-7979 for more information.

**Cost: FREE**

**Ongoing sites:**

- **Lancaster City YMCA – 265 Harrisburg Pike, Lancaster 17603  
Tuesdays and Thursdays, 9:30-10:30 am**
- **Lampeter Strasburg YMCA – 800 Village Road, Lancaster 17602  
Wednesdays, 9:30-10:30 am**
- **Lititz Rec Center – 301 West Maple Street, Lititz 17543  
Wednesdays, 10:45-11:45 am**

## **OUTDOOR SUMMER AQUATICS**

The Lancaster County Office of Aging, in conjunction with community pools, sponsors 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 and improve muscle strength and cardiovascular endurance. Call 717-299-7979 for more information.

**Cost: FREE**

### **2021 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**

**(2021 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 Location: Will be conducted by telephone.**

**When: February 10 - March 17, 2021**

**Wednesdays, 10:30AM-12:00PM**

**Cost: Free**

## **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/>

**Next Workshop Location: To Be Determined**

**When: To Be Determined**

**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 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 age 60 and older.

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

**Lancaster Rec Senior Center**

**525 Fairview Ave, Lancaster 17603**

**When: March 2 – April 9, 2021**

**Tues and Thurs, 10-11AM**

**Wed, 12:30-1:30PM**

**Cost: Free**

**Ephrata Township Park**

**436 East Fulton St, Ephrata 17522**

**When: April 12 – May 21, 2021**

**Mon, Wed, Fri, 10-11AM**

**Cost: Free**

**Elizabethtown Senior Center**

**70 South Poplar St., Elizabethtown 17022**

**When: March 1 – April 9, 2021**

**Mon, Thurs, Fri, 1:30-2:30PM**

**Cost: Free**

## **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 Location: To Be Determined**

**When: To Be Determined**

**Cost: Free**

## **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. <https://www.gerifit.com/>**

**Cost: FREE**

**Sites:**

- **Ephrata Rec Center – 130 S. Academy Drive, Ephrata 17522  
Mondays, Wednesdays and Fridays, 1:00 - 2:00 pm**
- **Lancaster Rec Center – 525 Fairview Ave, Lancaster 17603  
Tuesdays and Fridays, 10:00 – 11:00 am, call 717-399-7671 to register**
- **Millersville Senior Center – 222 N. George Street, Millersville 17551  
Mondays and Wednesdays, 9:30 – 10:15 am, 10:30 – 11:15 am, and  
11:30 am – 12:15 pm, call 717-871-9600 to register**
- **Next Gen Senior Center – 184 S. Lime Street, Quarryville 17566  
Tuesdays and Thursdays, 11:45 am – 12:45 pm, 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 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.

<https://www.njpn.org/wise>

**Next Workshop Location: To Be Determined**

**When: To Be Determined**

**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 diseases or related musculoskeletal conditions, and is appropriate for people with mild, moderate, and severe joint and back pain. <https://taichiforhealthinstitute.org/>

**Buchanan Park**

**901 Buchanan Ave, Lancaster 17603**

**When: April 28 – June 30, 2021**

**Wednesdays, 4-5PM**

**Cost: Free**

## **BINGOCIZE**

A 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/>

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

**When:** March 15 – May 17, 2021

**Mon and Thurs, 9:30 – 10:30 AM**

**Cost:** Free

## **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>

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

**When:** April 5 – May 10, 2021

**Mondays, 5:30-7:00 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. <https://esmmweighless.com/>

**Workshop Location:** Conducted online

**When:** April 26 – August 2, 2021

**Cost:** Free; call 717-299-7924 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  
Hours: 7:30am-1:30pm, Mon-Fri  
Manager: Cindi Hammons  
E-mail: [chammons@caplanc.org](mailto:chammons@caplanc.org)

### Lititz Senior Center

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)

### 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: Joyce Hardman  
E-mail: [senior\\_center@embarqmail.com](mailto:senior_center@embarqmail.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: Alison Martin  
E-mail: [paulsonl@co.lancaster.pa.us](mailto:paulsonl@co.lancaster.pa.us)

### Lancaster Neighborhood Senior Center

33 East Farnum St.  
Lancaster, PA 17602  
Phone: 717-299-3943  
Fax: 717-299-9341  
Hours: 7:30am-1:00pm, Mon-Fri  
Manager: Vasthi Dominguez  
E-mail: [vdominguez@caplanc.org](mailto:vdominguez@caplanc.org)

### 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: [nextgenseniorcenter@gmail.com](mailto:nextgenseniorcenter@gmail.com)

### Lancaster Rec Center (LRC) Senior Center

525 Fairview Ave.  
Lancaster, PA 17603  
Phone: 717-399-7671  
Fax: 717-392-8489  
Hours: 8:30am-3:00pm, Mon-Fri  
Manager: Susan Davis  
E-mail: [sdavis@lancasterrec.org](mailto:sdavis@lancasterrec.org)

### 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)

### Lancaster County Office of Aging Staff- 150 N Queen Street, Suite 415, Lancaster, PA 17603

Phone: 717-299-7979  
Fax: 717-209-3228

### **Lisa Paulson**

Senior Center Program Director  
E-mail: [paulsonl@co.lancaster.pa.us](mailto:paulsonl@co.lancaster.pa.us)

### **Ellen Weekes**

Health and Wellness Coordinator  
E-mail: [weekese@co.lancaster.pa.us](mailto:weekese@co.lancaster.pa.us)

### **Debbie Groff**

Administrative Assistant  
E-mail: [dgroff@co.lancaster.pa.us](mailto:dgroff@co.lancaster.pa.us)