

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, with an average of 850 people each year. With over 50 events throughout the week, over 40 sponsors and 300 volunteers, the senior games truly have something for everyone. The 2019 Lancaster Senior Games will be the 31st anniversary!

When: May 6-10, 2019

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

Registration Deadline: March 30, 2019

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.

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**
- **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 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. 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: TBD 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 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.

Next Workshop: TBD For more information or to enroll please call 717-299-7979.

Cost: FREE

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.

Cost: FREE

- **Millersville Senior Center- 222 North George Street, Millersville 17551
Friday's 10:00-10:45am
September 14 – May 31, 2019**

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.

Cost: FREE

- **Lancaster Rec Senior Center- 525 Fairview Ave, Lancaster 17603
Monday Wednesday Friday 12:30-1:30pm
September 24 – November 7, 2018**

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).**

Cost: FREE

Sites:

- **Columbia Senior Center- 510 Walnut Street, Columbia 17512
Monday and Wednesday 10:30-11:15am**
- **Lititz Senior Center- 201 E. Market Street, Lititz 17543
Monday and Thursday 10:00-10:45am**
- **Lancaster Rec Senior Center- 525 Fairview Ave, Lancaster 17603
Tuesday and Friday 9:30-10:15am**
- **Millersville Senior Center- 222 N. George Street, Millersville 17551
Monday and Wednesday 9:00-9:45am**
- **Next Gen Senior Center- 184 S. Lime Street, Quarryville 17566
Tuesday and Thursday 9:30-10:15am**

WELLNESS INITIATIVE for SENIOR EDUCATION (WISE)

The WISE program is a 6-week health promotion program for adults 60 and older. WISE aims to help older adults celebrate the aging process and increase their knowledge and awareness of issues related to health. Participants will be provided with information and resources they need to maintain a healthy lifestyle and become empowered in regard to both their health and the care they receive. Topics such as lifestyle choices, substance abuse, depression, stress management, and appreciation for cultural/generational diversity will be discussed. Classes are once a week, for 2 hours per class. The class includes a mix of lecture, discussion, small group activities, and individual exercises.

Cost: FREE

Next Workshop: TBD For more information or to enroll please call 717-299-7979.

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 involvement and back pain.

Cost: FREE

- **Buchanan Park, 901 Buchanan Ave, Lancaster 17603 (Across from dog park)
Tuesdays 10:00-11:00am
September 4 – October 23, 2018 (no class 9/11).**

OFFICE OF AGING SENIOR CENTERS- ONGOING PROGRAMS

****CALL AHEAD, schedules subject to change****

Geri-Fit strength exercise:

Columbia Senior Center
Lancaster Rec Senior Center
Lititz Senior Center
Millersville Senior Center
Next Gen Senior Center

Walking Club:

Mon-Friday

Elizabethtown Senior Center
Columbia Senior Center

Tuesday

Lancaster Neighborhood Sr. Center

Chi Gung:

Thursday

Lancaster Rec Senior Center

Chair Yoga:

Columbia Senior Center
Millersville Senior Center
Next Gen Senior Center

Penn State Nutrition Education:

Lititz Senior Center
SACA Senior Center
Elizabethtown Senior Center
Next Gen Senior Center
Lancaster Rec Senior Center
Millersville Senior Center

Giant Food Stores Nutrition w/Kilene Knitter:

Columbia Senior Center
Lancaster Neighborhood Sr. Center

Exercise:

Monday

Elizabethtown Senior Center
Lancaster Rec Senior Center
Lititz Senior Center

Tuesday

Elizabethtown Senior Center
Next Gen Senior Center

Wednesday

Elizabethtown Senior Center
Lititz Senior Center

Thursday

Lancaster Neighborhood Sr. Center
Lititz Senior Center

Friday

Millersville Senior Center

Shuffleboard:

Wednesday

Lancaster Rec Senior Center

Pickle Ball:

Lancaster Rec Senior Center

****Call ahead, phone numbers on next page****

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: VALERIE DUNN
HOURS: 8:00AM—1:00PM
MONDAY, WEDNESDAY, FRIDAY
E-mail: vdunn@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
ASST. MGR: KARLA MARGUETTI
HOURS: 8:00A.M—4:30P.M.
E-mail: YCuevas@sacapa.org

OFFICE OF AGING STAFF

LISA PAULSON
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