

# 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 31<sup>st</sup> anniversary!

**When: May 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.

**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. 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.

**Lititz Senior Center**  
**201 East Market Street, Lititz 17543**  
**Wednesdays 9:00 – 11:30am**  
**May 29 – June 26, 2019**  
**Cost: FREE, call 717-299-7979 to register.**

**Next Workshop: To Be Determined**  
**When: Fall 2019**  
**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: To Be Determined**  
**When: Fall 2019**  
**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.

**Millersville Senior Center- 222 North George Street, Millersville 17551**  
**Friday's 10:00-10:45am**  
**Will restart in September 2019.**  
**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. Class is for individuals 60 and older.

**Next Gen Senior Center**  
**184 South Lime St, Quarryville 17566**  
**Tuesday/Thursday 10:30am, Friday 12:00pm**  
**May 7 – June 14, 2019**  
**Cost: Free, call 717-299-7979 to register.**

**Next Workshop: To Be Determined**  
**When: Fall 2019**  
**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.

**Elizabethtown Senior Center**  
**70 South Poplar Street, Elizabethtown 17022**  
**May 16 and May 30, 9:00-11:30am**  
**Four-week follow up June 27 at 9:00am**  
**Cost: Free, call 717-367-7984 to register.**

**Next Workshop: To Be Determined**  
**When: Fall 2019**  
**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 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 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.

**Millersville Senior Center  
222 N. George St, Millersville 17551  
Mondays 10:00 – 12:00pm  
April 29 – June 17, 2019  
Cost: FREE, call 717-299-7979 to register.**

**Next Workshop: To Be Determined  
When: Fall 2019  
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 involvement and back pain.

**Buchanan Park (Across from dog park).  
901 Buchanan Ave, Lancaster 17603  
When: Fall 2019 Dates/Times To Be Determined.  
Cost: Free, call 717-299-7979 to register.**

## **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

**Cost: FREE**

**Sites:**

- **Leola Community Pool- 23 East Main Street, Leola 17540  
Monday and Wednesday 12:30 – 1:30pm, June 17 – August 7**
- **Manheim Community Pool- 504 East Adele Ave, Manheim 17545  
Tuesday and Thursday 12:00 – 1:00pm, June 18 – August 8**
- **SECA Community Pool- 299 Park Avenue, Quarryville 17566  
Monday, Wednesday, Friday 9:00 – 10:00am, July 1 – August 23**
- **Millersville Lions Club Pool- 314 N. Prince St, Millersville 17551  
Monday and Wednesday 9:00 – 10:00am, July 8 – July 31  
Monday and Wednesday 10:30 – 11:30am, August 5 – August 14**

## **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.

**Next Workshop: To Be Determined.**

**When: Fall 2019**

**Cost: Free, call 717-299-7979 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.

**Next Workshop: To Be Determined.**

**When: Fall 2019**

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

## **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.

**Next Workshop: To Be Determined.**

**When: Fall 2019**

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

**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  
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

**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

**Giant Food Stores Nutrition w/Kilene Knitter:**

Columbia Senior Center  
Lancaster Neighborhood Sr. 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto: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: VACANT  
HOURS: 8:00AM—1:00PM  
MONDAY, WEDNESDAY, FRIDAY  
E-mail: VACANT

### **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](mailto: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](mailto:YCuevas@sacapa.org)

## OFFICE OF AGING STAFF

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