Active Aging Week (September 21st-27th)
at Lifelong
119 W. Court St, Ithaca NY
(607)273-1511
www.tclifelong.org

LIFELONG LEARNING
(a semester based educational program, registration included below)

Drawing 101
Mondays, 9/22-11/17, 1:30PM-3:30PM, Suzette LaVigne (8 sessions) - NO CLASS 10/13
This course is for everyone. All you need to bring is a sketchbook and pencils. The instructor will be using the book “Drawing on the Right Side of the Brain”.

English as a Second Language – Advanced – FREE - NO CLASS 10/13
Mondays, 9/22-11/17, 2PM-4PM, Dolina Millar (8 sessions)
Classes for learning English. The class will speak, listen, read, and write. No textbook is required.

Writing with Julia – Memoir and Miscellany
Tuesdays, 9/23-11/4, 10AM-12PM, Julia Bentley-Macdonald (7 sessions)
To all writing enthusiasts – here’s your opportunity to write about your own life and about serious or fanciful topics. After writing we will read our pieces aloud leaving time to share with each other in a safe and confidential setting.

Living Contemplatively with Earth: Dying Awake, Coming Alive
Thursdays, 9/25-12/18, 2PM-4PM, Neil Golder (12 sessions) - NO CLASS 11/27
"There is only one question: how to love this world." (Mary Oliver) Our present age offers extreme challenges for living and loving authentically. To live fully as spiritual Human Beings with the spiritual Earth is our momentous and joyful task. Developed by the School of Spiritual Psychology, this course requires committed inner work through contemplative reading, practices and conversation.

Doctors: The History of Scientific Medicine Revealed through Biography
Thursdays, 9/25-10/30, 2PM-3:30PM, Joel Zumoff (6 sessions)
This is a Great Courses lecture series of twelve half-hour lectures by Dr. Sherwin B. Nuland of the Yale School of Medicine. The course focuses on Western scientific medicine, using biography of major contributors, starting with Hippocrates, as a point of reference. We will watch two lectures each week, with time for discussion after the lectures.
What Is that? How to Research Health Concerns on the Internet - FREE
Wednesday, 9/24, 10AM-12PM, Bob Riter
Have you ever tried searching online in regards to a health concern? The internet is a wealth of good information and bad information. How do you tell which is which? Empower yourself as an educated consumer.

Northside/Southside presents: Cooking with Chef Ralph - FREE
Wednesday, 9/24, 10AM-12PM, Chef Ralph Moss
Come see what delicious things our spectacular southern cooking chef comes up with! (FREE, but with a $10 Materials Fee)

The Artist Frida Kahlo
Thursday, 9/25, 10AM-12PM, Ann Day
A 2-hour presentation, with slides, on artist Frida Kahlo.

Registration Process: To register for a class listed in this catalog, please submit by mail or in person a completed registration form (pages 18-21) with any fees to Lifelong. Class sizes are limited; early registration is encouraged. Registrations are processed in the order in which they are received. You will receive a letter confirming your status as enrolled or wait-listed.

Fees & Expenses: No one will be denied participation because of an inability to pay the registration fees associated with Lifelong Learning. Need-based scholarships, provided by the Community Foundation, are available (see registration form on pages 18-21). The fee schedule is as follows (unless otherwise noted in the listing): Courses: $50 for 1st course plus $40 for each additional course; Computer Courses: cost will be determined by number of sessions; Workshops: $30 per workshop; Presentations: $10 per presentation; Fees for materials are noted in the course listing and are due at the time of registration. These fees are non-refundable unless you cancel two weeks prior to the class.

LIFELONG ACTIVITIES
Creative Arts
$5 per class, monthly payment options available.

Clay Class – All Levels: Come and create clay creations with the guidance of a skilled clay artist!
Mondays, 10AM–12:30PM, Laurie Hultberg

German Class: This class is for someone who would like to learn to speak and read German. It is either for those who have never learned a word of German or for those who would like to refresh their skill. In addition to learning the language you will also learn, through celebration, about the culture and customs. Wednesdays, 1PM – 2:30PM, Gertrude Vrabel
**Lifelong Senior Theatre Troupe:** A chance to express yourself and have fun using improvisational theater exercises. No lines to learn. No acting background necessary. Come join Lifelong’s Theatre Troupe for an enjoyable experience. **Thursdays, 2PM–3PM, Sue Perlmuter**

**Watercolor Class:** Bring your paints and join an active class of all abilities painting still life or an image of your choosing. Class works independently with guidance of the instructor. Every week there is a new set up and each session ends with a class critique sharing work finished or in progress. All water mediums are welcome. **All Tuesdays, 9AM–12PM, Susan Zehnder**

**Art Studio:** Less formal than the morning session, this studio is a continuation of the Watercolor Class for those who want more time painting. **All Tuesdays, 1PM–3:30PM, Susan Zehnder**

**Health & Wellness**

$5 per class, monthly payment options available.

*(Some of these programs are partially supported by Tompkins County and the County Office for the Aging)*

**Enhance Your Fitness** - Classes focus on using weights to increase flexibility, balance, and overall health. Individual attention is given to ensure proper form and avoid injuries. Lifelong on Mondays, Wednesdays and Fridays from 8:30AM-9:30AM and Dryden Veterans Memorial Home on Mondays from 11:30-12:30PM, Wednesdays and Fridays from 10:15AM-11:15AM.

**Enhance Fitness®** - Focus is on stretching, flexibility, balance, low impact aerobics and strength training. Juniper Manor in Trumansburg on Mondays, Wednesdays and Fridays from 9AM-10AM; McGraw House on Mondays, Wednesdays and Fridays from 2PM-3PM

**Tai Chi** - Using precise, fluid movements to increase strength and cardiovascular fitness. Titus Towers Apartments on Mondays from 10AM-11PM; Lansing Community Library on Tuesdays from 11:30 AM-12:30PM; Lifelong on Fridays from 11:30AM-12:30PM

**Senior Seated Stretch and Tone/Kundalini Yoga/Chair Yoga** - Using breathing techniques and basic yoga postures to become more in tune with your body. **Senior Seated Stretch and Tone:** Juniper Manor in Trumansburg on Mondays and Wednesdays from 2PM-3PM; Ulysses Philomathic Library on Tuesdays and Thursdays from 10:15AM-11:15AM; **Kundalini Yoga:** Lifelong on Tuesdays from 4:30PM-5:30PM; **Chair Yoga:** Lifelong on Fridays from 10AM-11AM

**Strength Training** - Resistance exercise strengthens bones, increases muscular endurance, and improves coordination and balance. Lifelong on Mondays and Thursdays from 12:30PM-1:30PM; St. Catherine’s of Sienna Church on Fridays from 9:30AM-10:30AM
Square, Round, Line & Polka Dancing – Dances that increase muscular strength, improve coordination and balance, and reduces stress. Join as many dances as you would like and enjoy watching your peers as they dance too! Lifelong on Fridays 2PM-4PM

SOCIAL GROUPS
There is $2 per session per person required for those who attend social groups during Lifelong’s business hours. There is $3 per person per session required for those who attend social groups outside of Lifelong’s regular business hours.

Men’s Group: For men to play cards and socialize. Newcomers Welcome!
All Saturdays, 9AM–12PM, Carl Taylor

Senior Chorus: Lifelong’s senior chorus performs at nursing homes, Lifelong’s annual open house and other venues in Tompkins County. Members bring smiles and laughter to all they perform for. If you love to sing, come join us and share your talents. Mondays, 1:45PM-3PM, Louise Glawe

Crafting Circle-Needlework and Quilting: A friendly social group of crafters who share tips, knowledge and skills to improve their needlework craft. Whether you are looking to learn a new skill or enhance your current skills, this is the group for you. All levels and all types of crafters are welcome and encouraged to attend. Wednesdays, 1PM–3:30PM, Joyce Cox and Eniko Farkas

Knitting Circle: Open to all knitters but no beginning knitting lessons during this time. Opportunity to share knitting experiences and seek limited assistance with your projects.
Fridays, 9AM–10:30AM, Irene Gleason

The Play’s the Thing: One-act plays are the principal form of dramatic stage performances across the nation. Each week our three “producers” will present a one-act play read by members of the group who volunteer for the roles at the prior session. Prepare your role, put yourself “on stage” and join in a discussion of each day’s dramatic or comedic presentations.
Fridays, 9/26; 10/31; 12/26, 1PM-3PM, Dolina Millar & Virginia Sierra

SUPPORT GROUPS AND SERVICES
No fee but donations are welcome!

Ithaca Bipolar Explorers Club: For people with Bipolar conditions and those who love them. 2nd and 4th Tuesday of the month, 7PM–8:30PM, Bill Goodhew
We also have a NEW PROGRAM: “Lifelong Transitions”
*(please include what you find to be fitting for your event)*

This program is designed to assist pre-retired adults prepare for the most freeing and flexible time of their lives and assist them in developing a successful retirement plan!

*Workshop # 2542 is required (cost $30) to attend any of the other offerings ($10 unless noted free).*

(2542) **Envisioning a Fulfilling Retirement**  
**Wednesday, 9/10 and Monday, 10/27, 3PM-5PM, Rhoda Meador**  
The most important factor in making the retirement transition exciting and rewarding is the way you think of yourself and your future. By entering this new phase of life with enthusiasm and vision, you can make it a meaningful and satisfying stage of life. This series will help participants envision and plan a fulfilling, post-retirement lifestyle.

(2543) **Powerful Tools for Caregivers** - **FREE**  
**Thursday, 9/11, 3:30PM-5PM, Katrina Schickel**  
Powerful Tools for Caregivers is an evidence-based program which gives caregivers strategies for caring for themselves as they care for others.

(2544) **Downsize for Simplicity**  
**Wednesday, 9/17, 10AM-12PM, Liz Norton**  
Learn the Three Simple Secrets smart seniors know to avoid ‘clutter overload’.

(2545) **Financial Planning/Wealth Management**  
**Wednesday, 9/17, 3PM-5PM, Bill Murphy**  
Planning your finances for a successful retirement.

(2546) **Elder Law**  
**Monday, 9/22, 3PM-5PM, Joy Blumkin, Elder Law Attorney**  
Legal issues for estate and financial planning when approaching retirement.

(2547) **Aging Parents**  
**Thursday, 9/25 3:30PM-5PM, Ann Dolan**  
You and Your Aging Family Members.

(2548) **Residential Care**  
**Thursday, 10/2, 3:30PM-5PM, Panel**  
Representatives from housing facilities for older adults will be here to provide information and answer questions about housing in Tompkins County.
(2549) **Medicare Basics** - FREE  
**Monday, 10/6, 3PM-5PM, Diane Dawson**  
Designed for those approaching age 65 for Medicare eligibility or new to Medicare. Familiarize yourself with Medicare resources and identify programs that may assist in reducing health care costs are the objectives.

(2550) **Volunteering for Health and Community** - FREE  
**Monday, 10/20, 3PM–5PM, K Minnix**  
Volunteer Opportunities and the Retired and Senior Volunteer Program.