

SEMINARS & WORKSHOPS

DISEASE SELF-MANAGEMENT

The interactive, small group workshops are held once a week for six weeks to discuss day-to-day management skills to better manage symptoms and feel healthier. Topics include practical ways to deal with pain, fatigue, stress and depression; the importance of physical activity and a healthy diet; and communication. This is an evidence-based program, proven to provide health benefits and promote disease prevention. Offered in partnership with the Area Agency on Aging and Mercy Siena Retirement Community. (6 Sessions)

Thursdays January 9-March 15 10:00 a.m.-12:30 p.m. The Franciscan Center

NURSING LAW

Ohio laws and rules governing Nursing practice establish and identify the legal scope and standards of practice, establish grounds for discipline, and provide a framework for public protection. Identify the laws and New Ohio Rule and its importance; describe the regulations of Ohio nursing and how they affect the scope of RN/LPN practice; identify the license renewal and exemptions process; identify violations that may result in disciplinary action; discuss standards of practice and delegation principles. Lunch will be provided.

Thursday January 12 11:30 a.m.-1:00 p.m. Health Center

DAYTON'S GYPSIES

King Owen and Queen Harriet Stanley came from England in the 1800s to make the Miami Valley the headquarters of gypsies in the U.S. Discover where they lived in the Miami Valley, how they made a living, how many area gypsies lived, newspaper accounts about thousands of people lining the funeral route for the Queen and King when they were buried at Woodland Cemetery, as well as the history of the gypsy burial plot at Woodland. There will be colorful descriptions of local gypsy life, the legacy of the Miami Valley gypsies in street names and family names, photographs, gypsy tales, and gypsy music.

Wednesday January 18 1:30-3:00 p.m. The Franciscan Center

JOURNALING

If you agree with Plato that "The life which is unexamined is not worth living," join the Journaling Workshop. Explore such topics as why we journal, how to choose a journal, the various types of journal keeping, how to overcome writer's block, the healing power of personal writing, and how journaling can lead to memoir writing. With the help of weekly writing exercises, begin the age-old practice of keeping a journal. (6 sessions)

Wednesdays January 18-February 22 1:30-3:30 p.m. St. Leonard

GRATITUDE

Discover ways to increase your gratitude quotient, as well as your understanding of the science behind gratitude and wellness.

Thursdays January 19 and 26 2:00-3:30 p.m. The Franciscan Center

TECUMSEH

Learn about Tecumseh's life, his leadership and prophetic abilities, and his impact on the culture of his time as well as our own. He brought hope and healing to a declining culture. Find out how his lessons can transform today's culture. (6 sessions)

Tuesdays January 24-February 28 1:00-2:00 p.m. The Franciscan Center

DRUMMING

Drumming is an ancient art of healing, using sound produced by social circles utilizing group percussion. Emerging research has found that drumming can release tension and stress, reduce depression, relieve pain, and promote overall well-being for those who regularly participate.

Fridays January 27, February 24, and March 23 7:00-8:00p.m. The Franciscan Center

DECIPHERING BILLS

What do you do if, after a series of medical events, the bills start arriving, maybe even before you get home, and they continue to arrive until you become overwhelmed with the mountain of bills, medical statements, insurance denials, and collection notices? This session will help you understand how to decipher your medical bills, or those of a loved one, and provide tips on how to manage the reimbursement system.

Thursday February 2 2:00-3:30 p.m. The Franciscan Center

WELLNESS PARADIGM

Learn about research and a paradigm shift from illness to wellness. We'll discuss the wellness paradigm, how to get and stay well, 21st Century healthcare, and how to create a working wellness model.

Friday February 10 9:00-10:30 a.m. The Franciscan Center

ST. LEONARD WELLNESS PROGRAMS

FOR INDEPENDENT LIVING SENIORS

Winter 2012

Classes begin January 9th

Classes are ongoing unless otherwise noted



ST. LEONARD

A FRANCISCAN LIVING COMMUNITY

**CLASSES ARE IN PARTNERSHIP WITH
SINCLAIR LIFELONG LEARNING PROGRAM
NO CHARGE OR MEMBERSHIP REQUIRED
(except where noted)**

439-7117

www.stleonard.net

All fitness classes are designed by Debra Stewart, B.S., M.B.A., M.A.T., St. Leonard Director of Wellness. Debra is a personal trainer through the American Council on Exercise and a Professional Senior Fitness Instructor for the American Senior Fitness Association. She is also a Master Dan Black Belt in Tae Kwon Do, certified Zumba instructor and certified with Alliance of Yoga Instructors.. Call Debra at 439-7117 for further information

ADDRESS/DIRECTIONS: 8100 Clyo Road, Centerville, Ohio 45458
All classes will be held in The Franciscan Center, unless noted otherwise.

Cancellation Policy: In case of inclement weather, if Centerville City Schools are closed, the Lifelong Learning classes are cancelled.



THE FRANCISCAN CENTER

AT ST. LEONARD

SUNRISE YOGA*****

Start your week with a refreshing stretch and meditative glow. Come for meditation and power yoga. Bring your own blocks and mat, and enjoy!

Mondays 8:00-8:45 a.m. The Franciscan Center any age

WRINKLE BUSTERS*

Come and enjoy thirty minutes of gentle facial exercises that help to relax and tone the major muscles of the face! Learn ancient Chi Gong self-message techniques that can help you feel fresh and vital.

Tuesdays 9:30-10:00 a.m. The Auditorium any age

CHAIR EXERCISES FOR BALANCE AND STRENGTHENING**

Consists of gentle chair exercises that focus on improving functional balance and strength in the senior adult. By improving core strength and flexibility, balance is also improved with these easy-to-do chair exercises.

Tuesdays 10:15-10:50 a.m. The Franciscan Center Suggested age 60 or better

ZUMBA GOLD*****

Zumba Gold is an exercise/dance class that is a great aerobic workout for the senior adult. The choreography of the program is geared to improve functional balance and overall strength. Pace is step-by-step to allow for learning and great fun!

Tuesdays 2:00-2:45 p.m. The Franciscan Center Suggested age 60 or better

SELF DEFENSE WITH A CANE*****

Learn progressive moves week by week with the cane that can be used defensively. Considered an exercise program as certain muscles for balance and strength are toned to successfully use the cane in various defensive forms.

Tuesdays 3:00-4:00 p.m. The Franciscan Center Suggested age 60 or better

INTEGRATED ASIAN ARTS*****

This is an alternative for the healthy, active senior adult to take the Asian arts to a new level; no breaking boards or free-sparring!

Tuesdays 4:00-5:00 p.m. The Franciscan Center Suggested age 60 or better

NO TUTU BALLET

This easy-to-follow class will show you steps and combinations that will improve your grace, balance, and coordination.

Wednesdays 1:30-2:30 p.m. The Franciscan Center any age

SOCK HOP JIVE

Have fun with ballroom dance steps from the 40's, 50's, and 60's.

Wednesdays 2:30-3:30 p.m. The Franciscan Center any age

BELLY DANCING*****

Designed to be a great workout, while improving your strength and balance. Offering a different and interesting way to move and stay fit. Come prepared for fun and excitement!

Wednesdays 3:30-4:30 p.m. The Franciscan Center any age

TAI CHI***

A gentle approach to physical and mental training. The practice of Tai Chi has positive benefits that include stress reduction, better focus and concentration. Often balance, coordination and flexibility are also improved.

Fridays 10:15-11:00 a.m. The Franciscan Center any age

ADVANCED TAI CHI*****

Take your skills to the next level in this advanced class. We'll explore more deeply into the "long forms."

Fridays 11:00-11:30 a.m. The Franciscan Center any age

LINE DANCE

Add this to your dance repertoire—country line dance! Discover 1-wall to 4-wall dances. And a great time for all!

Fridays 1:00-2:00 p.m. The Franciscan Center any age

CHAIR PILATES & YOGA***

Focus is on the core section of the body to strengthen upright balance and gentle yoga techniques improve mobility and functional balance. All exercises are done from a seated position.

Fridays 2:00-2:50 p.m. The Franciscan Center Suggested age 60 or better

AQUA JOGGERS

Enjoy water aerobics, walking and jogging taught to the tunes of the oldies. Provides a great workout and great fun!

Fridays 2:30-3:30 p.m. The Franciscan Center any age

HULA HOOP AEROBICS

Hula Hoop! Remember how much fun that was? This aerobic exercise program will be done to music from all eras. Children and grandchildren are welcome.

Fridays 3:00-4:00 p.m. The Franciscan Center any age

BEGINNING CLOGGING

You've seen it on TV and perhaps even in a live performance. Ever wonder how those dancers do it? Have fun with various fold and clogging dance techniques, while experiencing a great aerobic workout!

Fridays 4:00-4:45 p.m. The Franciscan Center any age