



## LCCC Wellington Center Programs

The Lorain County Community College Wellington Center is located at 151 Commerce Drive, in Wellington. Events held in room 119/120. Contact us with any questions at (440) 647-1776 or [wellington@lorainccc.edu](mailto:wellington@lorainccc.edu)

**Cardio Drumming** – Every Monday & Wednesday, from 6-7 pm

Cardio Drumming is an aerobic workout that uses a bucket, ball & drumsticks. Have fun and enjoy exercising with drumming movements set to music ranging from low to high impact. Open to all ages and modifications will be shown if needed.

Reserve equipment for first class by texting the instructor Shannon at (440) 935-0391.

**Neighborhood Alliance Mobile Senior Program** – Every 1<sup>st</sup> Tuesday, from 10 am – 3 pm

Neighborhood Alliance and LCCC Wellington are working together to offer socialization, activities, healthy lunches, and more for all older adults. The supportive service staff will also be there to meet needs such as benefits assistance, rent and/or utility assistance, or helping set up other community resources.

**Fiber Arts Workshops** – Every Tuesday, beginning 10 am February 14, 2023

Knitters and crocheters can bring their projects and work on them at the Wellington Center every Tuesday at 10 a.m. An experienced knitter will be available to offer help and instruction from 10 – 11 a.m. Some knitting supplies will be available to those who don't have their own yet. Come for the hour of instruction, and stay all day if you choose! Call the Wellington Center at (440) 647-1776 with questions or if you need supplies provided to you.



**Bingo Bash** – Every 3<sup>rd</sup> Thursday, at 1 pm

Sprenger Healthcare Elms Retirement Village and LCCC Wellington is teaming up to offer BINGO at our Center!!! Prizes Every Game! Come join us for the fun!! This is a free event for all ages!

**Magical Science!!!** – Monday, February 20 at 1 pm

Free “science entertainment” for the kids while they’re home from school for President’s Day! Witness as a gummy bear disappears into a dazzling display of fireworks. Be astonished as elephant toothpaste explodes high into the air. Be astounded as a 3,000-year-old genie is summoned from a bottle to reveal the mysteries of the ancient universe. Science can be fun, and yes, even entertaining! It’s not magic, it’s science!! LCCC’s Professor Reggie will be performing this Science Magic Show!

One registration is required per person at:

<https://lccnoncredit.pdx.catalog.canvaslms.com/browse/collegeforkids/courses/lccc-wellington-magical-science-feb-20-2023>

If you need to register larger groups or are having issues, please contact Amy at (440) 647-1776 or [wellington@lorainccc.edu](mailto:wellington@lorainccc.edu)



***How to Optimize Heart Your Health*** by Dr. Alexander Zolli – Wednesday, February 22 at 2 pm

Do you have questions on how to optimize your Heart Health? In his second presentation in the Talk with a Doc Series, Dr. Alexander Zolli will be presenting an educational and health-inspired information session on the best ways to maintain and improve heart health at ANY age.

Register by calling (440) 647-1776

***CCP Info Night*** – Monday, March 6 from 6-7 pm

Learn more about College Credit Plus at an upcoming CCP Information Night!

This program allows students to earn college credits while in high school, all for free. Students can enroll in courses at LCCC and receive dual credit for high school requirements and for college credit. These credits may be used at LCCC or for transfer to the college or university of choice after high school graduation. This state-funded program covers tuition, books and fees.

Join LCCC representatives to learn more about the program. These in-person sessions will cover admission requirements, benefits and cautions, and next steps to get started. We hope you can join us!

Register at the following link: <https://info.go.lorainccc.edu/ccp2023/>



***Chair Yoga*** – Friday, March 10 starting at 10 am

Chair yoga is a practice that is beneficial for all ages. Utilizing the support of a chair, you will learn new yoga poses, practice movement at your own pace, while incorporating breathing exercises. Benefits of chair yoga include increased mobility, strength, flexibility, and relaxation, as well as stress and pain reduction. Chairs will be provided.