

## 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). **We are open to any future event suggestions!**

**Cardio Drumming** – Every Monday 5:30-6:15 pm or 6:20-7:20 pm & Wednesday 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 adults of all fitness levels, modifications will be shown if needed.

Sign up a class and reserve equipment (if needed) by texting the instructor Shannon at (440) 935-0391.

**Neighborhood Alliance Mobile Senior Program** – Every 1<sup>st</sup> & 3<sup>rd</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, starting at 10 am

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.

**Mexican Train Dominoes Game Training** – Every Thursday, starting at 1 pm

\*\*No Mexican Trains on 3<sup>rd</sup> Thursday of each month due to Bingo Bash! Join us every Thursday at 1:00 p.m. to play Mexican Train Dominoes. No experience is necessary; we will teach you the rules if you're new.

**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!

**Dr. Zolli- Understanding Pain** – Monday, August 21<sup>st</sup> starting at 1 pm

Come and learn from Dr. Alexander Zolli, LCCC Surgeon in Residence, Division of Health & Wellness Sciences in this educational and health-inspired presentation on understanding pain. To register call (440) 647-1776, need at least 5 to run!

**Chair Yoga** – Thursdays starting 8/24 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. We will be starting a 10-week session, Thursdays at 10 am starting August 24<sup>th</sup> to October 26<sup>th</sup>. No registration required.

**Family Fall Fest** – Thursday, September 14<sup>th</sup> from 4-7 pm

Bring the whole family to LCCC Wellington Center for Family Fall Fest events this September for fun, games, food, prizes, and more. Free and open to the community, the open house events will give future students and community members a look at all that is available at LCCC Learning Centers. Registration is encouraged but not required at [www.lorainccc.edu/fallfest](http://www.lorainccc.edu/fallfest).