



Episcopal  
**SENIORLIFE**  
Communities

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# EAST AVENUE

# NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

## April - June Activities

*Valley Manor*

**1570 East Avenue, Rochester, NY 14610**

### **ZUMBA GOLD® Chair: Tuesdays at 2:30 p.m.**

For the older adult who wants to stay active and healthy, this class uses high tempo Latin music to make for a fun class and great workout! The ZUMBA GOLD® dance steps are easy to learn and you don't need a dancing partner.

### **Exercise Class: Tuesdays and Thursdays at 8:30 a.m.**

A low-impact cardio, toning and stretching workout performed to a fun, eclectic mix of music.

### **Tai Chi: Wednesdays at 9:00 a.m.**

This class uses slow, smooth body movements to achieve a state of relaxation of both the body and mind. A great stress reliever!

### **Building Community Through Quilting: Wednesdays, Thursdays and Fridays from 1:00 - 4:00 p.m.**

#### **\*Takes place at our 1530 East Avenue campus**

This program is open to all adults and youth who want to learn to quilt, enjoy a wider group of friends and community connections and perhaps, tell their own stories through quilting. No experience necessary.

### **SilverSneakers® FLEX™ Strength and Balance: Fridays from 11:00 - 11:45 a.m. NO CLASS 4/14 OR 5/19**

This class is a low-impact class designed to help you improve flexibility and balance while increasing muscular endurance. Strength exercises may include lifting hand-held weights, stretching resistive tubing and using your own body's resistance while also using your core muscles to improve balance and stability.



### **Aqua Class: Fridays at 1:45 p.m. NO CLASS 4/28, 5/26, 6/11, 6/30**

A water class that incorporates water walking, balance and toning exercises. Class adapted to participant levels. Water shoes strongly encouraged. On-site locker rooms available.

### **Healthy Eating: Second Friday of each month (4/14, 5/12, 6/9) at 12:30 p.m.**

ESLC's Executive Chefs will demo healthier variations of food preparation and meals. Sampling available.

### **Lunch & Social: Fridays, 4/21 & 6/16 at 12:00 p.m.**

#### **Nominal fee of \$5.00**

ESLC Dining & Hospitality staff will provide a delicious meal; No formal speaker — enjoy social time with friends! **Registration required.**

- **April Menu:** Fennel and Potato Soup, Cold Green Bean and Asparagus Salad, Grilled Portobello Sandwich
- **June Menu:** French Spring Soup, Tarragon Rice Salad, Tuna and Vegetable Wrap

### **Nutritious Lunch and Health Education: Friday, 5/19 from 12:00 - 1:00 p.m. Nominal fee of \$5.00**

Enjoy a nutritious meal while Dr. Charles Duffy from UR Medical Center and CEO of Cerebral Assessment Services discusses brain health and aging. **Reservation required.**

**Menu:** Pork Posole Soup, Fire-roasted Corn and Bean Salad, Pico de Gallo Grilled Chicken Sandwich

### **"The Artists Talk Series": Wednesdays in June from 2:00 - 3:00 p.m.**

Senior MVP Members are exhibiting artwork at the 1570 Gallery from May 22 - July 9. Join several of these artists for community presentations:

- **June 7:** Rusty Likely, Painter
- **June 14:** Frank Flynn, Sculptor
- **June 21:** Dr. John Woods, Photographer

**To register for lunch, to schedule a tour, or for more information about becoming a member, call 585.770.1904.**

*These programs are for East Avenue Neighborhood Program Members. No fee for residents.*