



Episcopal  
**SENIORLIFE**  
Communities

Life. Inspired every day.

# EAST AVENUE

# NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

## January—March Activities

*Valley Manor*

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

**VM Arthritis Swim Class:** Monday, Wednesday & Friday at 9:15 a.m.

Certified Instructor Susan Smith will guide you through this aquatics class with ease and comfort.

**VM Aqua Fit Class:** Monday, Wednesday & Friday at 10:15 a.m.

Certified Instructor Susan Smith will keep you feeling flexible all winter long with this aquatics class.

**Fit & Flexible with Katie:** Monday & Wednesday at 2:00 p.m.

This exercise class is a low impact, sit/stand program designed to increase balance, strength, endurance and flexibility in order to decrease falling incidents.

**ZUMBA GOLD® Chair with Katie:** Tuesdays at 1:30 p.m.

This class uses high tempo Latin music to make for a fun class and great workout! With the option of sitting or standing.

**Exercise Class with Rosalind:** Tuesday & Thursday at 8:30 a.m. A low-impact cardio, toning and stretching workout performed to a fun, eclectic mix of music.

**Chair Yoga with Katie:** Tuesdays at 2:30 p.m.

Enhance the feeling of well-being while linking mind, body and breath. Increase muscle, strength and flexibility.

**Tai Chi with Carmen:** 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:** Wednesday, Thursday & Friday 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 friends and community connection and tell stories through quilting. No experience needed.

**Aqua Class with Maureen:** Friday at 1:45 p.m.

A water class that incorporates water walking, balance and toning exercises. Class adapted to participant levels.

**Lunch-n-Learn:** Friday, January 19 at 12:00 p.m. **\$5.00 Fee Reservation required.**

Enjoy a nutritious meal while hearing from Dr. Diane Kane who will discuss "Antibiotics: When You Need Them—And When You Don't." A presentation for seniors by Valley Manor's own geriatrician.

**Lunch-n-Learn:** Friday, March 16 at 12:00 p.m. **\$5.00 Fee Reservation required.**

Enjoy a nutritious meal while hearing from Sarah Otis, Health & Wellness Coordinator from Lifespan who will discuss "Falls Prevention."

**Valley Manor Book Discussions:**

*Before We Were Yours* by Lisa Wingate

**Wednesday, January 10, 10:30 a.m. - 12:00 p.m.**

**Facilitator:** Kathy Pottetti

*The Distance Between Us* by Reyna Grande (Rochester Reads Book 2018)—in collaboration with Writers & Books

**Wednesday, March 14, 1:30 - 3:00 p.m.**

**Facilitator:** Wendy Low

Book Signing: Meet *Rochester Reads* Author Reyna Grande on **Friday, March 30, 3:00 - 4:15 p.m.** Reading followed by Q&A. Books available to purchase. To register call: (585) 770-1962

**Valley Manor has a therapeutic pool, jacuzzi and exercise room. Become a member of our Neighborhood Program Today to take advantage!**

**For more information call 585.770.1962.**

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