



Episcopal
SENIORLIFE
Communities
Life. Inspired every day.

RIVER EDGE

NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

FREE Activities: August 2019

River Edge Manor

535 Mount Hope Avenue, Rochester, NY 14620

Balance Class: Mondays at 9:45 a.m.

NO CLASS 8/5 & 8/26

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

Cardio Fun: Tuesdays at 11:30a.m

NO CLASS 8/27

A seated aerobic exercise class designed to increase stamina and cardiovascular health.

Senior Yoga: Wednesdays at 11:00 a.m.

This class adapted for any experience level. Yoga mats, blocks and straps provided or bring your own.

SilverSneakers® Classic: Thursdays at 11:30 a.m.

NO CLASS 8/15 & 8/29

A variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers® ball are offered for resistance. A chair is available if needed for seated or standing support.

ESLC Transportation Service Available!

ESLC Transportation Service available to and from all programs, as well as to medical appointments, the grocery store, errands, etc.

To request a ride, register for lunch, or if you have any questions, call 585.546.8439 x3718.