



Episcopal
SENIORLIFE
Communities
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EAST AVENUE NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

February - March Member Schedule

Valley Manor

1570 East Avenue, Rochester, NY 14610

Fitness Programs

Arthritis Swim Class: Mondays, Wednesdays & Fridays at 9:15 a.m. Certified Instructor Susan Smith will guide you through this aquatics class with ease and comfort.

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.

Aqua Fit Class: Mondays, Wednesdays & Fridays at 10:15 a.m. Certified Instructor Susan Smith will keep you feeling flexible all winter long with this aquatics class.

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

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!

Gentle Chair Yoga /Meditation with Katie: Fridays at 11:30 a.m. Enhance the feeling of well-being while linking mind, body and breath. Includes meditation.

Aqua Class with Maureen: Fridays at 1:45 p.m. A water class that incorporates water walking, balance and toning exercises. Class adapted to participant levels.

Social Engagement Programs

Medication Management Series: Third Tuesday each month, 11:00 a.m. - Noon A semester program in collaboration with St. John Fisher College.

- **February 19 Topic:** Medication adherence led by Dr. Lisa Philips & Dr. Kelly Conn
- **March 19 Topic:** Take back old and unused medications led by Dr. Matt Zach and the Monroe County Sheriff's Department

Literary Travelogue: Journeys to the Graves of Writers in Upstate New York: Tuesday, February 26, 10:30 a.m. - Noon Local author Steve Huff will present his slide show and talk about the authors, who they were, and why they are important. *No fee but reservation required.*

Young at Heart Painting Class with Kathleen Growney-

Lorenzo: Last Wednesday each month from 10:30 - 11:30 a.m. No experience or materials needed. Beginners welcome—learn something new and enjoyable! *\$5.00 fee and reservation required.*

Valley Manor Book Discussions: Wednesday, March 13, 10:30 a.m. - Noon "American War" by Omar El Akkad. Facilitator: Wendy Low. *No fee but reservation required.*

Lunch-n-Learn: Friday, March 15, 12:00 - 1:00 p.m. Enjoy a nutritious meal and educational presentation led by Daniel Jones who will discuss **Internet Safety, Security and Privacy.** *\$5.00 fee & reservation required.*

Rochester Reads: Friday, March 29, 3:00 - 4:30 p.m. Author Omar El Akkad will be at Valley Manor on Friday, March 29th, 3:00 - 4:30 p.m. to discuss **American War.** A reading followed by Q&A. & book signing. *No fee but reservation required.*

Valley Manor has a therapeutic pool, jacuzzi, exercise room and numerous exercise classes. In addition, many speakers, book club, Lunch 'n Learns and much more are available to members.

Become a member of our Neighborhood Program today to take advantage of these programs.

For more information, contact Kathy Pottetti, Resident Services & Community Outreach Coordinator, 585.770.1962 or kpottetti@EpiscopalSeniorLife.org

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