



EAST AVENUE NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

July—August 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. **No class 7/16**

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 2:00 p.m. A water class that incorporates water walking, balance and toning exercises. Class adapted to participant levels.

Social Engagement Programs

Lunch 'n Learn: Friday, July 19, 12:00—1:00 p.m. Enjoy a nutritious meal, and educational presentation led by **Eric Matson of HLAA (Hearing Loss Association of America)**, who will discuss hearing loss in general, hearing aids, assistive devices, and other such topics.

\$5.00 fee & reservation required.

Summer Movie Series at The Rochester Academy of Medicine: Thursdays at the Theater—2:00 p.m.

These movies are free & open to the public; light refreshments are provided. **RSVP's required. Please call 585.271.1307 or online - raom.org**

7/25 Grumpy Old Men, 8/1 Dr. No, 8/8 True Grit, 8/15 Murder on the Orient Express, 8/22 The Best Exotic Marigold Hotel, 8/29 The Sting

Oasis Classes @ Valley Manor. Register online www.oasisnet.org/Rochester-NY or call: 730-8800

Sipping into Summer: A Wine and Cheese Pairing Guide — Monday, July 15, 2:00— 3:30 p.m. @ Valley Manor. Learn what's "hot" in the world of wine and cheese, just in time for summer! This class will emphasize lighter styles of wines paired with lighter cheeses for summer enjoyment! Instructors: Holly Howell, wine columnist & Certified Sommelier, Ann Duckett, cheese educator & proprietor.

\$45.00 fee & registration is required.

ESLC @ 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. Monthly fee of \$25.00, or **Silver'n Fit member - \$25.00/year.**

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

ESLC Parking Lot @ 1530 East Avenue is available for any of the programs we offer.

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