



Episcopal
SENIORLIFE
Communities
Life. Inspired every day.

HONEOYE FALLS NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

July—August 2019 Activities

Pinehurst

1000 Pine Trail, Honeoye Falls, NY 14472

Walking Club: Tuesdays at 10:00 a.m. Meet in Pinehurst Living Room and proceed to the hallways and grounds around the community. Walk at your own pace or accompany others interested in walking together.

Core Body Work out: Tuesdays at 11:00 a.m. For the older adult who wants to stay active, healthy, and strong. This class uses strength training to improve mobility, posture and stability. This is a great workout while sitting in your chair!

Strength and Balance Class: Wednesdays at 1:30 p.m.
No Class 7/3 & 9/4 This class is hosted by Lattimore Physical Therapy with an emphasis on balance training for those who feel they are at risk for falls. Increase the strength of your knee, ankle and leg muscles.

Senior Exercise Class: Thursdays at 10:00 a.m. Want to feel younger, get stronger, sleep better and have more energy? This class will assist you in making meaningful strides toward helping heart disease, arthritis, osteoporosis, high blood pressure and diabetes.

Yoga: Friday 7/12, 7/26, 8/9, 8/23, 9/13, 9/27 at 10:00 a.m. This is a seated yoga class. Come and increase your lung capacity, muscle tone, and strength. Studies also show improved mood as a benefit from yoga. Enhance the feeling of well-being while linking mind, body and breath.

Cooking with Laurie: Mondays 7/22, 8/19, 9/16 @ 12:45 p.m. ESLC's Chef will demonstrate simple, healthy food items and healthier variations of food preparation and meals. Sampling available. **Reservation required.**

Book Club: Thursdays at 3:30 p.m. Come join our Pinehurst Book Club—we are always looking for new members! Share your time, thoughts and book ideas with us.

- July & August: Summer Reading Selections — *When Breath Becomes Air, Story of Arthur Truluv, Night of Miracles, Three Things about Elsie, First Phone Call From Heaven, When the Crawdads Sing*
- September—*Educated* by Tara Westover

Special Events:

Music: Monday, August 12 at 3:00 p.m.
Pinehurst, 1000 Pine Trail, Honeoye Falls
Standard Time will play a variety of music. Join us for the toe tapping tunes.

Join Us for Lunch

The Silver Birch Dining Room is open daily from 11:30 a.m. - 12:30 p.m. for daily lunch specials.
Reservations required.

There is a nominal fee of \$75.00/year to become a Neighborhood Program Member. Membership information and class schedules are available online at EpiscopalSeniorLife.org/neighborhood-programs.

Go online or call 585.624.5970 to confirm class times.