

WESTSIDE NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

July –September 2018 Activities

Recorder Class: Mondays from 2:15 - 2:45 p.m. NO CLASS 9/3

Seabury Woods, 110 Dalaker Drive, Gates

Learn to play the recorder. Promotes a healthy brain, increases oxygen levels in your blood, and is fun! No prior musical experience necessary. *Initial cost \$5.00 for recorder and music book.*

ZUMBA GOLD®: Mondays at 4:00 p.m. NO CLASS 7/16 & 9/3

Seabury Woods, 110 Dalaker Drive, Gates

For the older adult who wants to stay active and healthy, this class uses high tempo Latin music to make for a fun class and great workout! The ZUMBA GOLD® dance steps are easy to learn and you don't need a dancing partner.

MITE with Maureen: Tuesdays at 3:30 p.m.

Church of the Epiphany, 3285 Buffalo Road, Gates

Maintaining Independence Through Exercise (MITE) is a sit/stand exercise class involving both hand and ankle weights to promote independence in everyday activities.

Healthy Eating: Third Tuesday Each Month (7/17, 8/21, 9/18)

at 1:30 p.m. **Seabury Woods, 110 Dalaker Drive, Gates**

ESLC's Executive Chefs will demo healthier variations of food preparation and meals. Sampling available.

Alzheimer's Caregiver Support Group: Third Tuesday Each Month (7/17, 8/21, 9/18) from 5:30 - 7:00 p.m.

Seabury Woods, 110 Dalaker Drive, Gates

For caregivers and others dealing with Alzheimer's disease and other memory impairments. Led by trained professional.

Fit & Flexible with Katie: Wednesdays & Fridays at 10:00 a.m.

Ogden Senior Center, 200 South Union Street, Spencerport

This falls-prevention class is a low impact, sit/stand program designed to increase balance, strength, endurance & flexibility.

NEW! Book Club: Second Tuesday Each Month (7/10, 8/14,

9/11) at 1:30 p.m. Seabury Woods, 110 Dalaker Drive, Gates

Call for more information.

Chair Yoga with Linda: Thursdays at 2:15 p.m.

Seabury Woods, 110 Dalaker Drive, Gates

This class covers stretching, strengthening, breathing and

relaxing. Wear comfortable clothes; shoes are optional.

Grief/Loss Support Group: Second and Fourth Thursday Each Month from 1:10 - 2:10 p.m.

Seabury Woods, 110 Dalaker Drive, Gates

If you have experienced a major loss in your life, this small group might help you move forward.

Seasonal Tastings with Katie: Last Thursday Each Month (7/26, 8/30, 9/27) at 11:30 a.m.

Ogden Senior Center, 200 South Union Street, Spencerport
This workshop offers hands-on preparation of seasonal fruits and vegetables, tips for preparation and eating well. Sample tasting will be available.

Lunch and Learn: 3rd Thursdays, (7/19, 8/16, 9/20) from 12:30 - 1:30 p.m. Nominal fee of \$5.00 for meal.

Gates Library, 902 Elmgrove Road, Gates

Enjoy a nutritious meal prepared by our chefs while experts discuss health-related and wellness topics.

Reservation required.

July: Chilled Strawberry Soup, Roasted Corn Salad, Cuban sandwich

August: Veggie Gazpacho, Berry Watermelon Fruit Salad, Chicken Caesar Wrap

September: Spinach and Chickpea Soup, Macaroni Salad, Tuna and Roasted Tomato Sandwich

Aqua Class: Fridays at 1:45 p.m. NO CLASS 7/6, 8/17, 9/7, & 9/21

Valley Manor (an ESLC campus), 1570 East Avenue, Rochester
A water class that incorporates water walking, balance and toning exercises. Class adapted to participant levels. Water shoes strongly encouraged. On-site locker rooms available.

***Reservation required if transportation is needed.**

ESLC 150th Anniversary Senior Choir: 1st Wednesday each month from 2:00 – 3:00 p.m.

Musical group led by Hochstein School of Music & Dance - all abilities and musical talents welcome! Rotating locations.

These programs for Westside Neighborhood Program Members only. There is a nominal fee of \$75/year to join.

Call 585.546.8439 x3159 for more information or to inquire about transportation.