



Episcopal
SENIORLIFE
Communities

Life. Inspired every day.

WESTSIDE NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

July — September 2019 Activities

Recorder Class: Mondays, 2:15 - 2:45 p.m. No Class 9/2 & 9/16

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.**

Spring Concert 6/12 @ 3:30 p.m.

ZUMBA GOLD®: Mondays at 4:00 p.m.

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.

Alzheimer's Caregiver Support Group: Third Tuesday Each Month (7/16, 8/20, 9/17) 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 at 10:00 a.m. & Fridays at 9:30 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.

Book Club: Second Tuesday Each Month (7/9, 8/13, 9/10) 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.

Life Changes 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 change in your life, this small group might help you move forward.

Lunch and Learn: 3rd Thursdays (7/18, 8/15, 9/19) 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.

Aqua Class: Fridays at 1:45 p.m. NO CLASS 7/5, 7/26, 8/2, 8/9, 9/13

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.**

Art For the Young @ Heart: 1st Thursday Each Month @ 10:30 a.m.

Seabury Woods 110 Dalaker Drive, Gates

Class designed for both beginners and seasoned artists. Classes lead by art teachers that will help you explore your creative side. ***Class size may be limited.**

Walking Club (NEW): 2nd & 4th Thursday in July, Aug., Sept.

Meet at 10:00 a.m. at the designated park. Call the week ahead for walking location. Good walking shoes & walking stick if necessary. Bring bag lunch to socialize with your peers after.

Transportation reservation or questions call Maureen @ 585.426.4950

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.