



Celebrating 150 years of inspired life.

NORTHEAST GREECE NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

January 2019

Beatrice Place

600 Denise Road, Rochester, NY 14616

Dancing in the Kitchen with Bernadette (food demo & taste): Tuesday 1/9 at 2:30 p.m. & Thursday 1/24 at 12:00 p.m.

Join Bernadette in the kitchen to learn and taste easy-to-make foods.

Fit & Flexible: Mondays, Wednesdays and Thursdays at 1:30 p.m.

This exercise class is a low impact, sit/stand program designed to increase balance, strength, endurance and flexibility in order to decrease falling incidents.

Knitting with Judy: Wednesdays at 2:00 p.m.

Enjoy creating hand-made items while socializing with others. Bring your own supplies.

Gentle Yoga: Tuesdays at 10:00 a.m. & Fridays at 1:30 p.m.

Enhance the feeling of well-being while linking mind, body and breath. Increase muscle strength and flexibility.

Lunch & Learn: Thursday 1/10 at 12:00 p.m. Nominal fee of \$5.00

Menu: · Lemon artichoke soup · Kentucky hot brown open faced turkey, swiss, tomato & bacon sandwich · Marinated tomato and cucumber salad. **Speaker:** Bernadette Zilnik: How to energize yourself in 2019

“We Make. You Take.”: Tuesday 1/29

Pick up meals from 4:00 - 5:00 p.m. **Nominal fee of \$5.00**

Meals prepared by ESLC Executive Chef David Watkins. Enjoy your meal with others in the common area or take home. **Orders required** by contacting Mary Ellen VanAuker at 546.8439 x4410 or mvanauker@EpiscopalSeniorLife.org

Open Gym Hours: Monday-Friday 9:00 a.m. - 4:00 p.m.

Come in and enjoy our exercise equipment between classes. Treadmill, bike, free weights and octane Elliptical are all available for use.

These programs for Northeast Greece Neighborhood Program Members only. There is a nominal fee of \$75/year to join. No fee for Beatrice Place residents.

Call 585.546.8439 x4410 for more information.

ESLC Transportation Service Available.

Call 585.546.8439 x4419.