



Celebrating 150 years of inspired life.

NORTHEAST GREECE NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

October - December 2018

Beatrice Place

600 Denise Road, Rochester, NY 14616

Dancing in the Kitchen with Bernadette (food demo & taste): Thursday 9/20, 11/15, 12/20 at 12:00 p.m. Join Bernadette in the kitchen and learn and taste easy to make foods.

Barre with Becky: Thursdays at 10:00 a.m. A new craze in senior fitness using a barre—a mainstay at dance studios. Participants improve balance and flexibility thru range of motion based on the principles of ballet and strength conditioning. This class is best suited for those who can stand, move and balance with light assistance of a barre for the majority of class

Fit & Flexible: Mondays, Wednesday 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, 10/11, 11/8, 12/13 at 12:00 p.m. **Nominal fee of \$5.00.**

October: Loren Ranletta, History of ESLC

November: Jared Rene, History of Greece Police

December: Joe Robach, How he got started in politics

SilverSneakers® Yoga Fusion - Stretch and Balance: Tuesdays at 1:00 p.m. This class will take you through gentle movements designed to challenge and strengthen your body while you exercise in or out of the chair. Relax your body and allow the soft music to enhance your experience of wellness.

“We Make. You Take.” Tuesday dates TBD 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

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.**