



RIVER EDGE

# NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

**FREE Activities: June - August 2018**

*River Edge Manor*  
535 Mount Hope Avenue, Rochester, NY 14620

## *Summer Wellness Series*

Come and try new ways to stay healthy over the summer! These trial sessions will allow participants to experience something new, have fun, meet new people and have input into future classes.

**Piyo Class: Thursday, July 19 at 11:00 a.m. (Fitness Room)**

This exercise class blends Pilates and Yoga.

**Fun Nutrition with Katie: Thursday, July 26 at 11:45 a.m. (Activity Room)**

Join Katie as she teaches fresh new ways to eat healthy using in-season fruits and vegetables. Nutritional information and tastings will be provided.

**Home Safe Home: Thursday, August 2 at 11:00 a.m. (Fitness Room)**

This is a Lifespan presentation that provide a general home safety review geared toward fall prevention. They also complete minor home modifications including installation of grab bars, smoke detectors, hand rails for stairs, door grips, handicapped toilet seats, tub transfer benches, bathtub seats.

**Hands Down Tap Dancing: Thursday, August 9 at 11:00 a.m. (Fitness Room)**

A new tap dancing technique that allows people with mobility issues the opportunity to tap dance including technique, combinations and routines. This is a seated program.

**Falling Successfully: Thursday, August 16 at 11:00 a.m. (Fitness Room)**

Falls are a common occurrence among seniors and can cause numerous health issues. This class will offer tips and techniques to use to decrease falls and decrease injuries.

**Jazzercise: Thursday, August 23 at 11:00 a.m. (Fitness Room)**

This is a combination of aerobic exercise and dance fitness for all ages and fitness levels. Class can be done seated or standing.

**Qigong: Thursday, August 30 at 11:00 a.m. (Fitness Room)**

Qigong is a holistic system of coordinated body posture and movement, breathing and meditation used in the belief that it promotes health, spirituality and martial arts training.

**For more information, please call 585.232.3130**