

The Mendon-Honeoye Falls-Lima

**SENTINEL**

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**GCC**

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TAP (Tuition Assistance Program) forms. Interested individuals are encouraged to contact the AEOC

**Honeoye Falls Neighborhood Program For Seniors Continues**

Episcopal SeniorLife Communities (ESLC) is pleased to offer the Honeoye Falls Neighborhood Program for seniors in the Honeoye Falls/Mendon area. The program is one of six of its kind for the organization and offers a variety of health and wellness classes for seniors age 60+ who live in the community. All programs take place at Pinehurst, 1000 Pine Trail, Honeoye Falls. The January – March schedule is as follows:

**ZUMBA Chair:** Mondays at 11:00 a.m. For the older adult who wants to stay active and healthy, this class uses high tempo Latin music to make for a fun experience and great workout while sitting in your chair!

**Bible Study:** Tuesdays at 3:00 p.m. This moderated study of the Bible is a small group designed for participants to connect with other believers in fellowship and to grow in understanding of God's Word.

**Senior Exercise Class:** Thursdays at 10:00 a.m. Want to feel younger, get stronger, sleep better and have more energy? This class will assist you to make meaningful strides toward helping heart disease, arthritis, osteoporosis, high blood pressure and diabetes.

**Walking Club:** Tuesdays at 10:00 a.m. Meet in Pinehurst Lobby and proceed to the hallways and grounds around the community. Walk at your own pace or accompany others interested in walking together.

**Strength and Balance Class:** Wednesdays at 1:30 p.m. NO CLASS 2/13 This class is hosted by Lattimore Physical Therapy with an emphasis on balance training for those who feel they are at risk for falls.

**Seasonal Tastings:** Mondays, 2/11, 3/11 @ 12:15 p.m. This workshop offers hands-on preparation of seasonal fruits and vegetables, tips for preparation and eating well. Sample tasting will be available. *Reservation required.*

**Cooking with Laurie:** Monday 1/21, 2/25, 3/18 @ 12:45 p.m. ESLC's Chef will demo healthier variations of food preparation and meals. Sampling available. *Reservation required.*

**Book Club:** Thursdays at 3:30 p.m. Come join our Pinehurst Book Club—we are always looking for new members! Share your time, thoughts and book ideas with us.

January—*Facism* by Madeline Albright

February—*A Civil Life in An Uncivil Time: Julia Wilber's Struggle for Purpose* by Paula Tarnapol Whitacre, daughter of a Queen by Sarah Bird

March—*The Radium Girls* by Kate Moore

**Who Killed JFK:** Wednesday, February 13 @ 1:30 p.m. Martin Molinari will present "The Assassination of JFK". Come learn about this major event in U.S. history. The end of the presentation will include a Q&A discussion. There is no charge but *reservations are required.*

**Join Us for Lunch.** The Silver Birch Dining Room is open daily from 11:30 a.m. - 12:30 p.m. for daily lunch specials. *Reservations required.*

Programs are for Neighborhood Program Members unless otherwise specified. For more information about becoming a member, or to register for a program, please call 585.624.5970. No fee for residents. Membership information and forms are available online at [EpiscopalSeniorLife.org/neighborhood-programs](http://EpiscopalSeniorLife.org/neighborhood-programs).

**Skyler Smith's Tour of Mendon: The Mendon Hotel**



**MENDON HOTEL ~ EARLY 1900's**

BY SKYLER, DEB AND TIM SMITH

**DELVING INTO THE PAST** - When I left you last week we were at Black Horse Bistro where I have just noticed an original sign for the old Mendon Hotel indicating its opening date of 1812. As my head turns from the Bistro's wall, to the glass window in front, I can see Crosby's mini-mart across the street. I am at a total loss to explain what happens next, but I suppose that the Twilio Zone music I hear playing in the background should have been my first hint I suddenly feel myself engulfed by a strange inexplicable phenomenon.

Gazing out over the four corners of the hamlet my vision becomes hazy. The streetlight on the corner catches my eye through the haze, I gradually see 21st century electric streetlight morph into an old-fashioned gas lamp post, kind that might have illuminated the hamlet a hundred years ago.

As the sound of trains screaming across the tracks of the Lehigh Valley Railroad rattles the town and echoes through the hamlet of Mendon, residents hear the more subtle clip-clop sounds of horse-drawn stagecoaches approach the four corners from all directions, many heading to the Mendon Hotel.

If turn-of-the-century 1900 Mendon had been a clamshell, the Mendon Hotel would have been its pearl. And oh, what a shimmering pearl it was.

**THE HOTEL GUESTS** - If one scrutinizes the attire of the stagecoach riders departing the vehicle, their destinations would be fairly easy to deduce: if they are wearing casual clothes or farming garb, they are probably returning to their local homes or farms. But if they are dressed to the nines, they are probably headed to the Mendon Hotel. In addition to the social elite arriving via stagecoach, the Lehigh Valley Railroad also provides passenger service to Mendon. A swank and sultry summer Saturday night and the historical hamlet is happily hopping.