



Episcopal
SENIORLIFE
Communities
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HONEOYE FALLS

NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

**April - June
2019 Activities**

Pinehurst

1000 Pine Trail, Honeoye Falls, NY 14472

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 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 Multipurpose Room 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 4/17, 5/29 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 4/8, 5/13, 6/10 @ 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: Mondays 4/15, 5/20, 6/17 @ 12:45 p.m. ESLC's Chef will demonstrate simple, healthy food items and 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.

- April—The Jello Girls
- May—Radium Girls
- June— A Man Called Ove

Special Events:

Easter Egg Hunt: Saturday, April 20 @ 10:-00 a.m.
Pinehurst, 1000 Pine Trail, Honeoye Falls
Sponsored by the Honeoye Falls-Mendon Chamber of Commerce . Children ages 2-10 are invited to "hunt for eggs". The Easter Bunny will hop around Pinehurst grounds.

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.

There is a nominal fee of \$75.00/year to become a Neighborhood Program Member. Membership information and class schedules are available online at EpiscopalSeniorLife.org/neighborhood-programs.

Go online or call 585.624.5970 to confirm class times.