



NORTHEAST GREECE NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

April 2019
Beatrice Place
600 Denise Road, Rochester, NY 14616

Dancing in the Kitchen with Bernadette (food demo & taste): Thursday 4/18 at 2:45 p.m. & Thursday 4/25 at 2:45 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.

Fruits & Veggies Prep: Fridays at 3:00 p.m. We slice and dice. You carry. Bring your own fruits and vegetables, and we'll prep and pack your produce. Makes cooking meals easy!

Lunch & Learn Social: Thursday 4/11 at 12:00 p.m. *Nominal fee of \$5.00* A healthy lunch of soup, sandwich and side will be served for a nominal fee of \$5.00. No formal speaker — enjoy social time with friends!

“We Make. You Take.”: Tuesday 4/30 at 4:00 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.

Heart Healthy Oatmeal Bar: Thursday 4/4 at 9:30 a.m. *Nominal fee \$2.00*

Start your day off right with a healthy oatmeal breakfast — stop by for some tasty and hearty toppings.

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.