**Blood pressure checks:** 11 a.m. to 1 p.m. on Tuesdays, Gates Volunteer Ambulance Service, 116 Old New Ave., Spencerport. Free. For information, call (585) 352-4742.

**Book Club:** 1:30 p.m. on the second Tuesdays of the month, Seabury Woods, 110 Dalaker Drive, Gates. For seniors in the Westside Neighborhood Program. For information: (585) 546-8400.

**Building Community Through Quilting:** 1 to 4 p.m. on Wednesdays, Thursdays and Fridays, Valley Manor, 1530 East Ave., Rochester. For East Avenue Neighborhood Program members ages 60 and older. For information, call (585) 770-1904.

**Chall Yoga with Linda:** 2:15 p.m. on Thursdays, Seabury Woods, 110 Dalaker Drive, Gates. For seniors in the Westside Neighborhood Program. This class covers stretching, strengthening, breathing and relaxing. Wear comfortable clothes; shoes are optional. For information: (585) 546-8400.

**Chore for Those Living With Memory Issues:** 11:30 a.m. to 12:30 p.m. on Wednesdays, Ashby First United Methodist Church, 1650 East Ave., Rochester. For those with memory loss and care partners. Participants meet in Wesley Hall of Building 1046, Free. For information, email info@ashbyfirst.org or visit ashbyfirst.org or call (585) 271-1050.

**Community Breakfast:** 9 to 11 a.m. on the first Wednesdays, St. Peter’s Church, 2825 East Henrietta Road, Henrietta. Join in this social event while enjoying a meal with others from the Henrietta community. Free. For information, call (585) 546-8439, ext. 4319.

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