



Episcopal
SENIORLIFE
Communities
Life. Inspired every day.

NORTHEAST GREECE NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

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

Fit & Flexible: Mondays, Wednesdays & 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 Chair Yoga: Tuesdays @ 10:00 a.m. Wednesday @ 12:30 p.m. Fridays @ 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!

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.

Traveling Walking Club: Thursday, August 8 at 10:00 a.m. at Beatrice Place **AND** Thursday, August 29 at 10:00 a.m. TBD. Get you steps in in the beautiful parks of Rochester. Enjoy the sun and fresh air with new and old friends.

Fresh Garden Stir Fry: Thursday, August 8 at 12:00 pm. Come and enjoy a fresh stir fry from our very own garden.

David's Steak Out: Tuesday, August 27 at 4:00 p.m. Grilling prepared by ESLC Executive Chef David Watkins. **Orders required** by contacting Mary Ellen VanAuker at 546.8439 x4410 or mvnauker@EpiscopalSeniorLife.org

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.