EAST AVENUE
NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors
November - December 2019 Member Schedule

Fitness Programs

Open Swim: **Mondays, Wednesdays & Fridays from 8:30 - 10:00 a.m. & 11:00 a.m.- Noon.** Certified Instructor Susan Smith will be on site to guide you in the therapeutic pool.

Aqua Fit Class: **Mondays, Wednesdays & Fridays at 10:15 a.m.** Certified Instructor Susan Smith will keep you feeling flexible all season long with this aquatics class.

Chair Yoga with Katie: **Mondays at 1:30 p.m. & Fridays at 11:30 a.m.** Enhance the feeling of well-being while linking mind, body and breath. Increase muscle strength and flexibility.

Exercise Class with Rosalind: **Tuesdays & Thursdays at 8:30 a.m.** A low-impact cardio, toning and stretching workout performed to a fun, eclectic mix of music.

Tai Chi with Carmen: **Wednesdays at 9:00 a.m.** This class uses slow, smooth body movements to achieve a state of relaxation of both the body and mind. A great stress reliever!

Aqua Class with Maureen: Fridays at 2:00 p.m. NO CLASS 11/29. A water class that incorporates water walking, balance and toning exercises. Class adapted to participant levels.

Wellness Programs

Wednesday, December 11, 1:00—2:00 p.m. Aaron Olden MD, FACP will discuss How Stress Affects the Body as ESLC – Rockwood Center in Henrietta. Dr. Olden was named one of Rochester's 40 under 40 by RBJ in 2017. Questions? Contact Katie Bauer at 585.546.8439 x 4411.

Social Engagement Programs

Young at Heart Painting Class with Kathleen Growney-Lorenzo: **4th Wednesday each month from 10:30 - 11:30 a.m.** No experience or materials needed. Beginners welcome — learn something new and enjoyable! **NO CLASS 12/25** *$5.00 fee & reservation required.*

Tuesday Topics at The Rochester Academy of Medicine: **2nd Tuesday each month from 11:00 a.m. - Noon**
- **December 10**: Sporting with Life- Shelly's Frankenstein and Bioethics, Presenter: Lester Friedman PhD.

These discussions are free & open to the public, but reservations required. Please call 585.271.1307 or online - raom.org. Catered lunch 12-1p, $12. (optional, but reservation required)

Wednesday, December 11, 11:00 a.m.—Noon @ Valley Manor. *Living in Place: A Community of Vibrancy for Seniors* presented by Susan Wylie, ESLC's Community Program Coordinator. Light refreshments to follow discussion. To register: email kpottetti@episcopalseniorlife.org.

LIFESPAN'S Nickel Bingo Program at Wolk Café - Sibley Square, **Tuesday—10:30 a.m. Nov. 26, Dec. 3, 10, 17.** *This program is free & open to the public.* **A tasty, healthy lunch is offered right after bingo for $3.50 donation.** *Reservation required one week prior,* **Please email: kpottetti@episcopalseniorlife.org.**

Oasis Program

Wine & Cheese: Monday, December 9, 2:00 - 3:30 p.m. @ Valley Manor. You'll stress less and enjoy entertaining more with the ideas Holly and Ann bring to the table just in time for the holiday season. We'll be sharing cheese board basics and a few simple yet elegant recipes for you to sample and enjoy. Instructors: Holly Howell, wine columnist and Certified Sommelier, and Ann Duckett, proprietor, Little Bleu Catering & Events. **Registration deadline is 12/2/19. Register online www.oasisnet.org/Rochester-NY OR call 730-8800.**

Valley Manor has a therapeutic pool, jacuzzi, exercise room and numerous exercise classes. In addition, many speakers, book club, Lunch 'n Learns and much more are available to members.
Become a member of our Neighborhood Program to take advantage of these programs. Monthly fee of $25.00, or *Silver'n Fit* member - $25.00/year.
For more information, contact Kathy Pottetti,
585.770.1962 or kpottetti@EpiscopalSeniorLife.org

These programs are for East Avenue Neighborhood Program Members. No fee for residents.