Honeoye Falls Neighborhood Program
A Health and Wellness Initiative for Seniors

January—March 2020 Activities
Pinehurst
1000 Pine Trail, Honeoye Falls, NY 14472

Tai Chi: Mondays at 10:00 a.m. beginning January 13
Tai Chi combines slow moving with deep breathing. It increases strength balance & posture as well as helps to prevent falls and reduce stress. Come improve your mind, body & spirit! Registration required.

Walking Club: Tuesdays at 10:00 a.m. Meet in Pinehurst Living Room and proceed to the hallways and grounds around the community. Walk at your own pace or accompany others interested in walking together.

Core Body Workout: Tuesdays at 11:00 a.m. For the older adult who wants to stay active, healthy, and strong. This class uses strength training to improve mobility, posture and stability. This is a great workout while sitting in a chair!

Strength and Balance Class: Wednesdays at 1:30 p.m.
This class is hosted by Lattimore Physical Therapy with an emphasis on balance training for those who feel they are at risk for falls. Increase the strength of your knee, ankle and leg muscles.

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 in making meaningful strides toward helping heart disease, arthritis, osteoporosis, high blood pressure and diabetes.

Yoga: Fridays 1/10, 1/24, 2/14, 2/28, 3/13 at 10:00 a.m.
This is a seated yoga class. Come and increase your lung capacity, muscle tone, and strength. Studies also show improved mood as a benefit from yoga. Enhance the feeling of well-being while linking mind, body and breath.

Cooking with Laurie: Monday 1/20 and 3/16 at 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.
Join our Pinehurst Book Club—we are always looking for new members! Share your time, thoughts and book ideas with us. Books we will read this fall include:
• Bitterroots by CJ Box
• An American Marriage by Tayari Jones
• The Library Book by Susan Orlean
• The Diary of Anne Frank by Anne Frank

Special Events:

Turtle Stones: Friday, January 10 at 1:00 p.m.
A local historian will come and speak on turtle stones, What are they? How did they get here?

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.