Recorder Class: Mondays at 2:00 p.m.  
Seabury Woods, 110 Dalaker Drive, Gates  
Learn to play the recorder. Promotes a healthy brain, increases oxygen levels in your blood, and is fun! No prior musical experience necessary. **Initial cost $5.00 for recorder and music book.**

ZUMBA GOLD®: Mondays at 3:30 p.m.  
Seabury Woods, 110 Dalaker Drive, Gates  
For the older adult who wants to stay active and healthy, this class uses high tempo Latin music to make for a fun class and great workout! The ZUMBA GOLD® dance steps are easy to learn and you don't need a dancing partner.

MITE with Maureen: Tuesdays at 3:30 p.m.  
Seabury Woods, 110 Dalaker Drive, Gates  
Maintaining Independence Through Exercise (MITE) is a sit/stand exercise class involving both hand and ankle weights to promote independence in everyday activities.

Healthy Eating: Third Monday Each Month (1/20, 2/18, 3/16) at 1:30 p.m.  
Seabury Woods, 110 Dalaker Drive, Gates  
ESLC’s Executive Chefs will demo healthier variations of food preparation and meals. Sampling available.

Alzheimer’s Caregiver Support Group: Third Tuesday Each Month (1/21, 2/19, 3/17) from 5:30 - 7:00 p.m.  
Seabury Woods, 110 Dalaker Drive, Gates  
For caregivers and others dealing with Alzheimer’s disease and other memory impairments. Led by trained professional.

Fit & Flexible with Katie: Wednesdays 10:00 a.m. & Fridays at 9:30 a.m.  
Ogden Senior Center, 200 South Union Street, Spencerport  
This falls-prevention class is a low impact, sit/stand program designed to increase balance, strength, endurance & flexibility.

Book Club: Second Tuesday Each Month (1/14, 2/11, 3/10) at 1:30 p.m.  
Seabury Woods, 110 Dalaker Drive, Gates  
Call for more information.

Chair Yoga with Katie: Thursdays at 2:00 p.m.  
Seabury Woods, 110 Dalaker Drive, Gates  
This class covers stretching, strengthening, breathing and relaxing. Wear comfortable clothes; shoes are optional.

Life Changes Support Group: Second and Fourth Thursday Each Month from 1:10 - 2:10 p.m.  
Seabury Woods, 110 Dalaker Drive, Gates  
If you have experienced a major loss in your life, this small group might help you move forward.

Lunch and Learn: March 19 from 12:30 - 1:30 p.m. **Nominal fee of $5.00 for meal**  
Gates Library, 902 Elmgrove Road, Gates  
Enjoy a nutritious meal prepared by our chefs while experts discuss health-related and wellness topics. **Reservation required.**

Aqua Class: Fridays at 2:00 p.m. **NO CLASS 1/10, 3/6 & 3/13**  
Valley Manor (an ESLC campus), 1570 East Avenue, Rochester  
A water class that incorporates water walking, balance and toning exercises. Class adapted to participant levels. Water shoes strongly encouraged. On-site locker rooms available. **Reservation required if transportation is needed.**

Art For the Young @ Heart: 1st & 3rd Thursday Each Month at 10:30 a.m.  
Seabury Woods 110 Dalaker Drive, Gates  
Class designed for both beginners and seasoned artists. Classes lead by art teachers that will help you explore your creative side. **Class size may be limited.**

These programs for Westside Neighborhood Program Members only. There is a nominal fee of $75/year to join. Call 585.546.8439 x3159 for more information or to inquire about transportation.