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# NORTHEAST GREECE NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

**January 2020**

*Beatrice Place*

**600 Denise Road, Rochester, NY 14616**

**Knitting with Judy: Wednesday at 2:00 p.m.**

Enjoy creating hand-made items while socializing with others. Bring your own supplies.

**Lunch and Learn: Uber and Lyft - How to Make that Work for You**

**Thursday, January 9 at 12:00 p.m.**

Speaker Susan C. Del Pozzo, Media/Adult Programming Librarian from the Webster Public Library, will present this informative session about ride sharing services as part of a lunch-n-learn at Beatrice Place. Attendees are encouraged to bring their smart phones. Susan will help participants download and use the app, and explain how services work.

**\*Strength, Move and Learn with Becky: Tuesday at 10:00 a.m.**

Join us for pep and a little sweat! Start your day alternating 8-minute low impact combinations (sports and dance themed) with 8-minute strength training (using bands and weights). Every class will conclude with a brief introduction and discussion of a new concept, article or idea that can help us improve our independence and well-being. All fitness levels welcome!

**\*Connect and Stretch with Becky: Thursday at 10:00 a.m.**

No experience necessary and all levels accommodated. An energetic 35 minutes focusing on range of movement, strength and flexibility. Last 10 minutes we will rejuvenate with aromatherapy and a guided body scan relaxation.

**\*Yoga Moves with Becky: Monday and Wednesday at 1:30 p.m.**

Tune into your mind and body for this yoga-style class with an ending imagery meditation. Join us and interact with other positive people.

**\*No Fitness Classes until January 6 - Happy Holidays!**

**Programs for Northeast Greece Neighborhood Program Members only.**

**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.**