HENRIETTA NEIGHBORHOOD PROGRAM
A Health and Wellness Initiative for Seniors

Member Programs: January - March 2020

ZUMBA GOLD®: Mondays from 9:30-10:00 a.m.
Rockwood Center, 3833 East Henrietta Road
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.

Expressions of Life in Colored Pencil (6-week class):
Second & Fourth Mondays, 10:15-11:30 a.m.
Rockwood Center, 3833 East Henrietta Road
Guided instruction by Elaine Rittler on how to use colored pencils to make beautiful artwork. One project completed during 6-week session. Materials provided. Registration required.

Senior Yoga: Thursdays at 10:00 a.m.
Rockwood Center, 3833 East Henrietta Road
This class is adapted for any experience level. Yoga mats, blocks and straps provided or bring your own.

Café & Social: Thursdays 1/30 & 3/26 from 12:00-1:00 p.m.
Rockwood Center, 3833 East Henrietta Road
ESLC Dining & Hospitality staff will provide a delicious meal; No formal speaker — enjoy social time with friends! Registration required.

Lunch & Learn: Thursday 2/27 from 12:00-1:00 p.m.
Rockwood Center, 3833 East Henrietta Road
A physical therapist from ESLC Center for Rehabilitation will discuss Osteoporosis and how specific exercises can help keep posture intact, increase mobility & strengthen muscles. ESLC Dining and Hospitality staff will provide a delicious meal. Registration required.

Healthy Eating: Second Thursday each month 1/9, 2/13 & 3/12 at 12:30 p.m.
Rockwood Center, 3833 East Henrietta Road
ESLC’s Executive Chefs will demo healthier variations of food preparation and discuss some health benefits of foods. Sampling available.

“We Make. You Take.” Meals: Mondays 1/27, 2/24 & 3/30
Nominal fee of $5.00
Rockwood Center, 3833 East Henrietta Road
Enjoy your meal with others in the common area or eat at your own place. Orders required by calling 585.546.8439 x4319.

Menus:
1/27: Meatloaf with mashed potatoes & dill carrots
2/24: Stuffed peppers with Spanish Rice
3/30: Sweet & Sour Pork with Asian Vegetables

“Just Say Yes to Fruits & Vegetables” by Foodlink
Third & Fourth Tuesday of each month from 1:00-2:00 p.m.
Rockwood Center, 3833 East Henrietta Road
Learn how to add fruits & vegetables to your diet, stretch your food dollars & plan healthy meals. Tastings available.
*This program is free and open to the public.

“Piano Music” by Matthew Figel (Virtual NP)
Monday, January 13 at 1:00 p.m.
Rockwood Center, 3833 East Henrietta Road
Eastman School of Music student and Valley Manor’s Artist in Residence, Matthew Figel, will provide a captivating piano performance.

“Self Care” by Brian Quinn
Tuesday, January 14 at 1:00 p.m.
Rockwood Center, 3833 East Henrietta Road
This 60-minute interactive class talks about eight things that we can do today that could leave us feeling better tomorrow. Come learn about these eight ideas and maybe find one or two that you can incorporate into your day-to-day life yourself!

“Benefits of Sleep” by Marcia Najar
Friday, January 31 at 12:30 p.m.
Rockwood Center, 3833 East Henrietta Road
Learn about sleep cycles, sleep apnea, the benefits of sleep and what you can do to improve it, as well as other helpful information related to sleep.

“The Fountain of Youth” by Marcia Najar
Thursday, February 20 at 2:00 p.m.
Rockwood Center, 3833 East Henrietta Road
Find out some youthful tips that you can incorporate into your daily life.

“Arthritis” by Marcia Najar
Thursday, March 19 at 2:00 p.m.
Rockwood Center, 3833 East Henrietta Road
Learn the different types of arthritis and some tips & tricks to address it.

To register for a class/program, call 585.546.8439 x4319

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These programs are being offered to members only for a nominal fee of $75 annually.
To become a member, contact Patty Chapman at 585.321.1490 x4228 or pchapman@EpiscopalSeniorLife.org.