Lunch and Learn: Resident Al Adaskin and his Feathered Friends  
Thursday, March 12 at 12:00 p.m.
Lunch and Learn with Guest Speaker and Resident Wood Carver Al Adaskin. Al will showcase his fascinating birds and educate us on different bird varieties, the craft of wood carving and his experience in this intricate art form. Lunch is $5.00. **Menu:** Lemon Artichoke Soup, Waldorf Chicken Salad Sandwich & Roasted Brussels Sprouts Salad

Strength, Move and Learn with Becky: Tuesdays 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: Thursdays 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.

St. Patrick’s Day Fun: Tuesday, March 17, 10:00 a.m. - 2:00 p.m.  
Start your Patrick’s Day exercising to an eclectic celtic mix at 10:00 a.m. Head over to the kitchen for a Green Smoothie making demonstration at 12:00 p.m. We’ll grab our smoothies and head into the café for a craft hour. Bring your own project or join us as we stain and paint bright wooden rainbow coasters.

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.