



VIRTUAL NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

The Virtual Neighborhood Program is a means for you to stay active and engaged in the comfort of your home! The program uses Zoom technology, to connect directly to classes from your personal electronic device.

For instructions on accessing Zoom on your personal device, visit: <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-Meeting>

If you would like to participate in a workshop to learn how to use Zoom, please contact Becky Hurysz at 585-546-8439, ext. 4412, or rhurysz@episcopalseniorlife.org, with your name, phone number and email address. Workshops are offered on Wednesdays at 12:00 p.m.

The schedule for Virtual Neighborhood Program offerings is on the pages that follow. If you would like to participate in a class, log into Zoom on the date and time of the class, and enter the Zoom ID Number and Password that are listed on the schedule. If an ID Number or Password is not on the schedule, please contact one of our Recreation Coordinators to assist:

East Avenue: Kathy Pottetti (585-546-8439, ext. 1962)

Henrietta: Patty Chapman (585-546-8439, ext. 4228)

Honeoye Falls: Deanna Flaitz (585-546-8439, ext. 1717)

Northeast Greece: Rebecca Hurysz (585-546-8439, ext. 4412)

River Edge: Bonnie Gregoire (585-546-8439, ext. 3703)

Westside: Maureen Williams (585-546-8439, ext. 5210)

Contact Susan Wylie with any questions at
585.546.8439 x3553 or swylie@EpiscopalSeniorLife.org

CLASS SCHEDULE — JULY 2020

Mondays

Meditation: 9:00 a.m. (No class July 20) Zoom Class ID: 334 564 3680 Password: 123456

Discussion on Fall Prevention: 10:00 a.m. (July 13 and 27 only) Zoom Class ID: 883 6327 7215
Password: 152164

Tai Chi: 1:45 p.m. (No class July 20) Zoom Class ID: 937 092 8312 (No Password)

ZUMBA GOLD®: 3:30 p.m. (No class July 20)

Given intensity level, this class is offered by invitation only. Please contact Katie Bauer if you are interested in participating, at kbauer@episcopalseniorlife.org.

Tuesdays

Meditation: 9:00 a.m. (No class July 21) Zoom Class ID: 334 564 3680 Password: 123456

Cooking with Barb: 11:30 a.m. (No class July 21) Zoom Class ID: 334-564-3680 Password: 123456

Seated Stretch and Strength: 1:00 p.m. Zoom Class ID: 266-967-4307. Password: earlybird

Positive Thinking Discussion: 1:30 p.m. (No class July 21) Zoom Class ID: 334-564-3680. Password: 123456

Chair Yoga Stretch: 3:30 p.m. (No class July 21) Zoom Class ID: 334-564-3680. Password: 123456

Wednesdays

Meditation: 9:00 a.m. (No class July 22) Zoom Class ID: 334 564 3680 Password: 123456

Praying the Rosary: 11:00 a.m. (No class July 1) Zoom ID: 266-967-4307 Password: earlybird

Zen Doodling: 11:00 a.m. (No class July 22) Zoom ID: 334-564-3680. Password: 123456

Uplifting Music: 1:30 p.m. (No class July 22) Zoom ID: 334-564-3680. Password: 123456

Fit & Flexible: 3:30 p.m. (No class July 22)

Given intensity level, this class is offered by invitation only. Please contact Katie Bauer if you are interested in participating, at kbauer@episcopalseniorlife.org.

Wednesdays (con't)

First Timers Club—Learn Zoom! 12:00 p.m. (No class July 1)

Contact Becky Hurysz to join, at 585-546-8439, ext. 4412, or rhurysz@episcopalseniorlife.org

Worship Service: 1:00 p.m. Zoom ID: 770-4374-6275 Password: 4R1GS4

Tips on Health and Healing: 2:00 p.m. (July 1 only) Zoom ID: 785 2134 6685 Password: 4ufEZk

Thursdays

Meditation: 9:00 a.m. (No class July 2) Zoom Class ID: 334 564 3680 Password: 123456

MITE: Thursdays, 11:00 a.m. Zoom Class ID: 881 8109 3993 Password: 104199

Tips on Mental Wellness: 1:30 p.m. (No class July 2) Zoom Class ID: 334-564-3680. Password: 123456

History / Travelogue Discussion: 10:00 a.m. (July 9 only) Zoom Class ID: 561 334 5751 (No password)

Seated Stretch and Strength: 1:00 p.m. (No class July 2) Zoom Class ID: 266-967-4307

Password: earlybird

Chair Yoga Stretch: 3:30 p.m. (No class July 2) Zoom Class ID: 334-564-3680. Password: 123456

Fridays

Meditation: 9:00 a.m. (No class July 3, 10) Zoom Class ID: 334 564 3680 Password: 123456

History / Travelogue Discussion: 10:00 a.m. (July 24 only) Zoom Class ID: 561 334 5751 (No password)

Tai Chi: 1:45 p.m. (No class July 3, 10) Zoom Class ID: 937 092 8312 (No Password)