



Episcopal
SENIORLIFE
Communities
Life. Inspired every day.

VIRTUAL NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

JANUARY 2021 Happy New Year!

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>



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. Enter the Zoom ID Number and Password (if listed). If you need assistance accessing Zoom please contact one of our Recreation Coordinators.

East Avenue: Kathy Pottetti (585-546-8439, ext. 1962)
Henrietta: Kerry Leenhouts (585-546-8439, ext. 4228)
Honeoye Falls: Deanna Farrell (585-546-8439, ext. 1716)
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 Neil Cavalieri with any questions at
585.546.8439 or ncavalieri@episcopalseniorlife.org

CLASS SCHEDULE — January 2021

Monday

Morning Meditation: 9:00 a.m. Meeting ID: 334 564 3680 Password: 123456

Fit & Flexible: 10:30 a.m.

Given intensity level, please contact Katie Bauer if you are interested in participating - kbauer@episcopalseniorlife.org

Walk your way to Brain Health: 4:00 p.m. Meeting ID: 334 564 3680 Password: 123456

Join us for 22 minutes of walking your way to a Healthier Brain....get your steps in while sharpening your mind! Short but powerful class!

Zen Doodle with Robin: 5:00 p.m. 1/4 & 1/18. Meeting ID: 334 564 3680 Password: 123456

Tuesday

Morning Meditation: 9:00 a.m. Meeting ID: 334 564 3680 Password: 123456

Cooking with Barb: 11:30 a.m. Meeting ID: 334 564 3680 Password: 123456

Seated Stretch and Strength: 1:00 p.m. Meeting ID: 266 967 4307

30 minute seated class designed to increase flexibility and strength (hand weights optional)

Positive Talk and Thought with Brian: 1:30 p.m. Meeting ID: 334 564 3680 Password: 123456

ZUMBA GOLD®: 3:30 p.m.

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

Wednesday

Morning Meditation: 9:00 a.m. Meeting ID: 334 564 3680 Password: 123456

Episcopal Chats: 11:00 a.m. 1/31 Meeting ID: 266 967 4307

Christian Jensen, Executive Director of the Foundation and member of the ESLC Senior Leadership Team, will share information about how ESLC is raising money to support our residents, program members, and staff.

Fit & Flexible: 10:30 a.m.

Given intensity level, please contact Katie Bauer if you are interested in participating—kbauer@episcopalseniorlife.org

Bring your “Pet” to Lunch Day: 12:30 p.m. 1/6 Only Meeting ID: 266 967 4307

If you are a Pet lover with or without a pet to bring, join us to show and tell stories, and have lunch together.

Bring your “Project” to Lunch Day: 12:30 p.m. 1/20 Only Meeting ID: 266 967 4307

Do you have a project laying around that you would like to move forward with (think puzzle, craft, cluttered junk drawer)? Join us to make progress over lunch.

Worship Service with ESLC Chaplain Deven Hubert: 1:00 p.m. Meeting ID: 770 4374 6275 Password: 4R1GS4

Wellness Wednesdays: 2:00 p.m. Meeting ID: 334 564 3680 Password: 123456

Tips and information to elevate your health and keep you feeling your best. Surprise guest speakers will be dropping in from time to time!

Walk your way to Brain Health: 4:00 p.m. Meeting ID: 334 564 3680 Password: 123456

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Thursday

Morning Meditation: 9:00 a.m. [Meeting ID: 334 564 3680](#) [Password: 123456](#)

Art Class with Linda: 10:00 a.m. 1/14, 1/28 [Meeting ID: 334 564 3680](#) [Password: 123456](#)

MITE: 11:00 a.m. No class on 1/7 [Meeting ID: 82942709125](#) [Password: 1234](#)

Maintaining Independence Through Exercise: This class consists of seated and standing exercises geared to increase strength and balance, for falls prevention.

Seated Stretch and Strength: 1:00 p.m. [Meeting ID: 266 967 4307](#)

30 minute seated class designed to increase flexibility and strength- hand weights optional.

New! Round the World Virtual Vacation: 1:00 p.m. 1/7, 1/14, 1/21, 1/28 [Meeting ID: 968 087 2325](#) [Password: 23456](#)

Join Valley Manor Resident Ray Ettington , whose goal is "not to make you want to go, but to make you feel you've been."

Mental Health Talk with Kristina from NAMI: 1:30 p.m. [Meeting ID: 334-564-3680](#) [Password: 123456](#)

Chair Yoga /Stretch: 3:30 p.m. [Meeting ID: 334-564-3680](#) [Password: 123456](#)

Friday No classes 1/1/21

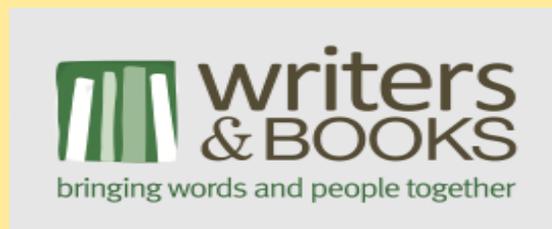
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Given intensity level, this class is offered by invitation only. Please contact Katie Bauer if you are interested—at kbauer@episcopalseniorlife.org.

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[Novel 101: Stalking that Great Idea](#) with novelist David Seaburn | Wednesday, January 13 | 7 - 8:30 pm

[Memoir 101: Three Stages of Writing](#) with writer Anais Salibian | Wednesday, January 20 | 10:30 am - 12 pm

[Poetry Workshop: Writing from Oral Traditions](#) with Brendon Aleksei | Wednesday, January 27 | 5 pm

[Poetry Workshop: The Lyric Self](#) with Cave Canem fellow Dante Micheaux | Saturday, January 30 | 10 am - 12:30 pm

[Matt Morton: Improvisation Without Accompaniment](#) | Tuesday, January 6

[Mark Polanzak: The OK End of Funny Town](#) | Tuesday, January 12

[Akua Lezli Hope: Them Gone](#) | Tuesday, January 13

[Kathryn Nuernberger: Rue](#) | Tuesday, January 19

[Dante Micheaux: Circus](#) | Saturday, January 23