

# VIRTUAL NEIGHBORHOOD PROGRAM

A Health and Wellness Initiative for Seniors

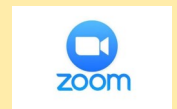
## February 2021

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](mailto:ncavalieri@episcopalseniorlife.org)

## CLASS SCHEDULE — February 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](mailto: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 Healthier Brain....get your steps in while sharpening our mind! Short but powerful class!

**Zen Doodle with Loretta: 5:00 p.m. 2/1 and 2/15.** 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](mailto:kbauer@episcopalseniorlife.org)

### Wednesday

**Morning Meditation: 9:00 a.m.** (No Class 2/3) Meeting ID: 334 564 3680 Password: 123456

**\*\*Episcopal Chats: 11:00 a.m. 2/10** Meeting ID: 266 967 4307

Come spend an hour catching up with John Barr; ESLC Board Member Chair

**Fit & Flexible: 10:30 a.m.** (No Class 2/3)

Given intensity level, please contact Katie Bauer if you are interested in participating [kbauer@episcopalseniorlife.org](mailto:kbauer@episcopalseniorlife.org)

**Lunchtime "Show and Tell": 12:30 p.m. 2/17 Only** Meeting ID: 266 967 4307

Do you have something sweet, sentimental, interesting or unusual with a story to tell? Come and share over lunch. Bring your curiosity and a sandwich, soup or snack to enjoy.

**Worship Service: 1:00 p.m.** Meeting ID: 770 4374 6275 Password: 4R1GS4

**Wellness Wednesdays: 2:00 p.m.** (3:00 p.m. 2/3) 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

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

**Thursday**

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

**Art Class with Linda: 10:00 a.m. 2/11 and 2/25** Meeting ID: 334 564 3680 Password: 123456

**MITE: 11:00 a.m.** 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.** (no Class 2/18) 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.** 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**

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

**Fit & Flexible: 10:30 a.m.**

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

**Shake it Off and Shake it Up: Dance class with Maddy, Madison and Mikayla: 11:30 a.m. 2/5 only**

Meeting ID: 334-564-3680 Password: 123456

“Shake it off and shake it up” with 3 of our St. John Fischer students. Join the fun and live it up!

**Check It! Challenge Kick Off - & National Wear Red Day: 3:30 p.m. 2/5 only** Meeting ID: 334-564-3680 Password: 123456

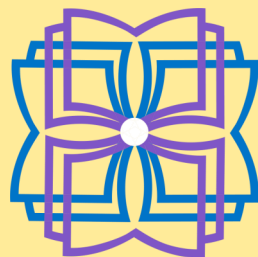
Lets kick off our Check It! Challenge. Sponsored by the American Heart Association . -WEAR RED in honor of National Wear Red Day!! Review the challenge and get excited to participate and start on a healthier you!!!



**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 Healthier Brain....get your steps in while sharpening our mind! Short but powerful class

Looking for something additional? Check out the terrific programming from the following community organizations. See your Recreation Coordinators for more information and assistance.



**Central Library  
of Rochester &  
Monroe County**

