

The Eastside Resource Center Newsletter

a partnership of



Lifespan at the Eastside Family YMCA
1835 Fairport Nine Mile Point Road
Penfield, NY 14526
Office (585)341-3084

October 2017 - Breast Cancer Awareness Month



Another wonderful summer comes to a close. As we welcome fall, we look forward to the colorful foliage, pumpkin patches, apple pie and warm apple cider with our dear friends here in the resource center.

Speaking of friends, we recently received a generous donation from **Mr. & Mrs. Satish Parikh**. Through their kindness, we were able to purchase a dishwasher for our resource center. Thank you, we are truly grateful!

Resource Center Hours of Operation

Monday-Friday
8:30am - 4:00pm

Contact Information:

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***Please register for programs in
the purple binder***

October 2017

Monday	Tuesday	Wellness Wednesday	Thursday	Friday
2	3	4	5	6
<p>Joe Felix: The History of Football Part 1 10:00-11:00am</p> <p>Caring Bouquets 12:00pm</p>	<p>Tuesday w/Trainer: Pain Relief at Home Jen Zipkin 10:00am</p> <p>Powerful Tools for Caregivers 12:30-3:00pm 3/6 classes</p>	<p>Joe Felix: The History of Football Part 2 10:00-11:00am</p> <p>Community Service Project: Fidget Blankets 12:30-2:30pm</p>	<p>Craft Mtg./Prepare for St. Rita Craft Sale 10:00am</p> <p>Parkinson's Group 11:15am-SPC</p> <p>Senior Fire Marshall 12:00pm</p> <p>Open Mah Jongg 1:00pm</p>	<p>Baywinde: Blood Pressure Checks 10:00am</p> <p>Friday Friendship Circle & Crafting 101 12:15pm</p> <p>Afternoon Euchre</p>
9	10	11	12	13
<p>Flu Shots in lobby 9:00-11:30am</p> <p><i>Resource Center Closed In Observance of Columbus Day</i></p>	<p><u>Mah Jong 101</u> <u>9:30am-12:00pm</u></p> <p>Powerful Tools for Caregivers 12:30-3:00pm <i>(Resource Center)</i></p> <p>4/6 classes AOA Mtg. 1:15pm</p>	<p><u>Mah Jong 101</u> <u>9:30am-12:00pm</u></p> <p>Eldersource: Karleen Cirulli 11:00am-1:00pm</p> <p>Baywinde Guest Chef 12:00pm Healthy Dishes</p>	<p>Parkinson's Group 11:15am-SPC</p> <p>Wegmans Pharmacy: Wellness Prevention 11:00am-12:00pm</p> <p>Open Mah Jongg 1:00pm</p> <p>NEW: Rummikub 1:00pm</p>	<p>Craft Mtg./Prepare for St. Rita Craft Sale 10:00am</p> <p>Friday Friendship Circle & Crafting 101 12:15pm</p> <p>Afternoon Euchre</p>
16	17	18	19	20
<p>Deputy Favata Canine and Cops 10:00am</p> <p>Site Council 12:00pm</p> <p>Cooking Demo with Jackie C. 1:30pm</p>	<p>Flu Shots 9:00-11:30am</p> <p>Tuesday w/a Trainer Lore McSpadden 10:00am</p> <p>Craft Mtg. 12:30pm</p> <p>Powerful Tools for Caregivers 12:30-3:00pm 5/6 classes</p>	<p>Dress A Girl Around the World 9:00am-3:00pm</p> <p><i>Volunteers Needed</i></p> <p>Doll Making with Terie 10:30am</p>	<p>Massages with Megan & Michelle 9:00-11:00am</p> <p>Parkinson's Group 11:15am-SPC</p> <p>Open Mah Jongg 12:30pm</p>	<p>Transportation Resources for Older Adults 10:00am</p> <p>Friday Friendship Circle & Crafting 101 12:15pm</p> <p>Afternoon Euchre</p>
23	24	25	26	27
<p>Birthday Celebration 11:30am</p> <p>Out to Lunch Bunch Charley Browns 1675 Penfield Rd. 12:30pm</p>	<p>Brunch & Learn GVPT: Rehab/Prehab 9:45-11:00am</p> <p>Powerful Tools for Caregivers 12:30-3:00pm 6/6 classes</p>	<p>Flu Shots 9:00-11:30am</p> <p>Member Coffee Hr. 10:00am</p> <p>Eldersource: Karleen Cirulli 11:00am-1:00pm</p> <p>Book Club 2:00pm</p>	<p>Parkinson's Group 11:15am-SPC</p> <p>Essential Oils Aroma Aid Kit 10:00-11:00am</p> <p>Open Mah Jongg 12:30pm</p> <p>NEW: Rummikub 1:00pm</p>	<p>Jeff Lathrop: YMCA News 10:00am</p> <p>Artist Reception 11:15am</p> <p>Friday Friendship Circle & Crafting 101 12:15pm</p> <p>Afternoon Euchre</p>
30	31	<div style="border: 1px solid black; padding: 10px; margin: 0 auto; width: 80%;"> <p style="text-align: center;">Artist of the Month:</p> <p style="text-align: center;">Chip Scoppa - Altering Coins into Jewelry</p> </div> <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p style="text-align: center;">All programs require registration. If an event/class is in bold, underlined and italicized, please see a staff member to register. When paying by check, make it payable to Lifespan.</p> </div>		
<p>Medicare 101 9:00-11:00am</p> <p>Craft Meeting 12:00pm</p> <p><i>Preparing for the YMCA Craft Sale</i></p>	<p><i>Trick or Treat</i> with Preschoolers! 9:45am</p> <p>Living Healthy with Diabetes 12:30-3:00pm 1/6 classes <i>(Resource Center)</i></p>			

October Program Highlights

Coach Joe Felix: The History of Football

Monday, October 2 10:00-11:00am Part 1

Wednesday, October 4 10:00-11:00am Part 2

Meet very special guest, Division 1 University of Las Vegas Football Coach, Joe Felix. Joe will share the techniques of coaching football. This class will also introduce you to the history of football, insight of rules and procedures and how the game is played. You will learn about NCAA rules, football signals and much more!

Caring Bouquets - Donations by Trader Joe's

Monday, October 2 12:00pm

Provided by Trader Joe's and delivered by volunteer Sharon Myers, join us to help with arranging flower bouquets. If you are aware of anyone or can suggest a community that you would like to deliver bouquets to, please let staff know.

Tuesday with a Personal Trainer

Jenn Zipkin: Pain Relief at Home

Tuesday, October 3 10:00-11:00am

Let Jen teach you just how self-massage and stretching techniques can help alleviate pain.

Community Service Project

Wednesday, October 4 12:30-2:30pm

Making Fidget Blankets with Terie

Join our dedicated gems for this very special and heartwarming project. These blankets will be donated to the local chapter of the Alzheimer's Association. All supplies will be provided. We are very fortunate to have such a dedicated volunteer; Terie K. leading this very special project.

Parkinson's Group- SPC 11:15am-12:15pm

Taught by Personal Trainer: Nick Sirianni

Thursdays, October 5, 12, 19 & 26

Join personal trainer, Nick Sirianni in the Sports Performance Center to learn how exercise can help with balance, steadiness and gait. Members will need to meet with Nick prior to joining the class.

Fire Marshal Dan Crandall with Maplewood

YMCA/Lily Café Volunteers: Fire Safety

Thursday, October 5 12:00pm

Stay safe at home! Enjoy this fun and interactive presentation about fire safety & injury prevention.

Craft Sale Meeting

Preparing for upcoming sale at St. Rita's

Thursday, October 5 10:00am

Friday, October 13 10:00am

We are very excited to participate in this craft sale for the first time! Please mark your calendar for Saturday, October 14. Located at 1000 Maple Drive, the sale runs from at 8:00am – 3:00pm.

At the above scheduled meetings, we will update members, discuss craft supply details and wares that will be sold at the St. Rita's sale. If time allows, we will cover current sales. Our "Gems" are always looking for volunteers to help with making jewelry, crafts and more. *Please join us today to learn about volunteer opportunities. **A post craft sale meeting will be held on Tuesday, October 17 at 12:30pm. Volunteers will go over the results of the St. Rita craft sale. The Monday, October 30 meeting at 12:00pm will cover details regarding the December 2 YMCA craft sale.***

Open Mah Jongg – NOTE TIME CHANGE

Thursdays, October 5 & 12 - 1:00pm

Thursdays, 19 & 26 12:30pm

Are you interested in playing this exciting tile game? Please stop by and visit with our players to share your interest in joining this great group of Mah Jongg players. Experience is necessary. **If you are interested in learning how to play Mah Jongg, please see our calendar for lesson dates, times and cost.**

Blood Pressure Checks

Friday, October 6 10:00-11:00am

Sponsored by Baywinde Senior Living Community, stop by for an accurate blood pressure reading by Baywinde's RN. Enjoy a lite breakfast compliments of Keith Rose, Director of Sales and Marketing. We are truly grateful for the support that we receive from Baywinde Senior Living Community.

**Please visit our [Facebook](#) page:
The Eastside Resource Center
Don't forget to *like* us!**

October Program Highlights

Friday Friendship Circle - Craft, Crochet, Chat Crochet, Doll Making & Beading 101

Fridays, October 6, 13, 20 & 27 12:15pm

Join our dedicated and passionate hostess Pat C., visit with Mimma as she shares her extensive knowledge of all needle crafts or bring your favorite crochet or knitting project to share! Join Terie K. for the latest in doll making and the fashionable dresses, jewelry and hair styles that accompany all dolls. Donations are always welcome of happy material for dresses, yarn and fleece for the dolls.

Afternoon Euchre

Fridays October 6, 13, 20 & 27

Join us for a fun and casual game of Euchre. Refreshments provided. **Look for our 2nd Euchre tournament in November!**

Learning to Play Mah Jongg \$15

NOTICE NEW DATE/TIME:

Tuesday, October 10

Wednesday, October 11 9:30am-12:00pm

Join other Mah Jongg enthusiasts to enjoy this very popular tile game. Taught by Syd Hildebrand, you will enjoy learning about this fun and very popular game. *The fee is \$15 per person for both classes.*

AOA Advisory Committee Meeting

Tuesday, October 10 1:15-2:15pm

Jeff Cogan will discuss current events at the YMCA. Feel free to join this committee and share your thoughts and ideas for programs. Please consider joining this great committee.

Karleen Cirulli, Eldersource Caremanager

Wednesday, October 11 & 25

11:00am-1:00pm

Stop by to meet Karleen and learn about the many resources for older adults in our community. Perhaps you have a neighbor, a relative or friend that would benefit from these resources. There is no charge to meet with Karlene and an appointment isn't necessary. We do ask that you please register in our purple binder. This allows staff to let Karleen know the number of members interested in meeting with her.

Guest: Executive Chef/Baywinde Wednesday, October 11 12:30pm

Join us to enjoy Truffle Pasta with Grilled Vegetables. Prepared by the Executive Chef from Baywinde Senior Living Community, an event you won't want to miss.

NEW: Learn to Play Rummikub Thursday, October 12 & 26 1:00pm

Based on the traditional middle-eastern game of Okey, Rummikub was introduced in the 1930's and made only by hand until the 1970's. Join instructor Karen Evens to learn and play this exciting game. Much like Rummy, this game uses tiles vs. cards.

Wegmans: Educational Seminar

Thursday, October 12 11:00am-12:00pm

Wellness Prevention: Learn the facts about Medicare Prescription Drug Plan coverage gap, also known as the "Donut Hole."

Canine & Cops: Deputy Mike Favata

Monday, October 16 10:00am

Welcome back Deputy Favata and his canine companion. Learn about how pets are chosen, trained and assigned to officers. We are very excited to have Officer Favata and his partner join us today.

Site Council

Monday, October 16 12:00pm

Learn about special events, finances, fundraising efforts, member driven programs and more. We will address your questions and concerns and welcome your suggestions. Please join us; this event is an open forum for everyone.

Food Demo with Jackie C.

Monday, October 16 1:30pm

Join Jackie for her fabulous samples of Pasta Shells with Peas & Ham and a refreshing Waldorf Salad. Jackie will provide recipes as well!

Tuesdays with a Personal Trainer Basic Anatomy Training with Lore

Tuesday, October 17 10:00am

In this training, you will review the relationship between muscles and joints and explore how this anatomy relates to exercise programming and workouts.

October Program Highlights

Dress a Girl Around the World

Wednesday, October 18 9:00am-3:00pm

NOTE: This all day event will be held the third Wednesday of each month. Join our members to sew, iron, cut material and create dolls for this wonderful project. No sewing experience is required. *Volunteers needed!* **Thank you to our many dedicated volunteers that are committed to improve the lives of children all over our world.**

Doll Making with Terie K.

Wednesday, October 18 10:30am

Volunteers needed to make dolls that accompany the dresses made for the Dress a Girl project; please join Teri today to learn how to make, dress and embellish each doll. *Many thanks to Terie and her team of volunteers for their dedication to this "giving back" project!*

Massages with Michelle & Megan

Thursday, October 19 9:00-11:00am

Michelle and Megan will be taking care of those registered for massages. Appointments will be taken in 10 minute increments. Reservations are required.

If you were fortunate to receive a massage in September, please allow other members that did not receive a massage, the opportunity to sign up this month. Thank you!

Transportation Options for Older Adults

Friday, October 20 10:00am

Join Kris Weingartner with Webster's WASP program to learn more about options for transportation for adults in Webster. Also visiting with us today, Cecelia Gallant and Ruth O'Brien with the newest transportation option available to older adults living in Brighton and Penfield; please join us today to learn about these two very valuable resources.

Birthday Celebration

Monday, October 23 11:30am

Are you celebrating a birthday this month? Please join us to celebrate YOU! All are welcome. Thank you to Allison, from Legacy at Village Wood for sponsoring our monthly birthday celebration.

Lunch Bunch:

Monday, October 23 12:30pm

Located in Penfield not far from Panorama Trail, Charley Browns has been providing Prime Rib and other delicious dishes for over 50 years; it is definitely a crowd favorite! Visit their website at www.charleybrownspenfield.com to see their lunch menu.

Brunch & Learn

GVPT: Rehab - Prehab

Tuesday, October 24 9:45-11:00am

Discuss with the staff of GVPT how improving your health through exercise has been shown to improve your outcome.

Welcome New & Existing Members

Coffee Hour: Wednesday, October 25 10:00am

Are you new to our resource center and/or new to Lifespan and the YMCA? Meet our staff and learn how you can take advantage of all the great low-cost programs, evidence based classes and special events. We welcome current members to learn more about Lifespan, the YMCA and United Way.

Monthly Book Club: Hosted by Betsy Kalweit

Wednesday, October 25 2:00pm

Join Betsy Kalweit, book club facilitator, for our monthly book club meeting here in our resource center. Members will be discussing this month's selection: **Leaving Time by Jodi Picoult**

Essential Oils: Aroma Aid Kit

Thursday, October 26 10:00-11:00am

Join us today to learn how you can easily treat minor ailments such as nausea, scrapes/scratches and more with essential oils.

YMCA Membership Director, Jeff Lathrop

Friday, October 27 10:00am

It's such a pleasure to welcome back Jeff Lathrop to our resource center. Jeff returns to share details about YMCA memberships, other highlights and news about what's happening around the Y. Don't miss visiting with Jeff!

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October Program Highlights

Medicare 101

Monday, October 30 9:00-11:00am

Join our very experienced Lifespan HIICAP counselor, Bill Smout to learn all you need to know about premiums for the Medicare advantage plans. We anticipate a full house for this event, don't delay sign up today!

Trick or Treat with Preschoolers

Tuesday, October 31 9:45am

Lions and Tigers and Bears - oh my!

It's such a pleasure to have our little friends join us and today will be extra special; they will entertain us with their costumes! Refreshments provided.

Flu Shot Schedule: Sponsored by Wegmans

Saturday, October 7 - 9:00am-12:00pm
Monday, October 9, Tuesday, October 17
& Wednesday, October 25 9:00-11:30am

No appointment necessary. Shots will be administered in the front lobby.

Please bring your insurance card

Start your holiday shopping!

St. Rita's Craft Sale
Saturday, October 14
8:00am-5:00pm

St. Rita's Catholic Church
1008 Maple Drive - Webster

This is our first time participating in this sale and we are very excited. Please stop by and see us.

The *Penfield Ecumenical Food Shelf* provides assistance to food insecure families in our community. The only requirement for assistance is proof of residency within the 14526 and 14625 zip codes, or within the Penfield School District. No other documentation is required. Households in need can contact the Penfield Ecumenical Food Shelf at (585) 234-0799 or penfieldfoodshelf@gmail.com.

HIICAP Counselors will be on hand
October 16 through December 7, 2017

To schedule your meeting with a Lifespan counselor regarding your options for health insurance, please see staff in our resource center.

45 minute appointments will be taken
Monday, Wednesday & Friday:
Starting at 9:00am until 11:15am.
Tuesday & Thursday Starting at
1:00pm until 3:15pm

Euchre Tournament



Saturday, November 4

2:00-6:00pm

Soup & Salad served after the 4th round

\$10.00 per person. All reservations due by

Friday, October 27

The AOA Thanksgiving Luncheon
will be held on

Wednesday, November 15, 2017
Lunch served at 12:00pm

\$7.00 per person

Enjoy a traditional catered meal with all the trimmings!