

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

January 2018



We closed 2017 with our second year participating in the YMCA Craft for a Cause fundraiser. We cannot express how fortunate and grateful we are to have such dedicated volunteers that worked all year preparing for this sale. Such talent!

On behalf of Lifespan, YMCA and the United Way, we wish you a safe, happy and healthy 2018.

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***

January 2018

Monday	Tuesday	Wellness Wednesday	Thursday	Friday
1	2	3	4	5
<p><i>Resource Center is Closed in Observance of New Year's Day</i></p>	<p>Snowbear Craft with Allison 10:00am</p> <p>Winter Root Beer Floats 12:00pm</p>	<p>GVPT Brunch and Learn: Hip Pain 9:45am</p> <p>Winter Wreath Demo with Darlene 12:00pm</p>	<p>Birthday Celebration 11:30am</p> <p>Matter of Balance 6/6 12:30-2:30pm</p> <p>Open Mah Jongg & Rummikub 12:30pm</p>	<p>Baywinde: Blood Pressure Checks 10:00-11:00am</p> <p>Friendship Circle & Crafts 101 12:15pm</p> <p>Afternoon Euchre</p> <p><u><i>iPad for Beginners 12:30-2:00pm \$20</i></u></p>
8	9	10	11	12
<p>Essential Oils: Aromatherapy in Today's World 10:00am</p> <p>Cooking Demo with Jackie C. 1:30pm</p>	<p>Meet Wellness Coach Maria LaDelfa 10:00am</p> <p><u><i>Make a Cashmere Scarf \$3.00 12:30-2:00pm</i></u></p> <p>AOA Mtg. 1:15pm</p>	<p>Heart to Heart with Joleen, RN, BSN 10:30-11:30am</p> <p>Eldersource: 11:00am-1:00pm</p> <p>Fidget Blanket with Terie 12:30pm</p>	<p>Generation Preservation: Glen Cone 10:00am</p> <p>New Member Coffee Hour 12:00pm</p> <p>Open Mah Jongg & Rummikub 12:30pm</p>	<p>Messages with Megan & Michelle 9:00-11:00am</p> <p>Friendship Circle & Crafts 101 12:15pm</p> <p>Afternoon Euchre</p> <p><u><i>iPad for Beginners 12:30-2:00pm</i></u></p>
15	16	17	18	19
<p><i>Resource Center is Closed in Observance of Martin Luther King, Jr. Day</i></p>	<p>Tuesday with a Trainer: Anna Braun Healthy Heart Choices 10:00am</p> <p>Wholly Guacamole with Terie 12:45pm</p>	<p>Dress A Girl Around the World 9:00am-3:00pm</p> <p>Designing Dolls with Terie 10:00am</p>	<p>Site Council 12:00pm</p> <p><u><i>Painting with Pizazz 12:00-3:00pm \$5</i></u></p> <p>Open Mah Jongg & Rummikub 12:30pm</p>	<p>Artist's Reception 11:15am-12:00pm</p> <p>Friendship Circle & Crafts 101 12:15pm</p> <p>Afternoon Euchre</p> <p><u><i>iPad for Beginners 12:30-2:00pm</i></u></p>
22	23	24	25	26
<p>Sister Anne: Lifespan's Give a Lift Program 10:00am</p> <p>Let's Celebrate National Cheese Lover's Day with Wegmans 12:30pm</p>	<p><u><i>Mah Jongg 101 10:00am-12:30pm \$15 (5 hr. class) (1 of 2 classes)</i></u></p> <p>Internet Securities: Privacy and Safety with Daniel Jones 12:00-1:30pm</p>	<p>Brunch & Learn History of Holy Sepulchre 9:45-11:00am</p> <p>Eldersource: 11:00am-1:00pm</p> <p><u><i>Mah Jongg 101 12:30-2:00pm (2 of 2 classes)</i></u></p>	<p>Brunch and Learn Talking with Your Doctor 9:45-10:30am</p> <p>Caring Bouquets 12:00pm</p> <p>Open Mah Jongg & Rummikub 12:30pm</p>	<p>Jeff Cogan: What's Happening at the Y 10:00am</p> <p>Friendship Circle & Crafts 101 12:15pm</p> <p>Afternoon Euchre</p> <p><u><i>iPad for Beginners 12:30-2:00pm</i></u></p>
29	30	31	<p><i>Artist of the Month: Glenn Cone</i></p>	<p>All programs require registration. If an event/class is in bold, underlined and italicized, please see a staff member to register.</p> <p>When paying by check, make it payable to Lifespan</p>
<p><u><i>Making Valentine's Day Cards With Ellen \$2 10:00am</i></u></p> <p>Meet Up at Kittlebergers 12:30pm</p> <p>Tour & Shopping (Receive coupon!)</p>	<p>Tuesday with a Trainer: Anna Braun Does Exercise Help Your Memory? 10:00am</p> <p>Meet up! Out to Lunch Bunch Rosie's Restaurant 12:15pm</p>	<p>Jen Zipkin: A New Year, A New You! 10:00am</p> <p>Eldersource: 11:00am-1:00pm</p> <p>Book Club 2:00pm <u><i>A Year in Provence</i></u></p>		

January Program Highlights

Snowbear Craft with Allison

Tuesday, January 2 10:00am

Allison Case with Legacy at Grand Vie joins us today to share her talent. Limited seating available; all supplies are provided.

Winter Root Beer Floats

Tuesday, January 2 12:00pm

It doesn't have to be warm outside to enjoy a good old fashioned root beer float! Stop by for a refreshing float in the comforts of our warm resource center.

Brunch & Learn

GVPT: Hip Pain

Wednesday, January 3 9:45-11:00am

Discuss with GVPT staff how your physical therapist can help with your hip pain. A lite breakfast will be provided.

Make & Take:

Winter Wreath with Darlene

Wednesday, January 3 12:00pm

Join our dedicated volunteer Darlene to learn how to make your winter wreath to enjoy throughout the winter season. All supplies are provided.

Birthday Celebration

Thursday, January 4 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.

Open Mah Jongg & Rummikub

Thursdays, January 4, 11, 18 & 25 12:30pm

Are you interested in playing these exciting tile games? Please stop by and visit with our players to share your interest in these two great games.

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, January 5 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.*

Friday Friendship Circle - Craft, Chat

Crochet, Doll Making & Beading 101

Fridays, January 5, 12, 19 & 26 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! Donations are always welcome of happy material for dresses, yarn and fleece for the dolls.

iPad for Beginners

Fridays, January 5, 12, 19 & 26

12:30-2:00pm \$20

New to the iPad, this class is for you. In this four part class, Daniel will share how you can learn and enjoy your iPad.

Euchre in the Afternoon

Fridays, January 5, 12, 19 & 26

Join us for a fun and casual game of Euchre. Refreshments provided.

Essential Oils: Aromatherapy in Today's World

Monday, January 8 10:00am

Explore the journey of essential oils through history, how they are produced, and examples of how they can be used today. Essential oils support your health & wellbeing, so come and learn how to incorporate them into your life style.

Food Demo with Jackie C.

Monday, January 8 1:30pm

Her reputation precedes her for tasty attractive dishes and today will be no exception. Join us today to enjoy White Bean Chicken Chili and Dried Fruit Compote.

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January Program Highlights

Meet & Greet: Maria LaDelfa

Tuesday, January 9 10:00am

New to the Penfield YMCA, join us to meet Maria, former preschool teacher at the Pittsford YMCA. Maria will share more about her new role as wellness coach.

Make & Take: Cashmere Scarf

Tuesday, January 9 12:30-2:00pm \$3

Join the very talented crafter and volunteer, Iris W. All supplies will be provided for you to make your very own cashmere scarf, sure to keep you warm on a cold winter's day. *Limited seating.*

AOA Advisory Committee Meeting

Tuesday, January 9 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 us

Wellness Wednesday:

Heart to Heart with Jolene RN, BSN

Wednesday, January 10 10:30-11:30am

Learn about preventative heart maintenance and diseases that are affiliated. This presentation will be followed with an open discussion with Jolene, a cardiac nurse with Rochester General Hospital.

Karleen Cirulli, Eldersource Caremanager

Wednesdays, January 10 & 24

11:00am-1:00pm

Meet with Social Worker Karleen and learn about the many resources for older adults in our community.

Community Service Project

Wednesday, January 10 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.

Guest Author, Glenn Cone

Generation Preservation

Thursday, January 11 10:00am

Anyone that has lost a loved one, had to untangle personal information or liquidate an estate understands the value of having a guide. This lovely book will help you when writing down personal information for those you love and care about. Join us today to learn how recording your personal history can help those near and dear to you.

New & Existing Member Coffee Hour

Thursday, January 11 12:00pm

Are you new to our resource center and/or new to Lifespan and the YMCA? Meet our staff and learn about the many low-cost programs, evidence based classes and special events. Join us to learn more about Lifespan, the YMCA and United Way.

Massages with Michelle & Megan

Friday, January 12 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 December, please allow other members that did not receive a massage, the opportunity to sign up this month. Thank you!*

Tuesdays with Trainer: Anna Braun

Heart Healthy Choices – Diet & Exercise

Tuesday, January 16 10:00am

We all know that diet and exercise are good for you. Anna will share new ideas, some of the tried and true as well as researched and tested information regarding what to eat, what not to eat, what exercises, how long, and how often is ideal to improve and maintain cardiac health.

Wholly Guacamole with Terie

Tuesday, January 16 12:45pm

She is a multi-talented woman and we know just how popular Terie's Guacamole dip is. Today she will demonstrate how easy this dish is to prepare. Join us today to enjoy dip and chips! Recipes will be provided.

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

January Program Highlights

Dress a Girl Around the World

Wednesday, January 17 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.**

Designing Dolls with Terie K.

Wednesday, January 17 10:00am

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.

Site Council

Thursday, January 18 10:00am

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.

Painting with Pizzazz

Thursday, January 18

12:00-3:00pm \$5

Join our dedicated and talented volunteer Jim B. to create this beautiful winter scene on canvas. All supplies are included. *Limited seating.*

Artists Reception

Friday, January 19 11:15am

Join us to meet Glen Cone, Author of Generation Preservation. Glen brings his years of experience as a popular local author and will be available following the reception to sign books.

Give a Lift Program

Guest Sister Anne with Lifespan

Monday, January 22 10:00am

A program of Lifespan, Give a Lift offers older adults in our community transportation to medical appointments. Join us to learn more about this program and also how you can volunteer.

Celebrate National Cheese Lover's Day

Monday, January 22 12:30pm

Calling all cheese lovers, the Cheese Shop staff at the Penfield Wegmans will join us to share varieties of cheese, details about where Wegmans purchases their wide variety of cheeses and more. Don't miss this one! Samples will be provided.

Learn to Play Mah Jongg \$15

Tuesday, January 23 10:00am-12:30pm

Wednesday, January 24 12:30-3:00pm

Join other Mah Jongg enthusiasts to enjoy this very popular tile game. Taught by Syd Hildebrand, this 5 hour class is limited to 4 students. *Classes will be 2.5 hours each day.*

Internet Security, Privacy & Safety

Tuesday, January 23 12:00-1:30pm

Daniel Jones will join us today to share how we can keep our personal information safe, avoid scams on the Internet and protect ourselves while surfing the World Wide Web.

Brunch & Learn

The History of Holy Sepulchre Cemetery

Wednesday, January 24 9:45-11:00am

Welcome guest Lynn Sullivan, Chief Executive Officer to share the history and mission of the largest cemetery in Rochester. Learn about the newest addition to the property, Christ Our Light Mausoleum. Dedicated in 2008, this incredible building is true to the principles that Bishop McQuaid established over 135 years ago.

Brunch & Learn

How to Talk to Your Doctor

Thursday, January 25 9:45-10:30am

Meet Jessie Gyr joins us to introduce you to this evidence based training that provides tips for how to navigate the increasing complex health care field and gives participants tools to enhance communication with their Doctors and specialists.

Caring Bouquets - Donations by Trader Joe's

Thursday, January 25 12:00pm

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.

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

January Program Highlights

What's Happening at the Y Friday, January 26 10:00am

Jeff Cogan, Assistant Ex. Director joins us to share up-to-date information about events at the Y.

Making Valentine Day Cards Part 2 Monday, January 29 10:00am \$2

Due to the popularity of this class, we are offering part 2. All supplies included. *If you joined for the first class, we ask that you please allow others to sign up for part 2.*

Meet Up – Kittelbergers Florist & Gifts Monday, January 29 12:30pm

Locally owned and operated since 1928, Kittelbergers was voted #1 in Rochester by the Democrat and Chronicle since 2006. Join us to browse over 22,000 square feet of gifts, flowers, food and more! Kittelbergers is located north of Main Street in Webster on the corner of Klem Road and Route 250.

Tuesday with a Trainer: Anna Braun Does Exercise Help You Memory

Tuesday, January 30 10:00am
There are many benefits from exercising, including strength, mobility, endurance, confidence, and overall physical health! Exercising may also help improve and/or maintain your memory..

Meet Up!

Out to Lunch Bunch: Rosie's Restaurant Tuesday, January 30 12:15pm

Originally located in downtown Rochester, Rosie's relocated to 2133 Five Mile Line Road by the four corners of Penfield in 2011. Although the pasta is a crowd favorite, Rosie's offers many items.

Visit their website www.roseysitaliancafe.com

Jen Zipkin:

A New Year, A New You – One Snack at a Time Wednesday, January 31 10:00am

How to set and stick to your goals, including making the best choices; join Jen to discuss goal setting and working toward a healthy eating plan in 2018.

Monthly Book Club: Hosted by Betsy Kalweit Wednesday, January 31 2:00pm

Join our book club members, for our monthly book club meeting here in our resource center. Members will be discussing this month's selection, A Year in Provence by Peter Mayle.

Coming in February:

Valentine's Day Party

Celebrate Black History Month

Kittelbergers Floral Presentation

Terrarium Class

Paint Your Pottery

Superbowl Celebration

and so much more!

Social Saturdays

**The Resource Center will be open
the following Saturdays:**

January 13 & 27

February 10 & 24

March 24

9:30am-1:30pm

*YMCA team members will be on
hand to host each social.*