

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

February 2018



Although there were many cold blustery days last month, inside we welcomed members to enjoy the warm cozy atmosphere with good friends! Join us this month for more great events.

*On behalf of Lifespan, YMCA
and the United Way,
thank you for your support.*

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*

February 2018

Monday	Tuesday	Wellness Wednesday	Thursday	Friday
All programs require registration. If an event/class is in <u>bold, underlined and italicized</u> , please see a staff member to register. Please make all checks payable to Lifespan.		Please visit our <i>Facebook page:</i> <i>The Eastside Resource Center.</i> <i>Don't forget to like us!</i>	1 Brunch & Learn GVPT: Knee Pain 9:45-11:00am Pre-Superbowl #1 Challenge 12:00pm Open Mah Jongg & Rummikub 12:30pm	2 Baywinde: Blood Pressure Checks 10:00-11:00am Pre-Superbowl #2 Challenge 12:00pm Friendship Circle & Crafts 101 12:30pm Afternoon Euchre <u>Ipad Intermediate</u> <u>12:30-2:00pm \$20</u>
5 Post Superbowl Party 11:30am Powerful Tools For Caregivers 12:30-3:00pm 1/6 <u>Mah Jongg 101</u> <u>1:00-3:30pm</u> <u>\$15 (5 hr. class)</u> <u>1 of 2 classes</u>	6 Tuesday with a Trainer: Exercise for the Heart/Anna Braun 10:00am Penny Rug Project 12:00pm <u>Mah Jongg 101</u> <u>1:00-3:30pm</u> <u>2 of 2 classes</u>	7 Brunch & Learn Acupuncture & Holistic Medicine Dr. Xinmin Zhao 9:45-11:00am Fidget Blankets with Terie 12:30pm	8 Meet & Greet Andy Page, YMCA VP/Operations 10:00am <u>Tote Bag Craft with</u> <u>Louise M. \$3</u> <u>11:45am-2:00pm</u> Mah Jongg & Rummikub 12:30pm	9 <i>Honoring Black</i> <i>History Month:</i> Special Guest Ernest Hicks 10:00am Friendship Circle & Crafts 101 12:15pm Afternoon Euchre <u>Ipad Intermediate</u> <u>12:30-2:00pm</u>
12 Essential Oils Emotions 10:00am Powerful Tools for Caregivers 12:30-3:00pm (2 of 6) Cooking Demo with Jackie 1:00pm	13 Tuesday with a Trainer: Stretching 10:00am Artist's Reception: Louise Meyer 12:15pm AOA Mtg. 1:15pm	14 New/Existing Member Coffee Hour 10:00am <u>Valentine's Day</u> <u>Celebration \$3</u> <u>12:00pm</u> Eldersource: 11:00am-1:00pm	15 <u>Paint Your Pottery</u> <u>10:00am \$5</u> Craft Meeting 12:00pm Mah Jongg & Rummikub 12:30pm	16 <i>Honoring Black</i> <i>History Month</i> 10:30am Friendship Circle & Crafts 101 12:15pm Afternoon Euchre <u>Ipad Intermediate</u> <u>12:30-2:00pm</u>
19 Kittlebergers Floral Demo 9:45am Enjoy Black Heritage Foods 11:45am Powerful Tools for Caregivers (3/6) 12:30-3:00pm <i>In Resource Center</i>	20 Tuesday with a Trainer: Living Healthy in the Winter 10:00am CSP: 10:00am Eyeglass Donations Lunch Bunch: 12:00pm Landmark Diner	21 Dress A Girl Around the World 9:00am-3:00pm Designing Dolls with Terie 10:00am	22 Brunch & Learn: URM Nurse Heart Health 9:30am Birthday Celebration 12:30pm Mah Jongg & Rummikub 12:30pm	23 Massages with Megan & Michelle 9:00-11:00am Friendship Circle & Crafts 101 12:15pm Afternoon Euchre <u>Ipad Intermediate</u> <u>12:30-2:00pm</u>
26 <u>Paper crafts with</u> <u>Ellen \$2 10:00am</u> Pickle Ball 12:00pm (Family Gym) Powerful Tools for Caregivers 12:30-3:00pm (4 of 6)	27 Tuesday with a Trainer: Anna Braun Mobility of the Neck & Shoulders 10:00am Site Council 11:30am Caring Bouquets 12:30pm	28 Jen Zipkin: Healthy Happenings 11:15am Eldersource: 11:00am-1:00pm Book Club 2:00pm <u>Cooking for</u> <u>Picasso by Camille</u> <u>Aubray</u>	<u>Site Council - Tuesday, 2/27</u> <i>Are there ideas you would like to share to enhance our program? Are there questions you may have about Lifespan and/or the YMCA? This is an open forum and your opportunity to share your compliments and concerns. Refreshments provided.</i> <u>Please join us at 11:30am</u>	

February Program Highlights

Brunch & Learn

GVPT: Knee Pain

Thursday, February 1

Join GVPT to find out the most common conditions of knee pain and how a physical therapy evaluation can help diagnose the problem and treat the pain.

Pre Superbowl Challenge

Thursday, February 1 Part 1

Friday, February 2 Part 2

The Bills may not be going to the Superbowl; however we can still participate in the excitement. Join us to choose your 3 squares! Prizes awarded at each quarter and final.

Open Mah Jongg & Rummikub

Thursdays, February 1, 8, 15 & 22

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, February 2

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 - Crafts, Chat

Crochet, Doll Making & Beading 101

Fridays, February 2, 9, 16 & 23

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.

Euchre in the Afternoon

Fridays, February 2, 9, 16 & 23

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

iPad Intermediate Classes \$20

Fridays, February 2, 9, 16 & 23

In this four part class, Daniel will share how you can learn and enjoy your iPad.

Post Superbowl Party

Monday, February 5

Join us for snacks and beverages and learn who the winners are with our Superbowl squares!

Powerful Tools for Caregivers

Mondays, February 5, 12, 19 & 26

March 5 & 12

Are you struggling balancing life while caregiving for a loved one? This six-week educational program, which focuses on the needs of the caregiver, is for family and friends who are caring for older adults suffering with long-term conditions. The class provides you with the skills and confidence you need to better care for yourself while caring for others. Caregivers develop a wealth of self-care tools to reduce personal stress, change negative self-talk, communicate their needs to family members and healthcare providers, communicate more effectively in challenging situations, recognize the messages in their emotions, deal with difficult feelings, and make tough caregiving decisions. Class participants also receive a copy of *The Caregiver Helpbook*, developed specifically for the class.

Learn to Play Mah Jongg \$15

Monday, February 5 & Tuesday, February 6

2.5 hr. per class - total of 5 classes

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.*

Tuesdays with Trainer

Anna Braun: Exercise for the Heart

Tuesday, February 6

We all know we should exercise. Join Anna to learn the benefits of those exercises that are especially good to strengthen your heart and cardiovascular system.

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February Program Highlights

Penny Rug Project

Tuesday, February 6 12:00pm

Welcome back Linda Kerr. Please join us to begin working on the penny rug wall hanging. Designed by Linda and assembled by volunteers, we look forward to this beautiful display.

Brunch & Learn: Dr. Xinmin Zhao

Acupuncture & Holistic Medicine

Wednesday, February 7

Join us in welcoming Dr. Xinmin Zhao, former associate professor of Chinese medicine. Dr. Zhao has practiced medicine for over 35 years and has taught in the graduate program of Acupuncture & Oriental Medicine at New York Chiropractic College.

Making Fidget Blankets with Terie

Wednesday, February 7

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

Simple Sewing/Tote Bag with Louise \$3

Tuesday, February 8

Join our very talented volunteer, Louise Myer to learn how you can create your very own tote bag. Little sewing experience - no problem, Louise will guide you through from start to finish. Please see staff to see the sample tote bag.

Meet & Greet:

Andy Page, YMCA VP/Operations

Thursday, February 8

Meet the new Vice President of Operations, Andy Page comes to the eastside YMCA from the great state of Michigan. Wearing many hats in his new role, Andy is excited to visit with us!

Essential Oils: Treating Your Emotions

Monday, February 12

Essential oils are very powerful and need to be used properly and safely. This class will explore specific essential oils that can be useful in balancing emotions and moods safely.

Food Demo with Jackie C.

Monday, February 12

Warm up with Black Bean Soup followed by a popular sweet treat, Cannoli Dip. Served to you by our resource center staff, join us for Jackie's cooking demonstration today!

Tuesdays with Trainer

Jake Aldrich: Stretching

Tuesday, February 13

Please join us in welcoming Jake Aldrich. Today you will learn the importance of stretching and how it is a vital prelude to exercising.

Artist's Reception

Tuesday, February 13

As one of our many talented volunteers, Louise will share her passion for handmade quilts. Join us today to learn more about the many beautiful quilts that Louise has designed and created over the years. Enjoy complimentary refreshments following the reception.

Advisory Committee Meeting

Tuesday, February 13

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

New & Existing Member Coffee Hour

Wednesday, February 14

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

Karleen Cirulli, Eldersource Caremanager

Wednesdays, February 14 & 28

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

Paint Your Pottery \$5

Thursday, February 15

Back by popular demand! Created by Us owner/operator Jami Cimino will guide you through the process of selecting a piece of pottery and help with choosing colors to compliment it. After completing your project, Jami will return all the pottery to be fired. All pottery will be returned to our resource center. Seating is limited.

Artist of the Month:
Louise Meyer

February Program Highlights

Craft Meeting

Thursday, February 15

Calling all crafters; join us as discuss details for the annual YMCA craft sale that is held the first Saturday in December. Proceeds from this sale will benefit your resource center..

Eyeglasses For Opportunity:

Used Eyeglass Drive: Mercy High School

Friday, February 16

Mercy High School senior, Laura Seeger is collecting used eyeglasses for those in and around the world that do not have the resources to obtain new glasses. She has created a very special flier and collection box that will be located in our resource center. Thank you for your support for those less fortunate.

Kittlebergers Floral Designer: Michael Miller

Monday, February 19

His reputation precedes him! Join us today to witness the transformation of beautiful bouquets into a variety of floral arrangements. Following the demonstration, all arrangements will be raffled. Tickets are 5 for \$1; the proceeds will benefit the resource center.

Tuesdays with Trainer: Stretching

Tuesday, February 20

Welcome back Jake Aldrich. Today Jake will share important tips to help you live healthier during the winter.

Meet Up! Lunch Bunch: Landmark Diner

Tuesday, February 20

Located in Country Club plaza on Fairport Road, the Landmark Diner has truly gained in popularity! We have enjoyed breakfast at this diner, and now we'll try it for lunch! Join us.

Dress a Girl Around the World

Wednesday, February 21

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!**

Designing Dolls with Terie K.

Wednesday, February 21

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.

Brunch & Learn: Heart Health

University of Rochester Medical Center Staff

Thursday, February 22

The University of Rochester staff will lead this discussion on the new guidelines of hypertension, diet and exercise – the do's and don'ts for heart health. Join us today to learn more about how you can keep your heart healthy! A lite breakfast will be provided.

Birthday Celebration

Thursday, February 22

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.

Massages with Michelle & Megan

Friday, February 23

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

Paper Crafts with Ellen Distefano

Monday, February 26 \$2

You may recall, Ellen was a recent artist of the month and shared her passion for card making, designing boxes and other whimsical crafts. She returns to share her creativity with you! In this class, you will make a variety of paper crafts. Don't delay, register today. All supplies will be included.

Chair Pickle Ball with Bob Stokes

Monday, February 26 - Family Gym

If you joined us last month for chair Pickleball, you discovered just how much fun it can be. Due to the great turnout, we'll travel to the family gym, just across the hall to experience this fun sport!

February Program Highlights

Tuesdays with Trainer

Anna Braun: Mobility of the Neck & Shoulders

Tuesday, February 27

Poor posture can lead to upper back stiffness and poor neck mobility. Join Anna today to learn how you can benefit from simple stretches to help increase your mobility and range of motion.

Site Council

Tuesday, February 27

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.

Caring Bouquets - Donations by Trader Joe's

Tuesday, February 27

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.

Healthy Happenings with Jen Zipkin

Anti-Inflammatory Foods

Wednesday, February 28

Welcome back Jen Zipkin! She stops by to teach us about anti-inflammatory foods. Can they help you to feel better? Join us today to sample a variety of foods that may just help. Enjoy discussion and recipes.

Monthly Book Club: Hosted by Betsy Kalweit

Wednesday, February 28

Join our book club members, for our monthly book club meeting here in our resource center. Members will be discussing this month's selection, Cooking for Picasso by Camille Aubray.

Enjoy Black Heritage Foods

Monday, February 19 11:45am

Join us for samples of delicious snacks & beverages.

The Origin, Purpose and Importance of Black History Month:

Welcome very special guest and presenter: Ernest Hicks

Friday, February 9 10:00am

We will explore the importance of Black History Month otherwise referred to as National African American History Month. By remembering history, we create awareness of the challenges that African Americans overcame and their significant contributions to society. Their proven perseverance serves as inspiration for our diverse community in Rochester and the rest of America. Every race is connected to the rich history of this nation, and by participating in this event; you are included in a tradition of acknowledging, inclusion and community engagement.

Following this presentation we will enjoy a variety of traditional soul food.

Mr. Hicks spent 39 years with the Xerox Corporation as Manager of Corporate Diversity, taught 9 years at Rochester Institute of Technology, lectured at the Wharton School, The University of Buffalo, Harvard University, The Simon School, Cornell University and abroad in 5 countries. Mr. Hicks has held many leadership roles and has served on several local not for profit boards and committees; he holds a Bachelor of Science degree in Finance from the University of Arkansas, is a trained Practitioner of Hypnotherapy, a Certified Master Practitioner in Neuro-Linguistic Programming and is a Master Black Belt in Taekwondo.