

# Eastside Resource Center

## NEWSLETTER

a partnership of



Please take a minute to look through this month's newsletter. We are excited to share many new programs this month. Remember to sign up in the purple binder for all events; if a program requires a fee, please see staff.

*This month's community service project is for the DePaul Senior Community in East Rochester.*

*We are collecting small to medium new items to be used for bingo prizes.*

*Thank you in advance for your support!*

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

## March 2018

### *Featured Events*

### *St. Patrick's Day Celebration*

*Friday, March 16*

*12:00pm*

Join us for a traditional catered Corned Beef & Cabbage meal including Beverage and Dessert

***\$10 per person***

### *Jon Allen*

### *Life in the White House*

With so much going on in the world of politics, you won't want to miss this very special guest!

Join us to learn behind the scenes details about all that goes on in the White House.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>March 2018</b>	<i>Artist of the Month:</i> Sandra VerTeer Enjoy visiting the display of her latest book: <b><u>Dear Mom... a Daughter's Love Letter to Her Mother</u></b>		<b>1</b> New/Existing Member Coffee Hour 10:30am Penny Rug Project 12:00pm Craft Meeting 12:30pm Open Mah Jongg & Rummikub 12:30pm	<b>2</b> Baywinde: Blood Pressure Checks 10:00-11:00am Friendship Circle & Crafts 101 12:30pm Afternoon Euchre <b><u>IPad Intermediate 12:30-2:00pm</u></b>
All programs require registration. If an event/class is in <b>bold, underlined and italicized</b> , please see a staff member to register. When paying by check, make it payable to <i>Lifespan</i>				
<b>5</b> Karlene Cirulli: No Cost/Low Cost Resources 10:00-11:00am  <b><u>Mah Jongg 101 1:00-3:30pm \$15.00 Part 1</u></b>	<b>6</b> Tuesday with a Trainer: Meditation 10:00am Special Guest: <b><i>Deb Palumbos</i></b> Lifespan's RSVP Program 12:30pm	<b>7</b> GVPT: Brunch & Learn 9:45-11:00am <b><u>Mah Jongg class 1:00-3:30pm Part 2</u></b>  CSP: Fidget Blankets 12:30 pm	<b>8</b> Jon Allen: Life at the White House 9:30am Penny Rug Project 12:00pm Garden Mtg. 12:45pm Open Mah Jongg & Rummikub 12:30pm	<b>9</b> YMCA Director, Membership Jeff Lathrop 10:00am Friendship Circle & Crafts 101 12:30pm Afternoon Euchre <b><u>iPad Intermediate 12:30-2:00pm</u></b>
<b>12</b> Essential Oils 10:00am  Cooking Demo with Jackie 1:00pm	<b>13</b> Tuesday with a Trainer: Food & Fun for the Brain 10:00am Living Healthy with Diabetes 1/6 12:30-3:00pm AOA 1:15pm	<b>14</b> <b><u>Ellen D: Easter Craft \$2 Projects: 10:00am</u></b>  Eldersource 11:00am-1:00pm Birthday Celebration 12:15pm	<b>15</b> Massages with Megan & Michelle 9:00-11:00am Penny Rug Project: 12:00pm Open Mah Jongg & Rummikub 12:30pm	<b>16</b> <b><u>St. Patrick's Day Celebration \$10 11:30am</u></b> Friendship Circle & Crafts 101 12:30pm Afternoon Euchre <b><u>iPad Intermediate 12:30-2:00pm</u></b>
<b>19</b> Lunch and Learn Jen Z: Plant Base Diet 11:45am  AARP/Defensive Driving: 1/1 12:30-3:30pm	<b>20</b> Tuesday with a Trainer 10:00am Boxing for Core Strength/Mobility Lunch Bunch 12:15pm Hong Wah Living Healthy with Diabetes 2/6 12:30-3:00pm	<b>21</b> Dress A Girl Around the World 9:00am-3:00pm  Designing Dolls with Terie 10:00am	<b>22</b> Glenn Cone, FP: Alphabet Soup 10:00-11:00am Penny Rug Project: 12:00pm Open Mah Jongg & Rummikub 12:30pm	<b>23</b> Brunch & Learn Wegmans Pharmacist 9:45am Site Council 12:00pm Friendship Circle & Crafts 101 12:30pm Afternoon Euchre
<b>26</b> Caring Bouquets 11:00am  AARP/Defensive Driving: 2/2 12:30-3:30pm	<b>27</b> Tuesday with a Trainer 10:00am Boxing for Core Strength/Mobility  Living Healthy with Diabetes 3/6 12:30-3:00pm Craft Meeting 12:30pm	<b>28</b> Chair Tai Chi with Wellness Coach Maria 10:00am Eldersource: 11:00am-1:00pm CSP: Days for Girls 12:00pm Book Club 2:00pm <b><u>Prayers for Sale by Sandra Dallas</u></b>	<b>29</b> Artist Reception 10:00am Penny Rug Project 12:00pm Open Mah Jongg & Rummikub 12:30pm  <b><u>Painting with Pizzazz 1:30-3:30 \$5</u></b>	<b>30</b> <b>Closed In Observance of Good Friday</b>

## March Program Highlights

### **New & Existing Member Coffee Hour**

**Thursday, March 1**

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

### **Penny Rug Project**

**Thursdays, March 1, 8, 15, 22 & 29**

The penny rug project is held every Thursday at 12:00pm. Please join us to meet Linda Kerr, our talented volunteer as she guides you through each step to make this beautiful wall hanging for our resource center.

### **Craft Meeting**

**Thursday, March 1 & Tuesday, March 27**

Join our dedicated team leaders, Barbara, Louise, Mimma, Pat and Terie today to learn more about current and future projects, volunteering and area craft sales.

### **Open Mah Jongg & Rummikub**

**Thursdays, March 1, 8, 15, 22 & 29**

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, March 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.*

Please visit our Facebook page  
and don't forget to  
*like* us!

### **Friday Friendship Circle - Crafts, Chat, Crochet, Doll Making & Beading 101**

**Fridays, March 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.

### **Low Cost/No Cost Resources for Older Adults**

**Monday, March 5**

Join Karlene Cirulli, Eldersource Care Manager with Lifespan to learn about a variety of resources in our community that offer free to low cost programs and services.

### **Learn to Play Mah Jongg \$15**

**Monday, March 5 & Wednesday, March 7**

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. *Two classes at 2.5 hours each.*

### **Tuesdays with Trainer**

#### **Meditation with Maria LaDelfa**

**Tuesday, March 6**

Published studies have documented the many physical and mental health benefits of meditation, including decreased pain, better immune function, less anxiety and depression, a heightened sense of well-being, greater happiness and emotional self-control. Join Maria to learn about the science of meditation.

### **RSVP Program Director,**

#### **Deb Palumbos**

**Tuesday, March 6**

Deb joins us to share information about the Silverline NY program. Volunteers are needed to commit to making one phone call a week. Training will be provided by Lifespan staff. *Please consider volunteering to help improve the lives of older adults in our community.*

## March Program Highlights

### Brunch & Learn

#### GVPT: Low Back Pain and Lumbar Stenosis

Wednesday, March 7

Join Physical Therapist and GVPT owner, Dan Geen to discuss causes of low back pain and physical therapy treatment options.

#### Making Fidget Blankets with Terie

Wednesday, March 7

Join us for this special community service project. These blankets will be donated to the local chapter of the Alzheimer's Assoc. All supplies are provided. Thank you to Terie K. for leading this heartwarming project.

#### Jon Allen: Inside the White House

Thursday, March 8

Join very special guests, Jon Allen for a presentation you won't forget. As Military Aide to the President, 1989-1992, Jon was a critical and significant part of all diplomatic and social events.

#### Spring is in the Air

#### Community Garden Meeting

Thursday, March 8

Please join us for an update on our community garden. Volunteers are needed to help with preparing the garden, planting, and more. Located by the east entrance parking lot, please feel free to visit and bring us your suggestions!

#### Jeff Lathrop, YMCA Director of Membership

Friday, March 9

Join us to meet with Jeff and learn what's new in membership. Jeff will also share any current events taking place at the Y.

#### Essential Oils: Household Uses

Monday, March 12

Essential oils are effective and cost efficient agents for cleaning, reducing your toxic lead exposure, and they smell great too!

#### Cooking Demo with Jackie C.

Monday, March 12

If you have not experienced Jackie's great creations, you won't want to miss this dish! Join us for chicken broccoli supreme and caramel apples.

#### Tuesdays with Trainer

#### Food & Fun for the Brain with Maria LaDelfa

Tuesday, March 13

Join Maria today to sample a variety of foods that haven't proven to be beneficial for the brain. We will participate in brain games as well.

#### Living Healthy with Diabetes

Tuesdays, March 13, 20, 27, April 3 & 10

Are you living with one or more chronic conditions such as diabetes, high blood pressure, arthritis, pain, anxiety? In this 6 week workshop you will find support, learn practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

#### Advisory Committee Meeting

Tuesday, March 13

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

#### Paper Crafts with Ellen Distefano

Wednesday, March 14 \$2

She shared her beautiful talent with last month. She returns to share her creativity with you!

#### Karleen Cirulli, Caremanager with Eldersource

Wednesdays, March 14 & 28

Meet with Social Worker Karleen and learn about the many resources for older adults. No appointment is necessary.

## March Program Highlights

### Birthday Celebration

**Wednesday, March 14**

All are welcome. Thank you to Allison, from Legacy at Village Wood for sponsoring our monthly birthday celebration.

### Massages with Michelle & Megan

**Thursday, March 15**

Michelle and Megan will be taking care of those registered for massages. Appointments will be taken in 10 minute increments. *If you were fortunate to receive a massage in February, please allow other members that did not receive a massage, the opportunity to sign up. this month. Thank you!*

### Lunch & Learn with Jen Zipkin

#### Plant Based Diet

**Monday, March 19**

She never fails to entertain. Welcome back Jen Zipkin. Sample a variety of plant based food options. Jen will also share the results of years of research around plant based diets and the many benefits.

### AARP Safe Driver's Course

**Mondays, March 19 & 26**

\$20 AARP Members, \$25 Non-Members  
Check or money order only made payable to AARP. This is a great way to save on your insurance while sharpening your skills. Please scan in at the resource center. Staff will direct you to the meeting room.

### Tuesdays with Trainer

#### Boxing for Core Strength & Mobility with Christine Walker

**Tuesday, March 20 Part 1**

Welcome back Christine. Today she will share how boxing helps with core strength and mobility.

### Meet Up! Lunch Bunch: Hong Wah

**Tuesday, March 20**

Located in the heart of Penfield at 1802 Penfield Road, Hong Wah offers a wide variety of Chinese dishes. Join us as welcome spring and enjoy lunch with friends. Visit their menu at [hongwahrestaurant.com](http://hongwahrestaurant.com)

### Dress a Girl Around the World

**Wednesday, March 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, March 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.

### Alphabet Soup: The ABC's of Financial Planning with Glen Cone, FP

**Thursday, March 22**

Join us today to learn about common and not so common terms when it comes to successful financial planning. Enjoy a new take on the popular game, Jeopardy.

### Brunch & Learn

#### Wegmans: Flu & Shingles

**Friday, March 23**

Welcome back Pharmacist, John Hesla to discuss the current flu season and the new shingles shot.

### Site Council

**Friday, March 23**

Learn about special events, finances, fundraising efforts, member driven programs and more. We will address your questions and concerns and welcome your suggestions.

## March Program Highlights

### Caring Bouquets—Sponsored by Trader Joe's

Monday, March 26

Delivered by volunteer Sharon Myers, join us to help with arranging flower bouquets for those living alone/senior communities.

### Tuesdays with Trainer Boxing for Core Strength & Mobility with Christine Walker

Tuesday, March 27 Part 2

Part 2 of how boxing helps with core strength and mobility

### Chair Tai Chi with Maria

Wednesday, March 28

Join wellness coach Maria LaDelfa to learn this popular low impact chair exercise.

### Days for Girls Program

Wednesday, March 28

Join our volunteers Shirley and Sandra (well known for their contribution to the Dress a Girl program) to learn how you can participate in this project to help make feminine hygiene products for underprivileged young women.

### Monthly Book Club

#### Hosted by Betsy Kalweit

Wednesday, March 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, Prayers for Sale by Sandra Dallas.

### Artist's Reception

Thursday, March 29

Sandra VerTeer will join us today to share her experiences while caring for her ailing mother. Author of Dear Mom...a Daughter's Letter to Her Mother; Sandra will have copies on hand.

### Painting with Pizzazz

Thursday, March 29

1:30-3:30pm \$5

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

## Resource Center Hours of Operation

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

*Please register for programs in  
the purple binder.*

### Contact Information:

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