

# Eastside Resource Center

## NEWSLETTER

a partnership of



### Happy 3 Year Anniversary!

It's hard to believe that it has been 3 years since we began this amazing partnership with the YMCA and the United Way.

***Please join us on  
Thursday, April 5 10:00am***

Enjoy a light breakfast and refreshments. Thank you to the members for supporting the resource center, we look forward to many more years!

### April 2018

#### FEATURED EVENTS

#### **Learn to Play Euchre**

After many requests, we are excited to share that Euchre lessons are now available.

Join instructor,  
Maria LaDelfa on  
Thursday, April 19  
9:00-11:00am

#### ***Meet Up!***

#### **Penfield Nursery School Intergenerational Hour**

What is sure to be a fun and very special experience, join us for an hour of activities and refreshments.

Enjoy games, reading & craft projects!  
Friday, April 13  
9:30-10:30am

# April 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Brunch & Learn 9:45-11:00am Bill McDonald: United Way  <b><u>Mah Jongg \$15</u></b> <b><u>1:00-3:30pm 1/2</u></b>	<b>3</b> Tuesday w/a Trainer Ava Kane, PT 10:00-11:00am  Living Healthy with Diabetes 4/6 12:30-3:00pm (Resource Center)	<b>4</b> Brunch & Learn GVPT: CORE 9:45-11:00am Fidget Blankets with Terie 12:30pm  <b><u>Mah Jongg</u></b> <b><u>1:00-3:30pm 2/2</u></b>	<b>5</b> Anniversary Celebration 10:00am  Penny Rug Project 12:00pm Mah Jongg and Rummikub 12:30pm	<b>6</b> Blood Pressure Check 10:00-11:00am Friendship Circle & Crafts 12:30pm Afternoon Euchre <b><u>Ipad Advanced</u></b> <b><u>1:00-2:30pm \$20</u></b>
<b>9</b> Essential Oils 10:00-11:00am  Birthday Celebration 11:45pm  Cooking with Jackie 1:00-2:00pm	<b>10</b> <b><u>Window Woes with</u></b> <b><u>Daniel Jones \$5</u></b> 10:00-11:30am Out to Lunch: 12:30pm Fairfield's Grill Living Healthy with Diabetes 5/6 12:30-3:00pm	<b>11</b> Meditation with Maria 9:45-10:15am  Eldersource 11:00am-1:00pm  Caring Bouquets 12:30pm	<b>12</b> Brunch & Learn Marty J. – JFK 9:45-11:00am  Penny Rug Project 12:00pm Mah Jongg and Rummikub 12:30pm	<b>13</b> Meet Up! Penfield Nursery School 9:30-10:30am Friendship Circle & Crafts 12:30pm Afternoon Euchre <b><u>Ipad Advanced</u></b> <b><u>1:00-2:30pm</u></b>
<b>16</b> Barb Adams Healing the Inner Child 10:00-11:00am 1/3  Laurie Pellittiere The Royal Wedding 1:00-2:00pm	<b>17</b> Tuesday w/a Trainer Anna Braun/Balance 10:00-11:00am Living Healthy with Diabetes 6/6 12:30-3:00pm Craft Mtg. 12:30pm	<b>18</b> Dress A Girl & Days for Girls Project 9:00am-3:00pm  Designing Dolls with Terie 10:00am	<b>19</b> Learn to Play Euchre With Maria 9:00-11:00am Penny Rug Project 12:00pm Mah Jongg and Rummikub 12:30pm	<b>20</b> <b><u>Crafts with Ellen</u></b> <b><u>10:00am \$2</u></b> Friendship Circle & Crafts 12:30pm Afternoon Euchre <b><u>Ipad Advanced</u></b> <b><u>1:00-2:30pm</u></b>
<b>23</b> Barb Adams Healing the Inner Child 10:00-11:00am 2/3  Chair Pickle Ball 11:15am-12:15pm Matter of Balance 12:30-3:00pm 1/8	<b>24</b> <b><u>Paint Your Pottery</u></b> <b><u>9:45-11:30am \$5</u></b>  Lindsay Jackson, GVPT Parkinson's & Physical Therapy 12:45pm	<b>25</b> Eldersource 11:00am-1:00pm Days for Girls-CSP 11:45am Matter of Balance 2/8 12:30-2:30pm (Resource Center) Book Club 2:30pm <b><u>Mrs. Lincoln's</u></b> <b><u>Dressmaker</u></b>	<b>26</b> Massages with Michelle & Megan 9:00-11:10am Artist's Reception 12:15pm Penny Rug Project 12:00pm Mah Jongg and Rummikub 12:30pm	<b>27</b> <b><u>Ipad Advanced</u></b> <b><u>9:00-10:30am</u></b> <b><u>Note Time Change</u></b> New Member Coffee Hour 10:00am Site Council 12:00pm Friendship Circle & Crafts 12:30pm Afternoon Euchre
<b>30</b> Barb Adams Healing the Inner Child 10:00-11:00am 3/3  Jen Zipkin Science Behind Overeating 12:00pm Matter of Balance 12:30-3:00 pm 3/8	<b>Reminder:</b> Programs require registration in the AOA Program Book located in the Eastside Resource Center during the day or at the Membership desk during the evenings and weekends.		<b><u>Mah Jongg Lessons</u></b> <b><u>Monday, April 2 &amp; Wednesday, April 4</u></b> <b><u>1:00-3:30pm \$15</u></b> <b><u>(Two 1 ½ hour classes – total 5 hour lesson)</u></b>	
<b>Artist of the Month</b> Linda Kerr - Penny Rug Designer Please stop by the artists table to see her beautiful penny rugs.				

# April Program Highlights

## Brunch & Learn - Bill McDonald, Program Officer, United Way Supporting Older Adults and Caregivers

**Monday, April 2 9:45 - 11:00am**

Mr. McDonald will join us today to share the many ways the United Way is invested in our community. Today you will learn about their strategic plan and will be given the opportunity to inquire about this agency that has been serving our community for over 100 years.

## Tuesdays with a Trainer

**Tuesday, April 3 12:00 - 11:00am**

Welcome Eva Kane to share the benefits of Yoga. Eva will lead you in a chair yoga class.

## Brunch & Learn - GVPT

**Wednesday, April 4 9:45 - 11:00am**

Join Dan Geen, PT to learn more about CORE and why it is important in almost every movement of the human body.

## Making Fidget Blankets with Terie

**Wednesday, April 4 12:30pm**

These blankets will be donated to the local chapter of the Alzheimer's Assoc. Thank you to Terie K. for donating the supplies and leading this heartwarming project.

## Anniversary Celebration

**Thursday, April 5 10:00am**

Happy 3 year anniversary to our resource center. Please join us for breakfast and refreshments.

Please visit our Facebook page:  
The Eastside Resource Center  
and don't forget to  
**Like us!**

## Penny Rug Project

**Thursdays, April 5, 12, 19 & 26 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.

## Mah Jongg & Rummikub

**Thursdays, April 5, 12, 19 & 26 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 Check

**Friday, April 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.*

## Friday Friendship Circle & Crafts

**Fridays, April 6, 13, 20 & 27 12:30pm**

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!

## Afternoon Euchre

**Fridays, April 6, 13, 20 & 27**

Open to all members 55 and better. Enjoy complimentary refreshments. *Please note that complimentary Euchre lessons will be offered on Thursday, April 19 at 9:00am; join our instructor, Maria LaDelfa.*

# April Program Highlights

## iPad Advance \$20

**Fridays, April 6, 13, 20 1:00 - 2:30pm**

**April 27 9:00-10:30am**

Join Daniel Jones to learn more about the iPad. This class is recommended for those that have taken the iPad beginner class.

## Essential Oil – Wellness Kit

**Monday, April 9 10:00 - 11:00am**

**Bonnie O'Neill, RN & Sandra Vatter, RN**

Learn how essential oils can be utilized for some of the more common health issues.

## Birthday Celebration

**Monday, April 9 11:45am**

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

## Cooking with Jackie

**Monday, April 9 1:00 - 2:00pm**

If you have not experienced Jackie's great creations, you won't want to miss this dish! Join us for Spanish Rice and Mini Key Lime Tarts.

## Window Woes with Daniel Jones

**Tuesday, April 10 10:00 – 11:30am \$5**

Are you struggling to learn more about your pc and working with windows? Join us today for this seminar with Daniel Jones to learn how to navigate through windows.

## Out to Lunch Bunch

**Tuesday, April 10 12:30pm**

**Fairfield's Grill**

Located at 2600 Baird Road, Fairfield's Grill has been a Fairport tradition for over 20 years. Visit their menu at [www.fairfieldsgrill.com](http://www.fairfieldsgrill.com).

## Meditation with Mari

**Wednesday, April 11 9:45 - 10:15am**

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 and more.

## Eldersource: Karleen Cirulli

**Wednesdays, April 11 & 25 11:00am - 1:00pm**

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

## Caring Bouquets

**Wednesday, April 11 12:30pm**

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

## Brunch & Learn

### Marty Molinari - Who Killed JFK

**Thursday, April 12 9:45 - 11:00am**

Where were you on November 22, 1963? Marty Molinari returns to share revealing details and information coming forth monthly with new and more extensive research being published constantly. He will provide analysis of the evidence and a discussion of this historical event that took place in Dealey Plaza, downtown Dallas.

## Meet Up at Penfield Preschool

**Friday, April 13 9:30 – 10:30am**

Join us for an hour of intergenerational fun with the 5 year old students at Penfield Preschool. We'll enjoy reading, crafting and games. Refreshments will be provided. Please plan to meet us in the rear parking lot of the school. The teachers and students are very excited to host their first intergenerational event.

# April Program Highlights

## Barb Adams: Healing the Inner Child

**Mondays, April 16, 23 & 30 10:00 - 11:00am**

Meet Barb Adams, O.M.C and retired educator. Explore your inner child in this 3-part series and learn to define the inspiring part of yourself. Join us to access your joy and laughter.

## Laurie Pellittiere - The Royal Wedding

**Monday, April 16 1:00 - 2:00pm**

Join us to take a look inside the future wedding of Meghan Markle and Prince Harry. Don your fanciest hat and come learn about the British event of the season. Enjoy royal wedding cake!

## Tuesday with a Trainer/Balance

**Tuesday, April 17 10:00 – 11:00am**

Join Anna Braun to learn about the many exercises you can practice to help with balance.

## Craft Meeting

**Tuesday, April 17 12:30pm**

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

## Dress a Girl Project

**Wednesday, April 18 9:00am – 3:00pm**

Join our members to sew, iron, cut material and design dresses for this wonderful project. No sewing experience is required. *Volunteers needed!*

## Days for Girls

**Wednesday, April 18 9:00am - 3:00pm**

Join us to learn about this community service project that provides feminine hygiene products for young women in underserved countries.

## Designing Dolls with Terie

**Wednesday, April 18 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.

## Learn to Play Euchre with Maria

**Thursday, April 19 9:00 - 11:00am**

Join Maria LaDelfa to learn how to play this popular card game.

## Paper Crafts with Ellen \$2

**Friday, April 20 10:00am**

Join us to create two special event cards. Choose from Birthday and Mother's day, or both.

## Chair Pickle Ball

**Monday, April 23 11:15am-12:15pm**

If you joined us last month, you recall just how much fun we had! Join us today in the family gym for this great way to exercise.

## Matter of Balance

**Mondays, April 23, 30, May 7 & 14**

**Wednesdays, April 25, May 2, 9 & 16 12:30-3:00pm**

These classes will help reduce the fear of falling and increase physical activity levels. Join us for the 8 week evidence based workshop that is led by trained Lifespan staff.

## Paint Your Pottery \$5

**Tuesday, April 24 9:45-11:30am**

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. Jami will return all the pottery to be fired. All pottery will be returned in 5-7 days.

# April Program Highlights

## Lindsay Jackson, PT., GVPT

**Tuesday, April 24 12:45pm**

Join Lyndsay to learn how physical therapy and how exercise can help with Parkinson's disease.

## Book Club

**Wednesday, April 25 2:30pm (note time change)**

Join host, Betsy K. to discuss this month's selection, Mrs. Lincoln's Dressmaker.

## 10 Minute Massages

**Thursday, April 26 9:00-11:10am**

If you received a massage in March, please allow other members that did not receive a massage, the opportunity to sign up.

## Artist's Reception

**Thursday, April 26 12:15pm**

Join us to celebrate the beautiful and talented work of Linda Kerr. A variety of penny rugs will be shared.

## New and Existing Member Coffee Hour

**Friday, April 27 10:00am**

Meet our staff and learn about programs, special events, Lifespan, the YMCA and United Way.

## Site Council

**Friday, April 27 12:00pm**

Learn about special events, finances, fundraising efforts, member driven programs and more.

## Jen Zipkin – Science Behind Overeating

**Monday, April 30 12:00pm**

Join Jen to discuss the latest science as to why we struggle with overeating. Leave empowered with tips and tools to help you eat less and feel better.

## Eastside Resource Center Hours of Operation

Monday-Friday  
8:30 am - 4:00 pm  
585-341-3084

## Contact Information:

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