

# Eastside Resource Center

## NEWSLETTER

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### Welcome Summer ☺

After a harsh winter and an unseasonably cool spring, we are excited to enjoy the warm breeze and sunny skies of summer.

Your June newsletter is packed full of new and exciting events. There are also opportunities to volunteer.

Please consider helping us in our community garden, or joining the Gems team making crafts for the 2018 YMCA "Crafts for a Cause" sale in December.

### June 2018

#### FEATURED EVENTS

#### Healing the Inner Child

Fridays

June 8, 22 & 29  
10:00-11:00am

This 3 part session will be led by Barb Adams

#### Chair Pickle Ball

Enjoy the lighter version of this very popular game. Join instructor, Bob Stokes in the family gym.

Monday, June 18  
9:30-10:30am

# June 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>Reminder:</u> Programs require registration in the AOA Program Book located in the Eastside Resource Center during the day or at the Membership desk, evenings and weekends.</p>	<p><b><u>Ipod Beginner Classes</u></b>  <b><u>Wednesdays</u></b>  <b><u>June 6, 13, 20 &amp; 27</u></b>  <b><u>11:30am-1:00pm \$20</u></b></p>		<p><b><u>Artist of the Month:</u></b>   <b>Ying Lin</b>  <b>Water Color Art</b></p>	<p><b>1</b>            Blood Pressure Checks            10:00-11:00am            Host: Baywinde             Friendship Circle &amp; Crafts 12:30pm            Afternoon Euchre</p>
<p><b>4</b></p> <p>Meet &amp; Greet:            Les TreBony            Self Protection for Older Adults            9:45-10:45am</p> <p>Spanish 101 with Beth 12:30pm</p>	<p><b>5</b></p> <p>Tuesday/Trainer            10:00-11:00am            Jamie Heffron, LMT            Self-Massage</p> <p>Craft Mtg. 12:30pm            Living Healthy 12:30-3:00pm 3/6</p>	<p><b>6</b></p> <p>Brunch &amp; Learn:            GVPT/ Plantar Fasciitis            9:45-11:00am</p> <p>New Member Coffee Hour 11:45am            AARP Safe Driving Class 12:30-3:30pm</p>	<p><b>7</b></p> <p>Deputy Favata:            9:45am            K-9 Demonstration</p> <p><b><u>Paint Your Pottery</u></b>  <b><u>11:00am-1:00pm \$5</u></b>            Rummikub 101 &amp; Mah Jongg 12:30pm</p>	<p><b>8</b></p> <p>Healing the Inner Child: Part 1            10:00-11:00am            (Conference Room)</p> <p>Friendship Circle Crafts 12:30pm            Afternoon Euchre</p>
<p><b>11</b></p> <p>Essential Oils with Sandy &amp; Bonnie            10:00-11:00am</p> <p>The Sjoelen Challenge            11:30am            Garden Mtg. 11:30am            Cooking with Jackie            1:00-2:00pm</p>	<p><b>12</b></p> <p><b><u>Senior Celebration at the Bayview YMCA \$10</u></b>  <b><u>10:00am-2:30pm</u></b></p> <p>Living Healthy 4/6            12:30-3:00pm</p>	<p><b>13</b></p> <p>Dr. Hill-Goshorn Chiro. Pelvic Imbalance            9:45-10:15am</p> <p>Eldersource            11:00am-1:00pm            AARP Safe Driving Class 12:30-3:30pm</p>	<p><b>14</b></p> <p>Mini Massages with Michelle &amp; Megan            9:00-11:10am</p> <p>Lunch Bunch:            12:30pm Mulconry's</p> <p>Rummikub 101 &amp; Mah Jongg 12:30pm</p>	<p><b>15</b></p> <p>Celebrate Father's Day Breakfast            Meet &amp; Greet:            Gary Larder 10:00am            Red Wings Chairman</p> <p>Friendship Circle Crafts 12:30pm            Afternoon Euchre</p>
<p><b>18</b></p> <p>Chair Pickle Ball (Family Gym)            9:30-10:30am            Birthday Celebration            12:00pm  <b><u>Painting with Pizzazz</u></b>  <b><u>Patriotic Painting</u></b>  <b><u>1:00-3:00pm \$5</u></b></p>	<p><b>19</b></p> <p>Meditation/Brain Boosters w/Maria            10:00-11:00am</p> <p>Living Healthy 5/6            12:30-3:00pm            (Resource Center)</p>	<p><b>20</b></p> <p>Dress A Girl Project            9:00am-3:00pm</p> <p>Designing Dolls with Terie 10:00am</p>	<p><b>21</b></p> <p>Chair Aerobics with Maria 10:00am</p> <p>Craft Meeting            12:30pm</p> <p>Rummikub 101 &amp; Mah Jongg 12:30pm</p>	<p><b>22</b></p> <p>Healing the Inner Child: Part 2            10:00-11:00am            (Conference Room)</p> <p>Friendship Circle &amp; Crafts 12:30pm            Afternoon Euchre</p>
<p><b>25</b></p> <p><b><u>Paper Crafts w/Ellen \$2</u></b>  <b><u>10:00-11:30am</u></b></p> <p>Caring Bouquets            12:30pm</p>	<p><b>26</b></p> <p>Tuesday/Trainer:            10:00-11:00am            Eva Kane: Chair Yoga</p> <p>Site Council 11:45am            Living Healthy 6/6            12:30-3:00pm            (Resource Center)</p>	<p><b>27</b></p> <p>Days for Girls Project            11:00am-1:00pm            Eldersource            11:00am-1:00pm</p> <p>Book Club 2:00pm  <b><u>Two Sisters by Sandra Dallas</u></b></p>	<p><b>28</b></p> <p>Euchre Lessons with Maria 9:30-11:30am</p> <p><b><u>Strawberry Festival</u></b>  <b><u>12:15pm \$1.00</u></b></p> <p>Rummikub 101 &amp; Mah Jongg 12:30pm</p>	<p><b>29</b></p> <p>Healing the Inner Child: Part 3            10:00-11:00am            (Resource Center)</p> <p>Afternoon Euchre            Friendship Circle &amp; Crafts 12:30pm</p>

# June Program Highlights

## Blood Pressure Check

Friday, June 1 10:00-11:00am

Sponsored by Baywinde Senior Living Community, stop by for an accurate blood pressure reading by Baywinde's RN.

## Silent Auction/Fundraiser Announcement

Friday, June 1 12:00pm

Join us for the announcement of winners from our May silent auction. All funds raised will support the eastside resource center. Thank you for your support!

## Friday Friendship Circle & Crafts

Fridays, June 1, 8, 15, 22 & 29 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, June 1, 8, 15, 22 & 29

Open to all members 55 and better. Enjoy complimentary refreshments.

**Games begin no earlier than 12:00pm.**

## Self-Protection for Older Adults

Monday, June 4 9:45-10:45am

Self-defense is a skill that is beneficial to all ages. Join Master Les TreBony to learn how a predator thinks; avoid becoming a victim and how to defend yourself.

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

## Spanish 101 with Beth

Monday, June 4 12:30pm

Join Beth today to learn basic Spanish.

## Tuesdays with a Trainer

Tuesday, June 5 10:00-11:00am

Ortho based self-massage therapy benefits with Licensed Massage Therapist Jamie Heffron.

## New and Existing Member Coffee Hour

Wednesday, June 6 11:45am

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

## Craft Meeting

Tuesday, June 5 12:30pm

Join our Gems team for the latest in new craft projects. **Volunteers needed.**

## Brunch & Learn - GVPT

Wednesday, June 6 9:45-11:00am

Join GVPT staff today to learn more about one of the most common causes of heel pain.

## AARP Defensive Driving Course

Wednesdays, June 6 and 13 12:30-3:30pm

\$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.

## Special Guest: Deputy Favata

Thursday, June 7 9:45am

Welcome Deputy Favata and his canine partner. Learn how dogs are trained and help with detecting drug paraphernalia, scent of humans and much more.

# June Program Highlights

## Paint Your Pottery \$5

**Thursday, June 7 11:00am-1:00pm**

Created by Us owner/operator Jami Cimino will guide you through the process of selecting a piece of pottery and help with choosing colors. Jami will return all the pottery to be fired.

## Mah Jongg & Rummikub

**Thursdays, June 7, 14, 21 & 28 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.

## Barb Adams: Healing the Inner Child

**Fridays, June 8, 15 & 29 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.

## Essential Oils-Summer Entertaining

**Monday, June 11 10:00-11:00am**

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

Learn ways to utilize essential oils to enhance your experiences with grill cleaning, bug chasers, great cooking ideas and much more.

## Sjoelen Challenge

**Monday, June 11 11:30am**

Pronounced shoo-lin, this game received great reviews last month. Join us to learn/play today!

## Community Garden News

**Monday, June 11 11:30am**

Volunteers needed: Monday/Wednesday/Friday 9:00am. Please join our garden meeting on Monday, June 11 at 11:30am.

## Cooking with Jackie

**Monday, June 11 1:00-2:00pm**

Join us for this sweet summer treat, stuffed strawberries and strawberry pie.

## Bayview YMCA Senior Celebration

**Tuesday, June 12 10:00-2:30pm \$10**

Join us for this annual senior celebration at the Bayview YMCA. Enjoy boat rides, crafts, live entertainment, lunch & much more.

**Register at either YMCA desk.**

## Dr. Hill, Goshorn Chiropractic

**Wednesday, June 13 9:45-11:00am**

Join Dr. Hill to learn about and discuss pelvic imbalance and treatment.

## Eldersource: Karleen Cirulli

**Wednesdays, June 13 & 27 11:00am-1:00pm**

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

## 10 Minute Massage w/Michelle & Megan

**Thursday, June 14 9:00-11:10am**

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

## Out to Lunch Bunch: Mulconry's

**Thursday, June 14 12:30pm**

Located at 17 Liftbridge Lane in the village of Fairport, this popular Irish pub offers a wide variety of lunch items. If weather cooperates, we will enjoy dining al fresco! View their menu at [www.mulconrys.com](http://www.mulconrys.com).

# June Program Highlights

## Father's Day Celebration/Breakfast and Special Guest, Gary Larder

**Friday, June 15 10:00am**

Join us for a lite breakfast and very special guest, Chairman of the Board for the Rochester Red Wings. Gary Larder has been involved with the Red Wings for over 25 years.

## Chair Pickle Ball

**Monday, June 18 9:30-10:30am**

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.

## Birthday Celebration

**Monday, June 18 12:00pm**

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

## Painting with Pizzazz

**Monday, June 18 1:00-3:00pm \$5**

Join our dedicated and talented volunteer Jim B. to create this beautiful patriotic scene on wood. All supplies are included.

## Meditation/Brain Boosters w/Maria

**Tuesday, June 19 10:00-11:00am**

Published studies have documented the many physical and mental health benefits of meditation. Join Maria today to also learn healthy habits for the brain.

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

## Dress A Girl Project

**Tuesday, June 19 10:00-11:00am** Join our members to sew, iron, cut material and design dresses for young girls and women in various countries around the world.

## Designing Dolls with Terie

**Wednesday, June 20 10:00am**

Join Terie today to learn how to make, dress and embellish each doll.

## Chair Aerobics with Maria

**Thursday, June 21 10:00am**

Join Maria for what is sure to be a fun work out.

## Paper Crafts with Ellen \$2

**Monday, June 25 10:00-11:30am**

Join Ellen today and make beautiful creative paper crafts.

## Caring Bouquets - Trader Joe's

**Monday, June 25 12:30pm**

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

## Tuesdays with a Trainer:

### Chair Yoga with Eva

**Tuesday, June 26 10:00-11:00am**

Welcome back Eva Kane. Today we will discuss how this more gentle approach to yoga helps manage the effects of aging and improves overall wellness. The practice will include a calming yet energizing breath exercise as well as yoga-based movements.

# June Program Highlights

## Site Council

**Tuesday, June 26 11:45am**

Join this open forum to learn about special events, finances, fundraising efforts, member driven programs and more.

## Days for Girls

**Wednesday, June 27 11:00am-1:00pm**

Volunteers needed to help with making feminine hygiene products (from fleece) for young women in underserved countries. Supplies provided.

## Book Club

**Wednesday, June 27 2:00pm**

Join host, Betsy K. to discuss this month's selection: Two Sisters by Sandra Dallas. Refreshments will be provided.

## Euchre Lessons with Maria

**Thursdays, June 28 9:30-11:30am**

Join Maria LaDelfa to learn how to play this popular card game. All supplies are provided.

## Strawberry Festival

**Thursday, June 28 12:15pm \$1.00**

Join us for this locally grown, delicious summer treat with topping.

Reminder: Programs require registration in the AOA Program Book located in the Eastside Resource Center during the day or at the Membership desk, evenings and weekends.

## Eastside Resource Center Hours of Operation

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

### Contact Information:

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