

Eastside Resource Center

NEWSLETTER

a partnership of



The beautiful weather has finally arrived!
There are many activities planned allowing us
to enjoy the great outdoors.

Join our Lunch Bunch, Volunteer in our
Community Garden, Enjoy a stroll along the
Y grounds and Zoo's Clue's at
Seneca Park Zoo.

Please take a few minutes to look
through your newsletter for other special
events in August & September.

*Please note that fee based programs require
payment with registration.*

July 2018

FEATURED EVENTS

Living Healthy with Diabetes

Tuesdays

July 10, 17, 24, 31

August 7 & 14

12:30-3:00pm

Lifespan is offering this complimentary six week session, led by trained Lifespan staff/volunteers. This series will give you a better understanding of diabetes, introduce healthy eating plans and focus on foot care.

Meet Up!

**Zoo's Clues at
Seneca Park Zoo**

Friday, July 13

10:30am-2:00pm

Enjoy this intergenerational event.
Free admission & lunch.
Registration is required.

July 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>New Member Coffee Hour 10:00am</p> <p>Independence Day Celebration Refreshments at 12:00pm</p>	<p>3</p> <p>Tuesday/Trainer 10:00-11:00am Active Living Every Day</p> <p>Living Healthy 12:30-3:00pm 6/6 (<i>Resource Center</i>)</p>	<p>4</p> <p>Closed in observance of Independence Day</p>	<p>5</p> <p>Meditation with Maria 10:00am</p> <p>Garden Meeting 11:30am</p> <p>Rummikub 101 & Mah Jongg 12:30pm</p>	<p>6</p> <p>Blood Pressure Checks 10:00-11:00am Host: Baywinde Art Therapy/Coloring Friendship Circle & Crafts 12:30pm Afternoon Euchre</p>
<p>9</p> <p>Essential Oils with Sandy & Bonnie 10:00-11:00am</p> <p>Cooking with Jackie 1:00-2:00pm</p>	<p>10</p> <p>Tuesday/Trainer 10:00-11:00am Exercises/Stretches for the Back</p> <p>Living Healthy with Diabetes 1/6 12:30-3:00pm (<i>Resource Center</i>)</p>	<p>11</p> <p>Spanish 101 with Beth 10:00am</p> <p>Eldersource: Karlene 11:00am-1:00pm</p> <p>Lunch & Learn Wegmans: Shingles 12:00pm</p>	<p>12</p> <p>Summer Skin/Facials with Mary Kay 9:30-10:30am</p> <p>Artists Reception 12:00pm</p> <p>Rummikub 101 & Mah Jongg 12:30pm</p>	<p>13</p> <p>Meet Up/Zoo's Clues 10:30am-2:30pm Seneca Park Zoo</p> <p>Art Therapy/Coloring Friendship Circle Crafts 12:30pm Afternoon Euchre</p>
<p>16</p> <p><u>Paper Crafts with Ellen \$2 10:00-11:30am</u></p> <p>Out to Lunch Bunch Lu Lu's 12:30pm <i>Fairport Village on the Canal</i></p>	<p>17</p> <p>Sjoelen Challenge 10:00-11:30am</p> <p>Living Healthy with Diabetes 2/6 12:30-3:00pm (<i>Resource Center</i>)</p>	<p>18</p> <p>Dress a Girl Project 9:00am-3:00pm</p> <p>Designing Dolls with Terie 10:00am</p>	<p>19</p> <p>History of Bagpipes 10:00-10:45am</p> <p>Fidget Blankets with Terie 12:30pm</p> <p>Rummikub 101 & Mah Jongg 12:30pm</p>	<p>20</p> <p><u>Paper Crafts with Ellen \$2 10:00-11:30am</u></p> <p>Art Therapy/Coloring Friendship Circle Crafts 12:30pm Afternoon Euchre</p>
<p>23</p> <p>Mini Massages with Michelle & Megan 9:00-11:10am</p> <p>Site Council 11:45am Birthday Celebration 12:00pm</p>	<p>24</p> <p>Brunch & Learn Pullano & Co. Medicare 101 9:45-11:00am</p> <p>Living Healthy with Diabetes 3/6 12:30-3:00pm (<i>Resource Center</i>)</p>	<p>25</p> <p>Days for Girls Project 11:00am</p> <p>Eldersource: Karlene 11:00am-1:00pm</p> <p>Book Club 2:00pm <u>The Hotel on the Corner of Bitter and Sweet</u> by Jamie Ford</p>	<p>26</p> <p>Downsizing: 10:00am Jennifer & Jared Kierecki</p> <p>Craft Meeting 12:30pm</p> <p>Rummikub 101 & Mah Jongg 12:30pm</p>	<p>27</p> <p>Euchre Lessons with Maria 10:00am</p> <p>Art Therapy/Coloring Friendship Circle & Crafts 12:30pm Afternoon Euchre</p>
<p>30</p> <p>Facebook for Beginners with Daniel Jones 10:00-11:30am</p> <p>Caring Bouquets 12:30pm</p>	<p>31</p> <p>Tuesday/Trainer: 10:00-11:00am Strength Training</p> <p>Living Healthy with Diabetes 4/6 12:30-3:00pm (<i>Resource Center</i>)</p>	<p>Farmer's Market Coupons available Monday, July 16</p>	<p>Artist of the Month: Gems Team Christmas in July</p>	<p>Reminder: Programs require registration in the purple binder, located in the Eastside Resource Center during the day or at the Membership desk, evenings and weekends.</p>

July Program Highlights

New and Existing Member Coffee Hour

Monday, July 2 10:00am

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

Independence Day Celebration

Monday, July 2 12:00pm

Join us for refreshments and don't forget to wear your red, white & blue.

Tuesdays with a Trainer

Tuesday, July 3 10:00-11:00am

Join Christine Walker to learn how you can enjoy active living every day.

Meditation with Maria

Thursday, July 5 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.

Community Garden Meeting

Thursday, July 5 11:30am

Please join our meeting to learn more about our community garden. Volunteers needed: Monday/Wednesday/Friday 9:00am.

Mah Jongg & Rummikub 101

Thursdays, July 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.

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

Blood Pressure Check

Friday, July 6 10:00-11:00am

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

Art Therapy

Fridays, July 6, 13, 20 & 27

Enjoy a variety of pictures to color, available throughout the day. Colored pencils included to create your very own masterpiece.

Friday Friendship Circle Crafts

Fridays, July 6, 13, 20 & 27 12:30pm

Join our dedicated and passionate hostess Pat C., and our dedicated volunteers as they share their extensive knowledge of crafts; bring your favorite craft, crochet or knitting project to share!

Afternoon Euchre

Fridays, July 6, 13, 20 & 27

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

Games begin no earlier than 12:00pm.

Essential Oils-Spa Time

Monday, July 9 11 10:00-11:00am

Bonnie O'Neill, RN & Sandra Vatter, RN

Learn how to care for yourself and be treated to spa treatments anytime you want or need it. Join us to learn how essential oils can provide you with this power, at a fraction of the cost.

Cooking with Jackie

Monday, July 9 1:00-2:00pm

Her reputation precedes her. Join us for broccoli white bean salad and blueberry grunt.

July Program Highlights

Tuesdays with a Trainer: Exercises for the Back with Anna Braun

Tuesday, July 10 10:00-11:00am
Join Anna to learn about the variety of exercises to help with your back issues.

Spanish 101 with Beth

Wednesday, July 11 10:00am
Join Beth today to learn basic Spanish.

Eldersource: Karleen Cirulli, SW

Wednesdays, July 11 & 25 11:00am-1:00pm
Meet with Karleen and learn about the many resources for older adults. No appointment is necessary.

Lunch & Learn: Shingles Hosted by Wegmans

Wednesdays, July 11 12:00-1:00pm
Join Wegman's staff for the latest information on shingles.

Summer Skin Facials

Thursday, July 12 9:30-10:30am
Hosted by Lauren Coe, join us for a facial that will leave you feeling refreshed. All Mary Kay supplies are provided and registration is required.

Artists Reception

Thursday, July 12 12:00pm
Meet our dedicated volunteers to learn more about the crafts and jewelry available for sale. Enjoy refreshments following reception.

Meet Up! Zoo's Clues-Seneca Park Zoo

Friday, July 13 10:30am-2:30pm
This Intergenerational Scavenger Hunt teams up Youth and Older Adults to solve clues related to animals at the zoo as they go through the zoo. Please note there is quite a bit of walking. Free zoo admission and lunch. Reservations are required.

Paper Crafts with Ellen \$2

Monday, July 16
Friday, July 20 10:00-11:30am
Due to the popularity of this class, we have added a second class. Register for one class only. Join us to create two special paper craft projects.

Out to Lunch Bunch: Lu Lu's

Monday, July 16 12:30pm
Located on the water by the Liftbridge, Lu Lu's is Fairport's newest restaurant with a wide variety of Mexican entrees. Parking conveniently located at the box factory.

Sjoelen Challenge

Tuesday, July 17 10:00-11:30am
Pronounced shoo-lin, this game received great reviews last month. Join us to learn/play today!

Dress a Girl Project

Wednesday, July 18 9:00am-3:00pm
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, July 18 10:00am
Join Terie today to learn how to make dolls, dresses and embellishments for each doll.

a partnership of



July Program Highlights

The History of Bagpipes

Thursday, July 19 10:00-10:45am

Join special guest Matt Weasner to learn about the history of the bagpipes. We will enjoy a demo too!

Making Fidget Blankets with Terie

Thursday, July 19 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.

10 Minute Massage w/Michelle & Megan

Monday, July 23 9:00-11:10am

Massages are offered in the office of the resource center. If you received a massage in June, please allow other members that did not receive a massage, the opportunity to sign up.

Site Council

Monday, July 23 11:45am

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

Birthday Celebration

Monday, July 23 12:15pm

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

Brunch & Learn

Pullano & Company: Medicare 101

Tuesday, July 24 9:45-11:00am

Join Tricia Solt, licensed Medicare associate to learn about benefits.

Days for Girls

Wednesday, July 25 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, July 25 2:00pm

Join host, Betsy K. to discuss this month's selection: The Hotel on the Corner of Bitter & Sweet. Refreshments will be provided.

Downsizing 101:

Thursday, July 26 10:00am

Are you thinking of downsizing and not sure where to start? Join Jennifer & Jared Kierecki to learn ways to downsize successfully.

Craft Meeting

Thursday, July 26 12:30pm

Are you interested in learning more about making crafts? Join our Gems team for the latest in new craft projects. We are preparing for the 2018 Crafts for a Cause fundraiser. This event supports the YMCA. Volunteers are needed to help make jewelry, crochet and sew.

Euchre Lessons with Maria

Friday, July 27 10:00-11:00am

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

Programs require registration in the AOA program book located in the Eastside Resource Center 8:30-4:00pm Monday through Friday and at the Membership desk, evenings and weekends.

July Program Highlights

Facebook for Beginners with Daniel Jones

Monday, July 30 10:00-11:30am

What is Facebook? Join us today to learn how you can set up your personal Facebook page. Learn about America's most popular social media website. Connect with family and friends and learn about the features and benefits of Facebook.

Caring Bouquets - Trader Joe's

Monday, July 30 12:30pm

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

Tuesday with a Trainer

Tuesday, July 31 10:00-11:00am

Join Christine Walker to learn more about the benefits of strength training. Exercises to help you feel better, manage your weight and other benefits.

Monroe County's "Salute to Seniors"

Friday, August 17 \$5

9:30am-2:30pm - Lake Ontario, Charlotte

Lunch & Live Entertainment

Bring your lawn chair!

Please take a few minutes to complete our customer satisfaction survey.

Surveys are located on the table at the entrance to the resource center.

Thank you for your support.

Eastside Resource Center Hours of Operation

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

Contact Information:

Nancy Szembrot
Program Coordinator
nszembrot@lifespanrochester.org

Beth Kosoff
Assistant Program Coordinator
bkosoff@lifespanrochester.org

Kris Santillo
Program Director
ksantillo@lifespanrochester.org

Karen Caterisano
AOA Coordinator
karen.caterisano@rochesterymca.org



Like us on
Facebook

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

a partnership of

