

Eastside Resource Center

NEWSLETTER

a partnership of



The dog days of summer are upon us. You are welcome to enjoy a cool glass of infused water and relax on the patio!

Registration is open for our annual picnic!

Thursday, September 6 12:00pm \$10

Enjoy grilled hamburgers, cheeseburgers, hotdogs, salads, beverage and dessert.

50/50 raffle – Tickets 5/\$1

Please note that fee based programs require payment with registration.

August 2018

FEATURED EVENTS

**iPhone Beginner Class
with Daniel Jones**

Tuesdays

August 7, 14, 21 & 28

10:00-11:30am \$20

Classes will be held in the Naismith Room on the second floor. Please stop by the resource center and scan your key tag before going to class.

Getaway to Hawaii

Hosted by

**Becky Roberts of
Roberts Travel**

Join Mrs. Roberts, local expert on the islands of Hawaii.

Becky has made over 75 trips to Hawaii.

Enjoy refreshments.

August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>		<p>1</p> <p>Brunch & Learn GVPT: Shoulder Pain 9:45-11:00am</p> <p>New Member Coffee Hour 12:00pm</p>	<p>2</p> <p>Meet & Greet: Sue Sherer, Croquet Club 10:00am</p> <p>Harvesting in the Garden 12:00pm Rummikub 101 & Mah Jongg 12:30pm</p>	<p>3</p> <p>Blood Pressure Checks 10:00-11:00am Host: Baywinde</p> <p>Art Therapy/Coloring Friendship Circle & Crafts 12:30pm Afternoon Euchre</p>
<p>6</p> <p>Meditation with Maria 10:00am</p> <p>Caring Bouquets 12:30pm</p>	<p>7</p> <p>Tuesday/Trainer 10:00-11:00am Hot Weather Injury Prevention <i>iPhone Beginner</i> <i>10:00-11:30am \$20</i> Bridge Enthusiasts Join us today if interested in playing 12:00pm</p>	<p>8</p> <p>Site Council 11:00am Eldersource: Karlene 11:00am-1:00pm</p> <p>Out to Lunch Bunch Joey B's with tour of St. John's Meadows 12:00pm</p>	<p>9</p> <p>Spanish 101 with Beth 10:00am</p> <p>Sjoelen Competition With Prizes 12:00-1:30pm</p> <p>Rummikub 101 & Mah Jongg 12:30pm</p>	<p>10</p> <p>Guest Paul Nou Cambodian Survival Story 10:00am</p> <p>Art Therapy/Coloring Friendship Circle Crafts 12:30pm Afternoon Euchre</p>
<p>13</p> <p>Essential Oils with Sandy & Bonnie 10:00-11:00am</p> <p>Cooking with Jackie 1:00-2:00pm</p>	<p>14</p> <p>Tuesday/Trainer 10:00-11:00am Simple Yoga/Eva <i>iPhone Beginner</i> <i>10:00-11:30am</i> Guest: Jeff Cogan What's Happening at the Y 12:30pm</p>	<p>15</p> <p>Dress a Girl Project 9:00am-3:00pm</p> <p>Designing Dolls with Terie 10:00am</p>	<p>16</p> <p>Watermelon Festival 11:30am</p> <p>Craft Meeting 12:30pm</p> <p>Rummikub 101 & Mah Jongg 12:30pm</p>	<p>17</p> <p><i>Salute to Seniors</i> <i>Ontario Beach Park</i> <i>Charlotte</i> <i>9:00-2:00pm \$5</i> Art Therapy/Coloring Friendship Circle Crafts 12:30pm Afternoon Euchre</p>
<p>20</p> <p>Brain Games with Maria 10:00am</p> <p>Matter of Balance 12:30-2:30pm 1/8 (Resource Center)</p>	<p>21</p> <p>Tuesday/Trainer: 10:00-11:00am Core/Back Strength <i>iPhone Beginner</i> <i>10:00-11:30am</i> <i>Cruise the Canal on the Belle \$16.00</i> <i>12:00-2:00pm</i></p>	<p>22</p> <p>Guest Becky Roberts Hawaii Travelogue 10:00am Eldersource: Karlene 11:00am-1:00pm Matter of Balance 12:30-2:30pm 2/8 (Resource Center)</p>	<p>23</p> <p>Dr. Hill, Goshorn Chiropractic: 9:45am Upper Cross Syndrome Fidget Blankets with Terie 12:30pm Rummikub 101 & Mah Jongg 12:30pm</p>	<p>24</p> <p>Euchre Lessons with Maria 10:30am-12:00pm Art Therapy/Coloring Friendship Circle & Crafts 12:30pm Afternoon Euchre</p>
<p>27</p> <p>Mini Massages with Michelle & Megan 9:00-11:10am</p> <p>Garden Mtg. with Karen 11:30am Matter of Balance 12:30-2:30pm 3/8 (Resource Center)</p>	<p>28</p> <p>Tuesday/Trainer: 10:00-11:00am Simple Yoga/Eva <i>iPhone Beginner</i> <i>10:00-11:30am</i> BYOB (Bring Your Own Banana for Banana Split Day) 12:15pm</p>	<p>29</p> <p>Days for Girls 10:00am-12:15pm Matter of Balance 12:30-2:00pm 4/8 (Resource Center) Book Club 2:00pm <u>The Immortal Life of Henrietta Lacks</u> by <u>Rebecca Skloot</u></p>	<p>30</p> <p><i>Paint Your Pottery</i> <i>With Jamie</i> <i>10:00-11:30am \$5</i></p> <p>Birthday Celebration 12:15pm</p> <p>Rummikub 101 & Mah Jongg 12:30pm</p>	<p>31</p> <p>Euchre Lessons with Maria 10:30am-12:00pm</p> <p>Art Therapy/Coloring Friendship Circle & Crafts 12:30pm Afternoon Euchre</p>

August Program Highlights

Brunch & Learn: GVPT

Wednesday, August 1 9:45-11:00am

Join Genesee Valley Physical Therapy Staff and learn how to treat varieties of shoulder pain.

New and Existing Member Coffee Hour

Wednesday, August 1 12:00pm

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

Croquet Club of Rochester

Thursday, August 2 10:00am

Join us Sue Sherer today to learn about this fun and healthy activity that is growing in popularity.

Harvesting in the Garden

Thursday, August 2 12:00pm

Join us today to help harvest the many vegetables and herbs. Feel free to take with you or provide to members.

Mah Jongg & Rummikub 101

Thursdays, August 2, 9, 16, 23 & 30 12:30pm

Join us to learn more about this tile game.

Blood Pressure Check

Friday, August 3 10:00-11:00am

Sponsored by Baywinde Senior Living Community

Art Therapy

Fridays, August 3, 10, 17, 24 & 31

Enjoy a variety of pictures to color, available throughout the day. Colored pencils provided.

Afternoon Euchre

Fridays, August 3, 10, 17, 24 & 31

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

Friday Friendship Circle Crafts

Fridays, August 3, 10, 17, 24 & 31 12:30pm

Join our passionate hostess Pat C., and our dedicated volunteers as they share their extensive knowledge of crafts.

Meditation with Maria

Mondays, August 6 10:00am

Published studies have documented the many physical and mental health benefits of meditation.

Caring Bouquets - Trader Joe's

Monday, August 6 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

Tuesday, August 7 10:00-11:00am

Welcome personal trainer Rachael Aho. Join us today to learn how to prevent injuries in hot weather.

Bridge Enthusiasts

Tuesday, August 7 12:00pm

Are you interested in playing Bridge? Join us today to meet other members that are beginners to experienced.

Site Council

Wednesday, August 8 11:00am

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

Eldersource: Karleen Cirulli, W Wednesdays,

August 8 & 22 11:00am-1:00pm

Meet with Karleen and learn about the many resources for older adults.

August Program Highlights

Out to Lunch Bunch: Joey B's

Wednesday, August 8 12:00pm

Located on the campus of St. John's Meadows, enjoy a custom menu offering a variety of options for \$10 or less. Following lunch, you will be escorted by St. John's staff for a tour.

Spanish 101 with Beth

Thursday, August 9 10:00am

Join Beth today to learn basic Spanish.

Sjoelen Competition with Prizes

Thursday, August 9 12:00-1:30pm

Pronounced shoo-lin, this game is sure to excite you. Join us today for this fun competition. No experience necessary; prizes for top 3 scores.

Paul Nou, A Cambodian Survival Story

Friday, August 10 10:00am

Living in refugee camps in Cambodia and Thailand, Mr. Nou survived the Pol Pot/Khmer Rouge genocide. Join us today to learn about his story of survival and his journey to America.

Essential Oils-Carrier Oils

Monday, August 13 10:00-11:00am

Bonnie O'Neill, RN & Sandra Vatter, RN

Sandy & Bonnie return this month to discuss how specific carrier oils have a therapeutic value.

Cooking with Jackie

Monday, August 13 1:00-2:00pm

Enjoy spicy eggplant and peach pie.

Tuesdays with a Trainer: Chair Yoga

Tuesday, August 14 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.

What's Happening at the Y

Tuesday, August 14 12:30pm

Welcome back Jeff Cogan, Associate Executive Director as he updates you on the latest news. Bring your suggestions and concerns.

Dress a Girl Project

Wednesday, August 15 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, August 15 10:00am

Join Terie today to learn how to make dolls, dresses and embellishments for each doll.

Watermelon Festival

Thursday, August 16 11:30am

It's been a great season for Watermelon. Join us for this refreshing healthy treat with a few other surprises. *No seed spitting contest this year!!*

Craft Meeting

Thursday, August 16 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. **Volunteers are needed to help make jewelry, crochet and sew.**

Monroe County's Salute to Seniors

Friday, August 17 9:00am-2:00pm \$5

Ontario Beach Park, Charlotte

Enjoy a lunch, beverages & live entertainment. Stroll along the Charlotte pier, take in a dance or relax in the shade. Bring your lawn chair!

August Program Highlights

Brain Games with Maria

Monday, August 20 10:00am

Join us today for a variety of brain games. Let's work to keep our brain sharp, strengthen our thinking skills and enjoy a healthy snack.

Matter of Balance

Mondays, August 20 & 27 & Wednesdays, 22 & 29

Mondays, September, 10 & 17

Wednesdays, September 5 & 12 12:30-3:00pm

These classes will help reduce the fear of falling and increase physical activity levels. This workshop is led by trained Lifespan staff and volunteers.

Tuesdays with a Trainer:

Tuesday, August 21 10:00-11:00am

Join personal trainer Rachael Aho to learn about core and back strength as we age.

Cruise the Erie Canal

Tuesday, August 21 12:00-2:00pm \$16

Join us as we board the Colonial Bell in the Village of Fairport. Cruise the Erie Canal to Pittsford and take in the beautiful summer weather. Choose roof top or covered seating. Meet us at the dock located in the parking lot behind the Village Hall. ***Please arrive 10 minutes prior to departure.***

Hawaii Travelogue

Guest Becky Roberts of Roberts Travel

Wednesday, August 22 10:00am

Thinking of visiting the aloha state? Join us today for an exciting presentation by Hawaii expert Becky Roberts. Having made over 75 trips to this beautiful part of the country, Becky will share her experiences and leave you wanting to visit this gorgeous state referred to as the paradise of the pacific. Refreshments provided.

Guest: Dr. Hill, DC – Goshorn Chiropractic

Thursday, August 23 9:45am

Join Dr. Hill to learn about Upper Cross Syndrome. He will check your posture, offer stretches and learn what to watch for such as tension headaches and muscle strains with a forward head carriage.

Making Fidget Blankets with Terie

Thursday, August 23 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.

Euchre Lessons with Maria

Friday, August 24 & 31 10:30am-12:00pm

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

10 Minute Massage w/Michelle & Megan

Monday, August 27 9:00-11:10am

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

Community Garden Meeting

Monday, August 27 11:30am

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

Tuesdays with a Trainer: Chair Yoga

Tuesday, August 28 10:00-11:00am

Eva returns today to share how this more gentle approach to yoga helps manage the effects of aging and improves overall wellness.

Coming in September

Our third annual Euchre Tournament Friday, September 7 12:00-4:00pm \$10

Lunch and Refreshments provided

August Program Highlights

BYOB: Bring Your Own Banana

Tuesday, August 28 12:15pm

Join us for this first sweet inaugural event. Nothing like a cool banana split. Just bring your banana and we'll provide all the "trimmings!" ***Don't forget to register in the purple binder by Monday the 27.***

Days for Girls

Wednesday, August 29 10:00am-12:15pm

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

Book Club

Wednesday, August 29 2:00pm

Join host, Betsy K. to discuss this month's selection: [The Immortal Life of Henrietta Lacks by Rebecca Skloot.](#) Refreshments will be provided.

Paint Your Pottery \$5

Thursday, August 30 10:00-11:30am

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. Jami will fire all pieces and return within 7-10 days.

Birthday Celebration

Thursday, August 30 12:15pm

Thank you to Allison, from Victor for sponsoring our monthly birthday celebration. All are welcome!

Eastside Resource Center Hours of Operation

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

Contact Information:

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