

Eastside Resource Center

NEWSLETTER

a partnership of



What a fun filled 2018 AOA Picnic! Thank you everyone for joining us.

Join our friends from the Wolk Café at Sibley Square for a fall foliage trip to Letchworth State Park. Sponsored by Koning Day Tours, you will enjoy snacks in route. Upon arrival, a step-on guide will offer the history of the Mt. Morris Dam and Tressel Bridge followed by a stop at the new nature center then lunch at the beautiful Glen Iris Inn. Following lunch, a visit to Monks bakery/bread shop and before heading home, we'll enjoy ice cream at Tom Wahl's.

Thursday, October 4 9:30am-6:00pm \$82

See staff for more information.

Please note that there are fees associated with programs that are *italicized*, in **bold** and underlined. Please see staff to register.

October 2018

FEATURED EVENTS

Euchre Tournament

Friday, October 5

12:30-4:00pm \$10

Registration 12:30pm

Games begin at 1:00pm.

Dinner will be served following the fourth game.

Health Insurance/Open Enrollment Counseling Sessions:

**Mondays & Wednesdays
October 15-December 7
9:00-11:15am**

Staff will assist you in making your appointment to see a trained Lifespan HIICAP counselor to learn about healthcare options for 2019. Appointments are scheduled in 45 minute sessions.

HIICAP counselors are not endorsing any one health care plan.

October 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Essential Oils Seasonal Scents 10:00-11:00am Cooking with Jackie Reuben Casserole & Apple Betty Pie 1:00-2:00pm	2 Brunch & Learn: The History of Christopher Columbus 9:45-10:45am Living Healthy 1/5 12:30-3:00pm	3 Brunch & Learn GVPT: Prehab/Rehab 9:45-11:00am New Member Coffee Hour 12:00pm	4 Poetry with Liz 10:00-11:00am 1/2 Powerful Tools for Caregivers 5/6 12:30-3:00pm Rummikub 101 & Mah Jongg 12:30pm	5 Blood Pressure Checks 10:00-11:00am Sponsor: Baywinde <u>Euchre Tournament</u> <u>12:30-4:00pm \$10</u> Friendship Circle & Crafts 12:30pm
8 Resource Center closed in observance of Columbus Day	9 Les Trebony: Self-Defense for Older Adults 10:00-11:00am Bridge Enthusiasts 12:00pm Living Healthy 2/5 12:30-3:00pm	10 <u>Halloween Craft Project with Jim</u> <u>10:00-11:30am \$3</u> Eldersource 11:00am-1:00pm Sjoelen Challenge 12:00pm	11 Safe Shopping on the Internet/Daniel Jones 10:00-11:30am Site Council 12:30pm Powerful Tools for Caregivers 6/6 12:30-3:00pm Rummikub 101 & Mah Jongg 12:30pm	12 Making Scarves for Rochester City School Students 10:00am-12:00pm Euchre Lessons/Maria 10:30am-12:00pm Friendship Circle & Crafts 12:30pm Afternoon Euchre
15 HIICAP Counselors 9:00-11:15am Special Guest: Kitten Korner 10:00-11:00am Out to Lunch Bunch Woodcliff Hotel 12:30pm	16 Medicare 101 with Ron Brandwein 9:00-9:45am Heather Heights: Ice Cream Demo 12:00pm Living Healthy 3/5 12:30-3:00pm	17 HIICAP Counselors 9:00-11:15am Dress a Girl Project 9:00am-3:00pm Designing Dolls with Terie 10:00am	18 Poetry with Liz 10:00-11:00am 2/2 Caring Bouquets 12:00pm Rummikub 101 & Mah Jongg 12:30pm	19 <u>Paper Crafts with Ellen 10:00am \$2</u> Sjoelen Challenge 12:00pm Friendship Circle Crafts 12:30pm Afternoon Euchre
22 HIICAP Counselors 9:00-11:15am Spanish 101 w/Beth 10:00-11:00am Special Guest: St. John's Meadows Executive Chef 12:00-1:00pm	23 Damico & Associates Wills & Estate Planning 10:00-11:00am Garden Mtg. with Karen 11:45am Living Healthy 4/5 12:30-3:00pm	24 HIICAP Counselors 9:00-11:15am Days for Girls 11:00am-1:00pm Eldersource 11:00am-1:00pm	25 Dr. Hill, DC. 9:45-10:30am Upper Cross Syndrome Sjoelen Challenge 12:00pm Rummikub 101 & Mah Jongg 12:30pm	26 Mini Massages 9:00-11:10am Euchre Lessons/Maria 10:30am-12:00pm Friendship Circle & Crafts 12:30pm Afternoon Euchre
29 HIICAP Counselors 9:00-11:15am <u>Painting with Pizzazz \$3</u> <u>9:30am-12:00pm</u> Sjoelen Challenge 12:00pm	30 Simple Yoga/Eva 10:30-11:30am Birthdays 12:15pm Living Healthy 5/5 12:30-3:00pm Fidget Blanket Volunteers visit the Alz. Assoc. 2:30pm	31 HIICAP Counselors 9:00-11:15am <u>Halloween Fall Fest 12:00pm \$2</u> Book Club 2:00pm <u>Expecting Adam by Martha Beck</u>	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.	

October Program Highlights

Essential Oils-Seasonal Scents

Monday, October 1 10:00-11:00am

Bonnie O'Neill, RN & Sandra Vatter, RN

Join us today to experience wonder of smelling and how to enhance positive and supportive experiences through aromas.

Cooking with Jackie

Monday, October 1 1:00-2:00pm

Enjoy Reuben Casserole and Apple Betty Pie. Jackie will provide copies of recipes.

Brunch & Learn

Tuesday, October 2 9:45-10:45am

What exactly happened in 1492? Rosemary Irwin returns to share the interesting history around Christopher Columbus.

Living Healthy Workshop

Tuesdays, October 2, 9, 16, 23, 30 12:30-3:00pm

This five week workshop is for adults with a chronic or limiting health condition. Caregivers of participants are also welcome to attend. Sessions will cover topics such as self-management, fitness, difficult emotions, nutrition, depression and more.

Brunch & Learn: GVPT

Wednesday, October 3 9:45-11:00am

Welcome back Physical Therapist Dan Geen. Join us to learn more about prehab/rehab.

New and Existing Member Coffee Hour

Wednesday, October 3 12:00pm

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

Poetry Workshops with Liz

Thursdays, October 4 & 18 10:00-11:00am

Welcome first time guest Liz W. Enjoy the "yoga" of writing. These workshops will give you the experience of using writing as a tool for discovery.

Rummikub 101 & Mah Jongg

Thursdays, October 4, 11, 18 & 25 12:30pm

Members are welcome to join us for an afternoon of fun and games. Rummikub & Mah Jongg games are available for loan while playing in the resource center. Visit us and see what the excitement is all about. *If you are new to either game, please let staff know and we will introduce you to our players.*

Blood Pressure Check

Friday, October 5 10:00-11:00am

Sponsored by Baywinde Senior Living Community. Thank you to Keith Rose for providing snacks.

Friday Friendship Circle & Crafts

Fridays, October 5, 12, 19 & 26 12:30pm

Join our vivacious hostesses Pat C., Barb A., and Louise M. along with our dedicated volunteers as they share their extensive knowledge of crafts, crochet and knitting.

Euchre Tournament \$10 Entry Fee

Friday, October 5 12:30-4:00pm

Calling all Euchre players. Dinner will be provided after the fourth game. Cash prizes awarded for first to sixth place.

Self Defense for Older Adults

Tuesday, October 9 10:00-11:00am

Les Trebony returns for the latest techniques in self-defense. Join us to learn how you can better prepare yourself.

October Program Highlights

Bridge Enthusiasts

Tuesday, October 9 12:00pm

Are you interested in playing Bridge? Join us and meet other members that are both beginner and experienced. We'll discuss the idea of starting a bridge group, work to determine the best day/time for all and encourage more members to join us.

Halloween Craft Project with Jim

Wednesday, October 10 10:00-11:30am \$3

Join us to make a Halloween "treat" suitable for hanging. See the sample in the resource center.

Eldersource Caremanager

Wednesdays, October 10 & 24 11:00am-1:00pm

Meet with Ameera, an Eldersource Caremanager and learn about the many resources for older adults; no appointment is necessary although we ask you to register in the purple binder.

Safe Shopping on the Internet with Daniel Jones

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

Are you hesitant to buy items on line; join us today to learn how you can safely buy and order on the Internet.

Site Council

Thursday, October 11 12:30pm

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

Making Scarves for Rochester City Students

Friday, October 12 10:00am-12:00pm

Led by passionate and dedicated volunteer Terie K. Join us today for this community service project; we will make simple scarves to keep students warm throughout the winter.

Afternoon Euchre

Fridays, October 12, 19 & 26 Join us any time after 12:00pm for a friendly game of Euchre. Cards and counters are available and located in the resource center office

Euchre Lessons with Maria

Fridays, October 12 & 26 10:30am-12:00pm

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

HIICAP Counselor Sessions

October 15-December 7

Mondays & Wednesdays 9:00-11:15am

Trained Lifespan HIICAP Counselors will be on hand to help with your open enrollment questions. Appointments will be available in 45 minute sessions. Please see staff to set up your appointment.

Loralie Holcomb: Kitten Korner Rescue

Monday, October 15 10:00-11:00am

Meet Loralie and her furry friends to learn how Kitten Korner rescue offers animal assisted therapy to a variety of people in need.

Out to Lunch Bunch: Woodcliff Hotel/Spa

Monday, October 15 12:30pm

Located just off Route 96, on a hilltop in Fairport, enjoy lunch while taking in the spectacular view. Please see staff for a copy of their lunch menu.

Sjoelen Challenge

Wednesday, October 10, Friday, October 19

Thursday, October 25 & Monday, October 29 12:00pm

Pronounced shoo-lin, join us to learn/play today! Somewhat of a version of mini-shuffleboard, you'll be hooked the first time you try!

October Program Highlights

Medicare 101

Tuesday, October 16 9:00-9:45am

Join Ron Brandwein, Lifespan employee and benefits expert to learn all you need to know about the Medicare advantage plans.

Heather Heights: Ice Cream Demo

Tuesday, October 16 12:00pm

Join our special guests for a cool refreshing treat. Staff at this beautiful senior living community will visit and share their secret for making ice cream.

Dress a Girl Project

Wednesday, October 17 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, October 17 10:00am

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

Caring Bouquets

Thursday, October 18 12:00pm

Donated by Trader Joe's, join us to help with arranging flower bouquets for those living alone and/or in senior communities.

Paper Crafts with Ellen

Friday, October 19 10:00-11:30am \$2

Join us to create two special paper craft projects. All supplies will be provided. Please stop by the resource center to see this month's project.

Spanish 101 with Beth

Monday, October 22 10:00-11:00am

Join Beth for a simple session on learning Spanish.

Guest Chef from St. John's Meadows

Monday, October 22 12:00-1:00pm

Join us in welcoming the executive chef and his staff as they prepare a variety of healthy food options.

Estate Planning/Protecting Your Assets

Tuesday, October 23 10:00-11:00am

Welcome back Kevin Conroy, CFP and Marcus Kroll, Elder Law Attorney to learn how you can prepare and protect your assets. Our guests will also cover tax concerns and planning while living on a fixed income.

Community Garden Meeting with Karen

Tuesday, October 23 11:45am

Join our meeting to learn more about our community garden. Volunteers are needed to help harvest the vegetables and herbs.

Days for Girls

Wednesday, October 24 11:00-1:00pm

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

Dr. Hill, Goshorn Chiropractic: Upper Cross Syndrome

Thursday, October 25 9:45-11:00am

In this presentation, we will discuss common muscle patterns that cause upper cross syndrome and how particular stretches can help.

10 Minute Massages

Friday, October 26 9:00-11:10am

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

October Program Highlights

Painting with Pizzazz

Monday, October 29 9:30am-12:00pm \$3

Join us for this special project. A local homestead, on Route 250 in Penfield, you will be painting this farmhouse under the guidance of our dedicated volunteer and artist, Jim B. All supplies are included. See sample artwork in the resource center.

Tuesdays with a Trainer: Simple Yoga/Eva

Tuesday, October 30 10:30-11:30am

Eva returns today to discuss the benefits of simple yoga. Don't delay, register today. **Note time change.**

Birthday Celebration

Tuesday, October 30 12:15pm

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

Volunteers Deliver Fidget Blankets to the Alzheimer's Association

Tuesday, October 30 2:30pm

After months of working on Fidget blankets, our dedicated volunteers will deliver the blankets to the Alzheimer's Association staff. This community service project was led by Terie K. She and her amazing team made over 35 blankets that will be given to the older adults living with Dementia.

Book Club

Wednesday, October 31 2:00pm

Join host, Betsy K. to discuss this month's selection: Expecting Adam by Martha Beck. Refreshments will be provided. This book club is open to all active older adults age 55 and better that are YMCA members. Meetings are held in the resource center.

Eastside Resource Center Hours of Operation

Monday-Friday

8:30am-4:00pm

585-341-3084

Contact Information:

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