

Eastside Resource Center

NEWSLETTER

a partnership of



As we welcome November, we think of a very special holiday – Thanksgiving. Especially this month, we give thanks to all of our dedicated members that give every day.

Thank you!

Join us on Wednesday, November 14 as we come together to enjoy a traditional Thanksgiving luncheon.

Announcements 11:30am

Meal served at 12:00pm \$7

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

November 2018

FEATURED EVENTS

WWII:

A Prisoner of War Story

Monday, November 5

10:00-11:00am

Join us to welcome back Laurie Pellittiere for this heartwarming story of POW Lt. Leslie W. Smith.

Health Insurance/Open Enrollment Counseling Sessions:

**Mondays & Wednesdays
November 5-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 provide unbiased information on all healthcare plans.

November 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>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>Artist of the Month: Gail Rivera</p>	<p>1</p> <p>Kittelbergers Florist 10:00-11:30am</p> <p>New Member Coffee Hour 12:30pm Rummikub 101 & Mah Jongg 12:30pm</p>	<p>2</p> <p>Blood Pressure Checks 10:00-11:00am Euchre Lessons/Maria 10:30am-12:00pm Friendship Circle & Crafts 12:30pm Afternoon Euchre</p>
<p>5</p> <p>HIICAP Laurie Pellitieri WWII-A Prisoner of War Story 10:00-11:00am <u>Cards w/Ellen</u> <u>12:00-1:30pm \$2</u></p>	<p>6</p> <p>Self-Defense For Older Adults 10:00-11:00am Garden Meeting 11:30am-12:00pm Bridge Enthusiasts 11:30am LH with Diabetes 1/6 12:30-3:00pm</p>	<p>7</p> <p>HIICAP Brunch & Learn GVPT: Balance/Falls 9:45-11:00am Katie Donovan, PhD. Post-Election Breakdown 1:00-2:00pm</p>	<p>8</p> <p>Mike Avery: What's Happening at the Y 10:00-11:00am</p> <p>Craft Meeting 12:30pm</p> <p>Rummikub 101 & Mah Jongg 12:30pm</p>	<p>9</p> <p>Veteran's Day Recognition w/Preschoolers 10:00-11:00am Site Council 12:15pm Friendship Circle & Crafts 12:30pm Afternoon Euchre</p>
<p>12</p> <p>HIICAP Essential Oils What's New in Aromatherapy 10:00-11:00am Cooking with Jackie 1:00-2:00pm</p>	<p>13</p> <p>Preparing for the 2019 Tax Changes 10:00-11:00am</p> <p>Living Healthy with Diabetes 2/6 12:30-3:00pm</p>	<p>14</p> <p>HIICAP <u>Thanksgiving Luncheon \$7</u> <u>Check In Begins At 11:30am</u> <u>Lunch 12:00pm</u> Eldersource 11:00am-1:00pm</p>	<p>15</p> <p>Entertainer Linda Berkey 10:00 -11:00am</p> <p>Artists Reception 12:45pm Rummikub 101 & Mah Jongg 12:30pm</p>	<p>16</p> <p>Breakfast Bunch Steves Diner 9:30am Euchre Lessons w/Maria 10:30am-12:00pm Friendship Circle Crafts 12:30pm Afternoon Euchre</p>
<p>19</p> <p>HIICAP YMCA Champion Breakfast "Race to the Finish" 9:30-10:30am Red Cross Fire Safety 12:00-1:30pm</p>	<p>20</p> <p>Tuesday/Trainer Eva: Simple Yoga 10:30-11:30am</p> <p>Living Healthy with Diabetes 3/6 12:30-3:00pm</p>	<p>21</p> <p>HIICAP Scarves for Students 10:00-11:30am Caring Bouquets 12:30-1:30pm</p>	<p>22</p> <p>The Resource Center is closed in observance of Thanksgiving</p>	<p>23</p> <p>The Resource Center is closed in observance of Thanksgiving</p>
<p>26</p> <p>HIICAP Spanish 101 with Beth 10:00-11:00am <u>Cards w/Ellen</u> <u>12:00-1:30pm \$2</u></p>	<p>27</p> <p>Meet & Greet AARP: Roc the Vote 12:30-1:00pm</p> <p>Living Healthy w/Diabetes 4/6 12:30-3:00pm</p>	<p>28</p> <p>HIICAP Days For Girls 11:00am-1:00pm Eldersource 11:00-1:00pm Book Club 2:00pm <u>The Horse Dancer</u></p>	<p>29</p> <p>Dr. Hill, D.C. Plant Based Nutrition 9:45-10:30am Craft Mtg. 12:30pm Rummikub 101 & Mah Jongg 12:30pm</p>	<p>30</p> <p>Mini Massages 9:00-11:10am</p> <p>Birthdays 12:00pm Friendship Circle & Crafts 12:30pm Afternoon Euchre</p>

November Program Highlights

Kittlebergers: Floral Designs by Michael

Thursday, November 1 10:00-11:30am

Back by popular demand! You won't want to miss the talented and entertaining Michael Miller. We will be holding a raffle for the beautiful arrangements. Tickets are 5/\$1. All proceeds will go to support your resource center.

New and Existing Member Coffee Hour

Thursday, November 1 12:30pm

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

Rummikub 101 & Mah Jongg

Thursdays, November 1, 8, 15 & 29 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, November 2 10:00-11:00am

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

Euchre Lessons with Maria

Fridays, November 2 & 16 10:30am-12:00pm

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

Afternoon Euchre

Fridays, November 2, 9, 16 & 30 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.

Friday Friendship Circle & Crafts

Fridays, November 2, 9, 16 & 30 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.

HIICAP Counselor Sessions

November 5-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

WWII-A Prisoner of War Story: What's a Nice Guy Like You Doing in a Place Like This?

Monday, November 5 10:00-11:00am

Laurie Pellittieri joins us today to share this heartwarming story about Spencerport native Lt. Leslie W. Smith. Lt. Smith was held captive in a German prison for over 17 months. Feel free to participate if you have a story to share.

Making Cards with Ellen

Mondays, November 5 & 26 12:00-1:30pm \$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.

Self Defense for Older Adults

Tuesday, November 6 10:00-11:00am

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

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

November Program Highlights

Bridge Enthusiasts

Tuesday, November 6 11:30am

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.

Community Garden Meeting with Karen

Tuesday, November 6 11:30am-12:30pm

Volunteers are needed to help with harvest and "putting the garden to bed."

Brunch & Learn: GVPT

Wednesday, November 7 9:45-11:00am

Join the GVPT staff to learn more about balance and falls.

Post-Election Breakdown: SJFC Professor Katie Donovan, PhD.

Wednesday, November 7 1:00-2:00pm

We are excited to have Professor Katie Donovan return to share her knowledge and experiences with the election process and teaching economics to students at St. John Fisher College.

Mike Avery, YMCA Senior Health & Wellness Director: What's Happening at the Y

Thursday, November 8 10:00-11:00am

Mike Avery joins us to share about special events, new programs, staffing and more. Join us and bring your questions and suggestions

Craft Meeting

Thursdays, November 8 & 29 12:30-2:00pm

Our Gems team will meet regarding the 2018 YMCA Crafts for a Cause fundraiser. Please join us if you are interested in helping set up, sell and break down on Saturday, December 1. The sale runs 9:00am-4:00pm

Veteran's Day Celebration with Our Preschool Friends

Friday, November 9 10:00-11:00am

Join us as we welcome the YMCA preschoolers and recognize the men and women of the armed forces. Enjoy refreshments and entertainment.

Site Council

Friday, November 9 12:15pm

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

Essential Oils:

What's New in the World of Aromatherapy?

Monday, November 12 10:00-11:00am

Bonnie O'Neill, RN & Sandra Vatter, RN

For thousands of years essential oils have been used for health & wellness. Join us today to learn what the future may hold for aromatherapy.

Cooking with Jackie

Monday, November 12 1:00-2:00pm

Enjoy fresh cranberry sauce and veggie sides perfect to complement your Thanksgiving dinner.

Preparing for the 2019 Tax Changes

Tuesday, November 13 10:00-11:00am

It can be very complicated, understanding taxes. Join Kathleen Houser to learn more about the changes for next year.

Thanksgiving Luncheon \$7

Wednesday, November 14 11:30am

Check in begins at 11:30am and meal served at 12:00 noon. Catered by Mark Leeper, you will enjoy a traditional Thanksgiving meal with refreshments.

November Program Highlights

Eldersource Caremanager

Wednesdays, November 14 & 28 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.

Entertainer Linda Berkey

Thursday, November 15 10:00-11:00am
Join us to meet local musician Linda Berkey. Having performed throughout Rochester, Linda will sing many of your old time favorites!

Artists Reception

Thursday, November 15 12:00pm
Join us to meet Gail Rivera and learn about her and her beautiful art. Refreshments provided.

Breakfast Bunch: Steve's Diner

Friday, November 16 9:30am
Located on Whitney Road, just outside of the Village of Fairport, this is Steve's new second location. Well known for their ample servings, you won't be disappointed.

YMCA Champion Breakfast: Race 2 the Finish

Monday, November 19 9:30-10:30am
Join us for breakfast and meet YMCA staff as they share updates on the capital campaign.

Red Cross: Fire Safety/Disaster Preparedness

Monday, November 19 12:00-1:30pm
Meghan Crowley joins us today to share how we can prepare, respond and recover from disasters. As part of the grant funded, free smoke alarm initiative, Meghan will also touch on the New York State Citizen Preparedness program.

Tuesdays with a Trainer: Simple Yoga/Eva

Tuesday, November 20 10:30-11:30am
Eva returns today to discuss the benefits of simple yoga. Don't delay, register today. **Note time change.**

Dress a Girl Project

Due to the Thanksgiving holiday, the Dress a Girl project will not be held this month. The volunteers will return in December.

Scarves for Students with Terie

Wednesday, November 21 10:00-11:30am
Join Terie K. in this community service project today to help make scarves for students in inner city schools. Please bring your scissors. Material will be provided.

Caring Bouquets

Wednesday, November 21 12:30-1:30pm
Donated by Trader Joe's, join us to help with arranging flower bouquets for those living alone and/or in senior communities.

Simple Spanish 101 with Beth

Monday, November 26 10:00-11:00am
Join Beth for a session on learning Spanish.

Meet & Greet: AARP/Be the Difference. Vote

Tuesday, November 27 12:30-1:00pm
Join us to meet Diane and learn how you can make a difference. Opportunities to register will be available. Refreshments will be provided.

Days for Girls

Wednesday, November 28 11:00-1:00pm
Volunteers needed to help with making feminine hygiene products (from cotton flannel) for young women in underserved countries. Supplies provided.

November Program Highlights

Book Club

Wednesday, November 28 2:00-3:00pm

Join host, Betsy K. to discuss this month's selection: The Horse Dancer. Refreshments will be provided. This book club is open to all active older adults age 55 and better that are YMCA members

Dr. Hill, Goshorn Chiropractic:

Plant Based Nutrition

Thursday, November 29 9:45-10:30am

In this presentation, Dr. Hill will share the benefits and misconceptions of a plant based diet. He will also discuss high protein/fat/fiber diets.

10 Minute Massages

Friday, November 30 9:00-11:10am

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

Birthday Celebration

Friday, November 30 12:00-12:30pm

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

Living Healthy with Diabetes

November 6-December 11 12:30-3:00pm

This 6 week workshop will focus on exercise, healthy eating and monitoring, the appropriate use of medication, skin/foot care and managing your health.

During any open time in the resource center, we invite you to enjoy a friendly game of Sjoelen or perhaps take a few minutes to work at the puzzle table.

Eastside Resource Center Hours of Operation

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

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