

Eastside Resource Center

NEWSLETTER

a partnership of



It is truly hard to believe that we are saying
good bye to 2018.

What a wonderful year it was.
So many memories made!

We look forward to an exciting,
fun-filled and adventurous 2019!

To all of our members

Happy Hanukkah, **Merry Christmas**
and **Happy Kwanzaa!**

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

December 2018

FEATURED EVENTS

**Health Insurance/Open
Enrollment Counseling
Final Two Sessions:
Monday & Wednesday
December 3 & 5
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.***

Holiday Luncheon

**Friday, December 14
11:30am-2:00pm \$10
Lunch served at noon.**

**Guest D.J.
Enjoy snacks and punch!
50/50 Raffle
Tickets 5 for \$1**

December 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HIICAP Brunch & Learn Penfield HOPE Project 9:45-10:15am New Member Coffee Hour 11:00am Angel Tree Project 12:30-1:30pm	4 Tuesday/Trainer Eva: Simple Yoga 10:30-11:30am Living Healthy w/Diabetes 12:30-3:00pm 5/6	5 HIICAP GVPT: M.O.V.E. 9:45-11:00am <u>Paint Your Pottery</u> <u>(Holiday Ceramics)</u> <u>12:30pm \$3</u>	6 Scarves For Students 9:00-11:00am Site Council 12:15pm Rummikub & Mah Jongg 12:30pm	7 Blood Pressure Checks 10:00-11:00am Euchre Lessons/Maria 10:30am-12:00pm Afternoon Euchre Friendship Circle & Crafts 12:30pm
10 Essential Oils: Scentful Gifts 10:00-11:00am Cooking w/Jackie Sweet Treats 1:00-2:00pm	11 Moravian Star Craft Project with Lorraine 10:00-11:00am Living Healthy w/Diabetes 12:30-3:00pm 6/6	12 Special Guest: Arctic Fox Character 10:00-11:00am Eldersource 11:00am-1:00pm <u>Cards with Ellen \$2</u> <u>12:30-2:00pm</u>	13 Aqua Party 8:00-11:00am Caring Bouquets 11:15-12:30 Rummikub & Mah Jongg 12:30pm	14 <u>Holiday Celebration</u> <u>\$10</u> <u>Greeting 11:30am</u> <u>Lunch 12:00pm</u> Friendship Circle, Crafts & Euchre following luncheon
17 AARP Safe Driving 9:00am-3:30pm <i>(Conference Room)</i> Brunch & Learn Retired Professionals Society 9:45-11:00am	18 Spanish Lessons with Beth 10:00-11:00am <u>Painting w/Pizzazz</u> <u>\$3 12:30-2:30pm</u>	19 Dress a Girl Project 9:00am-3:00pm Doll Making w/Terie 10:00am-3:00pm	20 Latin Lessons w/Susie 10:00-11:00am Lunch Bunch: Monroe's 12:30pm Rummikub & Mah Jongg 12:30pm	21 <u>Cards with Ellen \$2</u> <u>9:30-11:00am</u> Birthdays 12:15pm Afternoon Euchre Friendship Circle Crafts 12:30pm
24 The Resource Center is closed in observance of Christmas	25 The Resource Center is closed in observance of Christmas	26 Eldersource 11:00am-1:00pm Book Club <u>I Heard That Song</u> <u>Before by Mary</u> <u>Higgins Clark 2:00pm</u>	27 Theory of Coloring 10:00am Sjoelen Challenge 12:30pm Rummikub & Mah Jongg 12:30pm	28 Euchre Lessons with Maria 10:30am-12:00pm Afternoon Euchre Friendship Circle & Crafts 12:30pm
31 Mini Massages 9:00-11:10am New Year's Eve Celebration! Ball Drops at 12:00pm	<i>Artist of the Month</i> <i>The Gems: Crafts/Gifts for the holidays!</i>	Programs require registration in the purple binder, located in the Eastside Resource Center during the day or at the membership desk, evenings and weekends.		Reminder: Programs require registration in the AOA Program Book located in the Eastside Resource Center during the day or at the Membership desk during the evenings and weekends

December Program Highlights

Brunch & Learn: HOPE Project

Monday, December 3 9:45-10:15am

Meet representatives from the Penfield HOPE project, sponsored by St. Joseph's Church, Penfield. Volunteers will share how you can get involved in helping others in our community.

New and Existing Member Coffee Hour

Monday, December 3 11:00am

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

Angel Tree Project

Monday, December 3 12:30-1:30pm

Join us for this heartwarming project. Angels can be purchased for \$1 donation. Each angel can be personalized to honor or memorialize a friend, family member and even a pet. The proceeds of this project will be given to a family associated with a Rochester city grammar school to help make their holiday special.

Tuesdays with a Trainer: Simple Yoga/Eva

Tuesday, December 4 10:30-11:30am

Join Eva to learn the benefits of simple yoga.
Note time change.

Brunch & Learn: GVPT – M.O.V.E.

Wednesday, December 5 9:45-11:00am

Join the GVPT staff to learn how you can manage your weight with the proper exercise.

Paint Your Holiday Pottery \$3

Wednesday, December 5 10:00-11:30am

Welcome back, Jami Cimino will guide you through the process and help with choosing colors. Jami will fire all pieces and return within 7-10 days.

Making Scarves for Rochester City School Students

Thursday, December 6 9:00-11:00am

Led by our dedicated volunteer Terie K., join us today for this community service project, simple scarves to keep students warm throughout the winter.

Site Council

Thursday, December 6 12:15pm

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

Rummikub 101 & Mah Jongg

Thursdays, December 6, 13, 20 & 27 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 these games, please let staff know and we will introduce you to our players.*

Blood Pressure Check

Friday, December 7 10:00-11:00am

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

Euchre Lessons with Maria

Fridays, December 7 & 28 10:30am-12:00pm

Join Maria LaDelfa to learn how to play this popular card game. Stay and play through the afternoon.

Afternoon Euchre

Fridays, December 7, 14, 21 & 28

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.

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

December Program Highlights

Friday Friendship Circle & Crafts

Fridays, December 7, 14, 21 & 28 12:30pm

Join our hostess Pat C. along with our dedicated volunteers as they share their extensive knowledge of crafts, crochet and knitting.

Essential Oils: Scentful Gifts

Monday, December 10 10:00-11:00am

Bonnie O'Neill, RN & Sandra Vatter, RN

Join us today to learn how to make gifts from a variety of essential oils.

Cooking with Jackie

Monday, December 10 1:00-2:00pm

Bring your sweet tooth for two delicious confections: Chocolate Covered Toffee and Peanut Butter Bars.

Holiday Ribbon Star Craft Project

Tuesday, December 11 10:00-11:00am

Member, Lorraine R. joins us for this fascinating craft, threading strips of decorative paper; you will create a Moravian ornament. All supplies included. See samples on bulletin board.

Special Guest: The Arctic Fox

Wednesday, December 12 10:00-11:00am

You won't want to miss this visitor. Join us for this intergenerational event for what promises to be fun and very exciting.

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.

Eldersource Caremanager

Wednesdays, December 12 & 26 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

Crafty Cards with Ellen

Wednesday, December 12 12:30-2:00pm

Friday, December 21 9:30-11:00am \$2

Due to the popularity, we have added two classes. 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.

Please register for one class only.

Special Event: Aqua Party

Thursday, December 13 8:00- 11:00am

We welcome our friends to celebrate their annual holiday party. There will be tables open to members. Following their event, we welcome you to enjoy a selection of holiday treats.

Caring Bouquets

Thursday, December 13 11:15am-12:30pm

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

AARP Defensive Driving Course

Monday, December 17 9:00am-3:30pm

\$20 AARP Members, \$25 Non-Members
Held in the large conference room. 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 before class.

December Program Highlights

Brunch & Learn

Retired Professionals Society

Monday, December 17 9:45-11:00am

Join us to meet area retirees. They will share their ideas, history, and how quality of life can be richer in retirement. Monthly gatherings are held at Oak Hill Country club and include a robust luncheon and a presentation from local luminaries.

Simple Spanish 101 with Beth

Tuesday, December 18 10:00-11:00am

Join Beth for a session on learning Spanish.

Painting with Pizzazz

Tuesday, December 18 12:30-2:30pm \$3

Back by popular demand; join Jim for this festive holiday project. All supplies are included. The sample is on display in the resource center.

Dress a Girl Project

Wednesday, December 19 9:00am-3:00pm

Join our members to sew, iron, cut material and design dresses for young girls and women in underserved countries around the world.

Designing Dolls with Terie

Wednesday, December 19 10:00-3:00pm

Join Terie today to learn how to make dolls, dresses and embellishments for each doll. These dolls accompany the dress a girl project dresses.

Learning Latin with Susie Scoppa

Thursday, December 20 10:00-11:00am

We are excited to bring you the opportunity to learn Latin. From Fairport, Susie is retired from teaching and is eager to share her knowledge with us.

Lunch Bunch: Monroe's

Thursday, December 20 12:30pm

Located at 3001 Monroe Avenue in Pittsford, Monroe's is located inside the once famous Spring House. Please visit their website to learn more about their lunch options. www.monroes3001.com

Birthday Celebration

Friday, December 21 12:15pm

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

Days for Girls

This project will resume in January.

Book Club

Wednesday, December 26 2:00-3:00pm

Join host, Betsy K. to discuss this month's selection: I Heard That Song Before by Mary Higgins Clark. Refreshments will be provided. This book club is open to all active older adults age 55 and better that are YMCA members

Coming in January

Bridge Lessons

**Local Bridge instructor
Mark McDermott will be teaching a
6 week/2hour course.
Thursdays, January 10,17,24,31
and February 7 & 14
1:00-3:00pm \$20**

December Program Highlights

Theory of Coloring

Thursday, December 27 10:00am

Explore your creative side. Enjoy over 500 varieties of designs. Relax and design your masterpiece.

Sjoelen Challenge

Thursday, December 27 12:30pm

Let us introduce you to this fun game that you are sure to enjoy. Similar to shuffleboard

10 Minute Massages

Monday, December 31 9:00-11:10am

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

If you are thinking about making a year-end gift, please consider the Eastside Resource Center. Gifts of all sizes are greatly appreciated and will be used to support programs and activities right here in the resource center. Please use the gift envelopes located in our resource rounder by the entrance of the center and in the office. Gifts received prior to 12/31 may be eligible for a tax credit. Thank you!

New Year's Eve Celebration

Join us on Monday, December 31



Ball Drops at Noon

Enjoy Complimentary Refreshments at 12:15pm

Eastside Resource Center Hours of Operation

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

Contact Information:

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