

THE WESTSIDE RESOURCE CENTER

NEWSLETTER

a partnership of



Lifespan at the Westside
Family YMCA
920 Elmgrove Road
Rochester, NY 14624
Office (585) 341-3075

December 2017



Happy Holidays!

As the holidays approach, and the hustle and bustle begin, let's not forget to slow down and enjoy every moment this holiday season!

Whether you help us "deck the halls" or join us for our annual holiday luncheon, we are sure that you will enjoy the merriment of the season.

We would like to thank you for your continued support throughout the year and wish you all Health, Happiness and Peace this Holiday Season!

Westside Resource Center
Hours of Operation

Monday-Friday
8:30am - 4:00pm

Contact Information:

Tracy LaFountain,
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Room Key:
(L) – Lounge
(C) – Conference Rm.
(K) - Kitchen

December 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Reminder: All programs require registration. Register in the AOA Program Book located in the Westside Resource Center during the day or at the Membership desk during the evenings and weekends.				1 HIICAP By Appointment 9am – 1pm Mah Jongg 9:15am “Deck the Halls” 10:00am Dominoes 12:00pm Member Advisory Mtg. 1:00pm
4 GVPT: “M.O.V.E.” Program 10:00am Canvas Paint Class \$10pp 12:00pm	5 December Birthday Social 10:00am Movie Reviewers Grp Movie: TBA Time: TBA (Matinee)	6 Card Games 9:15am Lifespan Presents: Frauds and Scams w/ Jim Lynd 10:30am Hochstein Lunch & Concert *Meet at 11:45am Wellness Wednesday 12:30pm	7 AOA Volunteer Mtg. 9:30am Dress A Girl Group Mtg. 10:00am Smart Phone Class \$1pp 1:00pm	8 No Mah Jongg Today! Holiday Luncheon \$10 pp Lunch served: 12:15pm Entertainment by: Gates Chili Show Choir *Purchase tickets @ Membership Desk
11 Blood Pressure Check 8:00 – 11:00am GVPT: Table Talk 10:00am Beg. Crochet 1:30pm	12 Essential Oils: “Stress Less” 10:00am Parkinson’s Support Group Holiday Party 1:00 – 2:30pm	13 Card Games 9:15am Lifespan: “Communicate w/ Your Health Care Provider” 10:00am Eldersource 11:00am -1:00pm Wellness Wednesday 12:30pm	14 Dress A Girl 10:00am – 2:00pm Computer Instruction 1 – 2pm or 2 – 3pm	15 Mah Jongg 9:15am Community Awareness w/ Joe Resch 10:00am Dominoes 12:00pm Card Making Class \$3pp 1:00pm
18 GVPT: Fitness & Wellness Screenings 10:00am Card Making Class \$3pp 1:00pm	19 Book Club 11:00am – 12:00pm Memory Wire Bracelets \$3pp 1:00pm	20 Card Games 9:15am Lunch Meet Up @ The Brook House 11:30am Wellness Wednesday 12:30pm	21 Meditation w/ Julie 10:00am Brain Fitness 1:00pm	22 Mah Jongg 9:15am Dominoes 12:00pm Smart Phone Class \$1pp 10:00am Westside Resource Ctr. will be closed at 12:00pm
25 Happy Holidays! Westside Resource Center is closed today!	26 Happy Holidays! Westside Resource Center is closed today!	27 Healthy Happenings w/ Jen Zipkin 10:30am Eldersource 11:00am – 1:00pm Wellness Wednesday 12:30pm	28 “Kindness Rocks” Project 10:00am Coffee with Tracy 1:00pm	29 Mah Jongg 9:15am New Year’s Eve Brunch \$3pp 10:00am Smart Phone Class \$1pp 1:00pm

December Program Highlights

Mah Jongg

Fridays; Dec. 1, 15, 22, & 29

(No Mah Jongg on 12/8)

9:15am (C)

“Deck the Halls”

Friday, Dec. 1

10:00am (L)

It's time to deck the halls and get into the holiday spirit. Come join us and help decorate the Westside Resource Center. Light refreshments will be served.

Member Advisory Meeting w/ Tracy

Friday, Dec. 1

1:00pm (L)

We are looking for our members to join us to share your thoughts, concerns or ideas about our center. Your opinion matters!

GVPT Presents: “MOVE – Manage Obesity Via Exercise”

Presenter: Michael Dix, DPT

Monday, Dec. 4

10:00 – 11:00am (C)

GVPT's M.O.V.E. program manages obesity via exercise. Come learn how your physical therapist has the knowledge to safely manage and prescribe exercises which will not exacerbate any pre-existing medical conditions. Your physical therapist will help set goals, monitor progress and provide you with motivation and support that is needed to help you succeed.

Canvas Painting Class \$10pp

Monday, Dec. 4

12:00pm (L)

Come join the fun as we paint another canvas! All supplies are provided and NO experience is needed.

December Birthday Social

Tuesday, Dec. 5

10:00am (L)

Attention all members who have birthdays in December. Join us as we celebrate YOU! Registration is required.

Movie Reviewer's Club

Tuesday, Dec. 5

Time: Afternoon Matinee TBD

Let's get together and head to Tinsel Town for an afternoon matinee. Movie and time TBD. Please see Tracy or Julie B. for further details.

Card Games

Wednesdays; Dec. 6, 13, 20 & 27

9:15am (L)

Games played include Hand and Foot, Canasta, and Pinochle.

Lifespan Presents: How to Avoid Fraud & Scams

Presenter: Jim Lynd

Wednesday, Dec. 6

10:30am (C)

Scams, Identity Theft and Fraud can happen to anyone! Your best defense against them is knowledge. Please join Jim Lynd as he talks about the latest scams and specifically information about the Equifax Breach.

Hochstein Lunch and Music Hour

Wednesday, Dec. 6

11:45am Meet on site

Concert begins at 12:10 – 12:50pm

“A Cup of Good Cheer”

Join our annual celebration of the holiday season with the choral chamber ensemble Madrigalia.

Bring your lunch and enjoy great music in person!

NOTE: Transportation is on your own.

Wellness Wednesdays

Wednesdays; Dec. 6, 13, 20 & 27

12:30pm (L)

Various health and wellness topics will be discussed each Wednesday.

December Program Highlights

Dress A Girl Meeting

Thursday, Dec. 7

10:00am (L)

Please join us for our first organizational meeting for the "Dress A Girl" program. We will be discussing updates with the program, introducing new members and ideas of scheduling in the new year.

Smart Phone Beginner Class \$1pp

Thursday, Dec. 7

1:00pm (C)

Are you the new owner of a "smart phone"? Here's your chance to learn how to take pictures, set up your contacts, apply apps and more! Class size set for 6 participants.

Annual Holiday Party

Don't miss this year's holiday party! Join us for a delicious catered meal by Giuseppe's followed by musical entertainment by the talented Gates Chili Show Choir. There will also be chances to win raffle prizes!

Date: Friday, December 8

Time: 12:00 – 2:00pm
(Lunch will be served at 12:15pm)

Cost: \$10.00 (YMCA Member)
\$15.00 (Program Members)

Purchase tickets at the
Membership Desk.



Blood Pressure Checks

Monday, Dec. 11

8:00 – 11:00am (L)

GVPT: "Table Talks"

Monday, Dec. 11

10:00am (L)

Here is your chance to meet the folks from Genesee Valley Physical Therapy and address questions you may have regarding your health and PT.

Beginner Crochet with Pamela Langdon

Monday, Dec. 11

1:30pm (L)

Come and join in on the fun and "knot" with us. Are you a true beginner or just forgotten what you learned from your grandmother? Start with some basic knots and learn to read a pattern so you can make all those creative items you have seen for the holidays. You are asked to bring a "F" or "G" hook.

Essential Oils : "Stress Less During the Holidays"

Tuesday, Dec. 12

10:00 – 11:00am (C)

Instructors: Bonnie O'Neill, RN and Sandra Vatter, RN

Learn some of the common essential oils to have in your home that will best support your health and wellbeing. We'll explore the oils and some potential recipes that can be utilized for common health issues.

Parkinson's Support & Information Group

Tuesday, Dec. 12

1:00 – 2:30pm (C)

We will be hosting the support and educational group here at our Center, which is open to the community. If you would like to be on our direct mailing list, please see Tracy or Julie at Lifespan.



Like us on
Facebook

December Program Highlights

Lifespan & the Finger Lakes Caregivers

Institute Presents: “Communicating Effectively with Your Health Care Provider”

Wednesday, Dec. 13

10:00am (C)

Good communication between you and your healthcare provider is essential to your health. Join us for this informative presentation and learn valuable tips to help you make the most of your doctor’s visit.

Eldersource Case Management

Wednesdays; Dec. 13 & 27

11:00am – 1:00pm (Lifespan Office)

Betsy, our Eldersource Case Manager is available to assist with matters that concern you: your one-stop resource for information, guidance, & support. No appointment needed, however we do ask that you sign up in our AOA Program Book.

Dress A Girl Around The World

Thursday, Dec. 14

10:00am – 2:00pm (L)

Join this volunteer group who has been creating dresses for girls in developing countries. No experience with sewing is necessary. Learn as you go! We are looking for volunteers to iron, cut fabric and make dolls. *Light refreshments will be provided.

Computer Instruction

Thursday, Dec. 14

1:00 – 2:00pm or 2:00 – 3:00pm (K)

Bring your questions as well as your laptop, tablet or iPad. Staff will be on hand to answer questions you may have. Limited number of computers will also be available to borrow.

Community Awareness w/ Deputy Joe Resch

Friday, Dec. 15

10:00am (L)

Deputy Joe Resch of the Monroe County Sheriff’s Department will visit with helpful hints on how to stay safe within the community.

Card Making Classes \$3pp

Session I: Friday, Dec. 15 1:00 – 3:00pm

Session II: Monday, Dec. 18 1:00 – 3:00pm

Let’s get together for a quick “make & take”. You will be able to make 4 cards, using simple paper crafting techniques. All supplies will be provided. Class size is restricted to 10 per session. **NOTE: Please sign up for only one session per month so that we may accommodate more members who are interested in this particular class.**

GVPT: Fitness and Wellness Screenings

Monday, Dec. 18

10:00 – 11:00am (C)

GVPT staff will be on hand to evaluate and answer any questions you may have regarding issues with your fitness and overall wellness. Please register for a 10 minute appointment.

Book Club: Paula Blackburn, Gates Library

Tuesday, Dec. 19

11:00am (C)

Looking to join our book club? Books will be available on hand to borrow. Please stop by the Lifespan office to pick up your book.

Memory Wire Bracelets \$3pp

Tuesday, Dec. 19

1:00 – 2:30pm (C)

Looking for that last minute holiday gift? Here is your chance to make a beautiful bracelet from memory wire. They are easy and make beautiful gifts. All supplies are provided.

Lunch Meet Up: “The Brook House”

Wednesday, Dec. 20

11:30am

Join the group as we head to The Brook House to enjoy lunch and good company. Please see Tracy or Julie for further details.

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December Program Highlights

Meditation w/ Julie Montgomery

Thursday, Dec. 21

10:00am (L)

Take some time to destress, relax and unwind. Join Julie for a relaxing half hour of “me” time.

Brain Fitness

Thursday, Dec. 21

1:00pm (C)

Join us for some fun games and other activities to engage the brain “muscle.”

Smart Phone Beginner Class \$1pp

Friday, Dec. 22

10:00am (C)

Are you the new owner of a “smart phone”? Here’s your chance to learn how to take pictures, set up your contacts, apply apps and more! Class size set for 6 participants.

Healthy Happenings w/ Jen Zipkin

Wednesday, Dec. 27

10:30am (C)

NEAT Brain Boosters! NEAT activities help boost your metabolism and cognitive function! NEAT stands for “Non-Exercise Activity Thermogenesis”. Join Jen to learn great non-strenuous ways to move your body toward better health.

“Kindness Rocks” Project

Thursday, Dec. 28

1:00pm (L)

The “Kindness Rocks” Project was created to spread inspiration and a moment of kindness for unsuspecting recipients through random inspirational rocks dropped along the way. The hope is that someone will find a rock with a message that speaks to them. Kindness is needed now more than ever. Together we can make a positive impact!

Note: Please bring in 1 – 3 flat, smooth, palm-size rocks. All other supplies will be provided.

Coffee with Tracy

Thursday, Dec. 28

1:00pm (L)

Join Tracy for coffee and conversation and learn what programs are planned for the new year!

New Year’s Eve Brunch \$3pp

Friday, Dec. 29

10:00am (L)

Let’s come together to celebrate the New Year! Join us for some food and fun!

Smart Phone Beginner Class \$1pp

Friday, Dec. 29

1:00pm (C)

Are you the new owner of a “smart phone”? Here’s your chance to learn how to take pictures, set up your contacts, apply apps and more! Class size set for 6 participants.

3 Tips for Healthy Holidays!

1. Eat

As many colorful fruits and veggies as you can! Go ahead: stuff yourself silly with delicious winter squash, citrus fruits, etc.!

2. Drink

As much water as you can, plus winter teas (ginger and lemon – YUM!), cranberry smoothies, and other fresh concoctions.

3. Be Merry!

At the end of the holidays, what you’ll treasure most, and will build mental and physical health, is the love of friends and family! Enjoy!



EAT
YOURSELF
WELL

Inspiration to help you crave the foods that will make you radiantly happy and healthy!