

Westside Resource Center

NEWSLETTER

a partnership of



April (Snow) Showers... Bring MAY Flowers!

Who is the first person that comes to mind when we think about flowers within the Lifespan room? If you answered Bev St. John, then you are correct. For the past four years, Bev has shared her beautiful flowers and “green thumb” with our members. Thank you Bev, for keeping our Lifespan room full of nature’s beauty. We look forward to seeing them in our room soon.

Be sure to check out our May schedule of events as we have a few new programs being offered. As always, be sure to register in the AOA Program book so that you don’t miss out.

May 2018

FEATURED EVENTS

Healthy Happenings

“Understanding Overeating”

Wednesday, May 2

10:00 – 11:00am

Westside Resource Center

4th Anniversary Celebration

Wednesday, May 16

10:00 – 11:00am

Living Healthy Series

Thursdays; May 24 – June 28

12:30 – 3:00pm

Pre-registration required

Community Service Project

“Kindness Rocks”

Tuesday, May 22

12:30 – 1:30pm

Join us in helping to spread positive messages to those within our very own community. Paint rocks and pass them on.

May 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Brain Fitness w/ Jackie 10:00am PTC Series (4 of 6) 12:30 – 3:00pm	2 Card Games 9:15am Healthy Happenings w/ Jen Zipkin “Understanding Overeating” 10:00 – 11:00am Wellness Wednesday 12:30pm	3 AOA Volunteer Mtg. 9:30am IPad/Tablet Class w/Jackie 12:30 – 1:30pm	4 Mah Jongg 9:15am Cinco de Mayo Celebration 10:00 – 11:00am Member Advisory Meeting 1:00pm
7 GVPT: Aquatic Exercise Talk 10:00am Smart Phone Class \$1pp 12:30 – 1:30pm	8 Essential Oils 10:00am PTC Series (5 of 6) 12:30 – 3:00pm Parkinson’s Support Group 1:00 – 2:30pm	9 Card Games 9:15am Meditation w/ Julie 10:00 – 10:30am Eldersource 11:00am – 1:00pm Wellness Wednesday 12:30pm	10 Kindness Creations, Light Lunch & Doll Making 10:00am – 2:00pm	11 Mah Jongg 9:15am Mother’s Day Brunch \$5pp 10:00 – 11:00am Royal Wedding Hat Decorating 12:30 – 2:00pm
14 Blood Pressure Cks. 8:00 – 11:00am Presentation: Coping w/ Change 10:00 – 11:00am Beg. Crochet w/ Pamela 1:30pm	15 Book Club 11:00 – 12:00pm PTC Series (6 of 6) 12:30 – 3:00pm	16 Card Games 9:15am 4 th Year Anniversary Celebration 10:00 – 11:00am Wellness Wednesday 12:30pm	17 10 Min. Massage w/ Bill (By Appt.) 9:30 – 11:30am Computer Instruction 1:00 – 2:00pm or 2:00 – 3:00pm	18 Mah Jongg 9:15am Color Your Way Calm 10:00am Royal Wedding “High Tea” 1:00 – 2:00pm
21 GVPT: Table Talk 10:00 – 11:00am Smart Phone Class \$1pp 12:30 – 1:30pm	22 Meditation w/ Julie 10:00 – 10:30am Kindness Rocks 12:30 – 1:30pm	23 Card Games 9:15am May Birthday Social 10:00am Eldersource 11:00am – 1:00pm Wellness Wednesday 12:30pm	24 “Heart to Heart” Presentation 10:30 – 11:30am New Member Coffee 11:00am – 12:00pm Living Healthy Series (1 of 6) 12:30 – 3:00pm	25 Mah Jongg 9:15am Fitness Friday w/ Darnell 10:00 – 11:00am Lunch Outing: Valencia’s 12:00pm
28 Westside Resource Center will be closed today in observance of Memorial Day!	29 IPad/Tablet Class w/ Jackie 10:00 – 11:00am Card Making \$3pp 1:00 – 3:00pm	30 Card Games 9:15am Smart Phone Class \$1pp 10:00 – 11:00am Wellness Wednesday 12:30pm	31 Card Making \$3pp 10:00am – 12:00pm Living Healthy Series (2 of 6) 12:30 – 3:00pm	

May Program Highlights

Brain Fitness (L)

Tuesday, May 1

10:00 – 11:00am

Join Jackie for some fun “brain fitness” games.

Card Games (L)

Wednesdays; May 2, 9, 16, 23 & 30

9:15am – 12:00pm

Healthy Happenings w/ Jen Zipkin (L)

Wednesday, May 2

10:00 – 11:00am

Join Jen as she informs us on understanding overeating and provides helpful tips.

Wellness Wednesdays (L)

Wednesdays; May 2, 9, 16, 23 & 30

12:30pm

Various health and wellness topics will be discussed each Wednesday.

AOA Volunteer Mtg (C)

Thursday, May 3

9:30 – 10:30am

This is a meeting for all Y and Lifespan volunteers that meets once a month. If you are interested in becoming a volunteer, please see Julie Montgomery from the Y.

IPAD & Tablet Class w/ Jackie (L)

Thursday, May 3

12:30 – 1:30pm

Tuesday, May 29

10:00 – 11:00am

Do you have questions about your IPAD or tablet? Here is your chance to meet with Jackie to ask. Class size is limited to four to enable one-to-one attention.

Mah Jongg (C)

Fridays; May 4, 11, 18 & 25

9:15am – 12:00pm

Cinco de Mayo Celebration (L)

Friday, May 4

10:00 – 11:00am

Come learn a little more about Cinco de Mayo! Light refreshments will be served.

Member Advisory Mtg. (L)

Friday, May 4

1:00 – 2:00pm

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

GVPT: Aquatic Exercise Talk (C)

Monday, May 7

10:00 – 11:00am

Please join Michael Dix, PT as he discusses the various exercises that can be done in the pool.

Smart Phone Classes \$1pp (L)

Monday, May 7 12:30 – 1:30pm

Monday, May 21 12:30 – 1:30pm

Wednesday, May 30 10:00 – 11:00am

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.

Essential Oils (C)

Tuesday, May 8

10:00 – 11:00am

Instructors: Bonnie O’Neill, RN & Sandra Vatter, RN

Please join Bonnie and Sandra for another informative and exciting essential oils class!

May Program Highlights

Parkinson's Support Group (C)

Tuesday, May 8

1:00 – 2:30pm

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 Lifespan staff.

Meditation w/ Julie Montgomery (C)

Wednesday, May 9 and Tuesday, May 22

10:00 – 10:30am

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

Eldersource Case Management

(Lifespan Office)

Wednesdays; May 9 & 23

11:00am – 1:00pm

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.

Kindness Creations & Doll Making (L)

Thursday, May 10

10:00am – 2:00pm

Join this volunteer group who have been making 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. A light lunch will be provided to those who participate. Registration is required.

Mother's Day Brunch (L) \$5pp

Friday, May 11

10:00 – 11:00am

Join us as we celebrate Mother's Day! Breakfast pizza and fresh fruit will be served.

Royal Wedding "Hat Decorating" (L)

Friday, May 11

12:30 – 1:30pm

You bring your hat, we will supply the decorations! Let's get together and have fun decorating our hats to where for the Royal Wedding!

Blood Pressure Checks (L)

Monday, May 14

8:00 – 11:00am

Volunteer Deb Torres will be on hand to take your blood pressure. Get an accurate reading and the ability to track each month.

Coping With Change (C)

Monday, May 14

10:00am – 11:00am

Health/Life Coach Himler Nerestant will present helpful information on how we can positively view changes we may encounter in our lives.

Beginner Crochet w/ Pamela Langdon (C)

Monday, May 14 (No class on 5/28)

1:30 – 3:00pm

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.

Book Club (C)

Tuesday, May 15

11:00am – 12:00pm

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.

May Program Highlight

Happy 4th Anniversary! (L)

Wednesday, May 16

10:00 – 11:00am

Please join us as we celebrate four years of the Westside Resource Center. Light refreshments will be provided.

10 Minute Chair Massage w/ Bill (L)

Thursday, May 17

9:30 – 11:30am

Relax and unwind with a complimentary ten-minute massage. Appointments must be made with Lifespan.

Computer Instruction (L)

Thursday, May 17

1:00 – 2:00pm or 2:00 – 3:00pm

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.

Color Your Way Calm (L)

Friday, May 18

10:00 – 11:00am

Coloring can be a form of escapism where one can shed stress and worries of the day and just focus on simple, creative task. Adult coloring can be just the outlet we need to unplug and reset our brains from social media and electronic entertainment.

Royal Wedding High Tea (L)

Friday, May 18

1:00 – 2:00pm

In honor of the Royal Wedding, you are cordially invited to attend our first ever “high tea” party. Proper attire (hats) are encouraged. Please feel free to also bring your own tea cup. Light refreshments will be served. Pre-registration is required.

GVPT Table Talk (C)

Monday, May 21

10:00 – 11:00am

GVPT staff will be on hand to answer any questions you may have. Please feel free to stop by.

Kindness Rocks Project (L)

Tuesday, May 22

12:30 – 1:30pm

Our community service project for this month is to create “kindness rocks”. The idea behind this program is to leave kind thoughts and positive messages on rocks which will then be spread throughout our community. Kindness can go a long way!

May Birthday Social (L)

Wednesday, May 23

10:00am

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

Heart To Heart Presentation (C)

Thursday, May 24

10:30 – 11:30am

Joleen, RN, BSN a cardiac nurse with Rochester General Hospital will be here to discuss preventative heart maintenance and the diseases that are affiliated with heart issues.

New Member Coffee Hour (L)

Thursday, May 24

11:00am – 12:00pm

Are you new to the Y and Lifespan? Do you have questions? Here is your chance to meet with staff from both the Y and Lifespan to answer your questions.

May Program Highlights

Lifespan presents: Living Healthy (C)

Thursdays; May 24, 31; June 7, 14, 21 & 28

12:30 – 3:00pm

This complimentary six week session will give participants support, practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Fitness Friday w/ YMCA Personal Trainer

Darnell Garland (L)

Friday, May 25

10:00 – 11:00am

Join YMCA Personal Trainer, Darnell Garland as he offers informative health and fitness tips.

Lunch Meet Up: Valencia's (Off Site)

Friday, May 25

12:00pm

Join the group as we head to lunch, at Valencia's . Please see Lifespan for further details.

Card Making Classes \$3pp (C)

Session I: Tuesday, May 29

1:00 – 3:00pm

Session II: Thursday, May 31

10:00am – 12:00pm

Let's get together for a quick "make and take". You will be able to make 3 – 4 cards, using simple paper crafting techniques. All supplies will be provided.

NOTE: Please sign up for only one session.

Westside Resource Center Hours of Operation

Monday-Friday

8:30 am - 4:00 pm

585-341-3075

ROOM KEY:

(L) - Lounge

(C) – Conference Room

(K) – Kitchen

Contact Information:

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