March 2020
FEATURED EVENTS

Aging Mastery Program
Mondays
March, 2, 9, 16, 23 & 30
April, 6, 13, 20 & 27
2:00-4:00pm $20
Join Lifespan volunteers and staff for this evidence based program to learn more about financial freedom, sleep, advance planning, fall prevention and more.

There are many exciting programs planned for this month; please register in the purple binder.

Join us for our annual
St. Patrick’s Day Luncheon
Friday, March 13 $10
Registration: 11:30am
Lunch served at 12:00pm
Limited Seating!

Thank you for the many great suggestions for programs, special events and community service projects.

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

Location Key:
RC: Resource Center
N: Naismith Room
CR: Conference Room
<table>
<thead>
<tr>
<th>Monday</th>
<th>TUESDAY</th>
<th>WELLNESS WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>2</td>
<td>Mini Massages with Megan &amp; Michelle 9:00-11:10am</td>
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<td>Blood Pressure Check 10:00-11:00am Euchre Lessons 10:00-11:30am Friendship Circle &amp; Crafts 12:30pm Afternoon Euchre</td>
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<td></td>
<td><strong>AMP $20.00 (RC) 2:00-4:00pm 1/9</strong></td>
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<td>3</td>
<td>New Member Coffee Hour 10:30-11:00am</td>
<td>GVPT: Living with Parkinson’s 9:45-11:00am</td>
<td>Hand Massage with Jackie 10:30-11:30am Rummikub &amp; Mah Jongg 12:30pm Chess Lessons 1:30-2:30pm</td>
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<td>Marty Golub: Learn 2 Love Yourself 1:00-2:00pm</td>
<td>Project Linus Demo 12:30pm</td>
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<td>9</td>
<td>Essentials Oils: 10:00-11:00am Cooking with Jackie C. 1:00-2:00pm</td>
<td><strong>AMP (RC) 2:00-4:00pm 2/9</strong></td>
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<td>Caring Bouquets 10:00-11:00am</td>
<td>History on Orchids: Fran Murphy 10:00-11:00am</td>
<td>Cards w/Ellen $3 9:30-11:00am Rummikub &amp; Mah Jongg 12:30pm Chess Lessons 1:30-2:30pm</td>
<td>St. Patrick’s Day $10 Check in 11:00am Serve at 12:00pm</td>
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<td>Site Council 12:45pm</td>
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<td>Ask a Physical Therapist 11:15-11:45am</td>
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<td>Garden News with Karen 11:30am</td>
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<td>Kindred Spirits: Dress A Girl 9:00am-3:00pm</td>
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<td>10</td>
<td>Spring Craft w/ Preschoolers 10:00-11:00am</td>
<td>Kindred Spirits: Designing Dolls with Terie 10:00am-3:00pm</td>
<td>Days 4 Girls: Shield Tutorial 10:00am-2:00pm Rummikub &amp; Mah Jongg 12:30pm Chess Lessons 1:30-2:30pm</td>
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<td>16</td>
<td>Rosemary Irwin: History of St. Patrick’s Day 10:00am</td>
<td>Days 4 Girls: Shield Tutorial 10:00am-2:00pm Rummikub &amp; Mah Jongg 12:30pm Chess Lessons 1:30-2:30pm</td>
<td>Birthday Celebration 12:15pm</td>
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<td>17</td>
<td>Howie The Hypnotist: Learn About Yourself Through Tree Drawing 1:00-2:00pm</td>
<td>Painting with Pizzazz 1:00-3:00pm $5</td>
<td>Cards w/Ellen $3 9:30-11:00am</td>
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<td>23</td>
<td>Fun w/ Spanish 10:00-11:00am</td>
<td>Days For Girls 11:00am-1:00pm Ask a Physical Therapist 11:15-11:45am</td>
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<td>30</td>
<td>Brunch and Learn: Wegmans 9:45am</td>
<td>Craft Meeting 11:00am</td>
<td>Euchre Lessons 10:00-11:30am</td>
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<td>Jen Z. 12:30pm Healthier Dressings, Sauces &amp; Dips</td>
<td>Out to Lunch Bunch: Peppered Pig 1:00pm</td>
<td>Friday Friendship Circle &amp; Crafts 12:30pm Afternoon Euchre</td>
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<td>31</td>
<td>The Eldersource Caremanager is available Wednesdays, March 11 &amp; 25. Although no appointment is necessary, we request that you register in the purple binder. This gives us an idea of the number of members the social worker will be meeting with.</td>
<td>Book Club 2:00pm Say You’re One of Them by Uwem Akpan</td>
<td>Euchre Lessons 10:00-11:30am</td>
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March Program Highlights

Mini Massages with Megan & Michelle
Monday, March 2  9:00-11:10am
Massages are offered in the resource center office. If you received a massage last month, please allow other members that did not receive a massage, the opportunity to sign up.

AMP Classes $20
Mondays, March 2, 9, 16, 23 & 30
Mondays, April 6, 13, 20 & 27  2:00-4:00pm
Join Lifespan volunteers and staff for this evidence based program to learn more about financial freedom, sleep, advance planning, fall prevention and more.

New and Existing Member Coffee Hour
Tuesday, March 3  10:30-11:00am
Meet our staff and Active Older Adult Ambassador(s) who will share information about programs, special events, Lifespan, the YMCA and United Way

Marty: Learn 2 Love Yourself
Tuesday, March 3  1:00-2:00pm
Loving ourselves can make us appreciate the strengths we have and all the positive things we bring to relationships with others. Come learn some skills to help love (and like) yourself more.

GVPT: Living with Parkinson’s
Wednesday, March 4  9:45-11:00am
Join staff from Genesee Valley Physical Therapy to learn how physical therapy exercises can be beneficial to those living with Parkinson’s.

Project Linus Demo
Wednesday, March 4  12:30pm
This month’s community service project will bring us together once more to collect new or handmade blankets for children that are living with a life-threatening disease. Please donate receiving blankets, throws, or handmade small to medium afghans. Donations will be accepted throughout the month and delivered on Tuesday, March 31.

Hand Massages with Jackie
Thursday, March 5  10:30-11:30am
Our very own Jackie Perez-Ladiges will be offering 10 minute gentle hand massages.

Rummikub & Mah Jongg
Thursdays, March 5, 12, 19 & 26  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.

Chess Lessons
Thursdays, March 5, 12, 19 & 26  1:30-2:30pm
Join us for this 4 week one hour lesson with instructors from the Rochester Chess Club. Please feel free to bring your chess game to continue playing after class.

Blood Pressure Check
Friday, March 6  10:00-11:00am
Join Mike Avery, YMCA Director of Health and Wellness for your accurate blood pressure reading. Enjoy complimentary refreshments.

Visit our Facebook page
The Eastside Resource Center,
and don’t forget to Like us!
March Program Highlights

**Euchre Lessons with Nina Lembo**
*Fridays, March 6 & 27  10:00-11:30am*
Join instructor Nina Lembo and learn how to play this popular card game.

**Friday Friendship Circle & Crafts**
*Fridays, March 6, 13, 20 & 27  12:30pm*
Join us to meet members and visit with our dedicated volunteers as they share their extensive knowledge of crafts, crocheting and knitting. *Please note the time change for the 13th – 1:00pm.*

**Afternoon Euchre**
*Fridays, March 6, 13, 20, & 27*
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 note the time change for the 13th – 1:00pm.*

**Essential Oils: Common Carriers**
*Monday, March 9  10:00-11:00am*
**Bonnie O’Neill, RN & Sandra Vatter, RN**
In this first of a 3 part series, you will learn more about carrier oils and how they blend with essential oils.

**Cooking with Jackie C.**
*Monday, March 9  1:00-2:00pm*
Enjoy Chicken Picatta and Shamrock Shake.

**Caring Bouquets with Dot**
*Tuesday, March 10  10:00-11:00am*
Donated by Trader Joe’s, join us to help with arranging flower bouquets for those living alone and/or in senior communities. *Let’s help make the day brighter for older adults in our community.*

**Site Council**
*Tuesday, March 10  12:45am*
Join this open forum to learn about special events, finances, fundraising efforts, member driven programs and more.

**Exploring Orchids with Fran Murphy**
*Wednesday, March 11  10:00-11:00am*
Welcome back Orchid expert Fran Murphy. Enjoy learning about this highly coveted ornamental plant. Please feel free to bring in your Orchid to share and for Fran to examine.

**Ask A Physical Therapist**
*Wednesdays, March 11 & 25  11:15-11:45am*
Do you have questions or concerns about physical therapy? Please feel free to visit with a Physical Therapist from Genesee Valley Physical Therapy. *Registration not necessary.*

**Crafty Cards & Projects with Ellen**  *$3*
*Thursdays, March 12 and 26  9:30-11:00am*
Stop by the resource center to see this month’s project. *If you participated last month, we will add you to the wait list. In the event there are openings one week before, those on the wait list will be notified and registered.*

**A Simple Craft with the Preschoolers**
*Monday, March 16  10:00-11:00am*
Join us to welcome the YMCA Preschoolers for fun with crafts. Light refreshments will be served.
March Program Highlight

The History of St. Patrick
**Tuesday, March 17  10:00am**
Join Rosemary Irwin and learn about this patron saint of Ireland, one of the most successful Christian seminaries in history.

Garden News with Karen
**Tuesday, March 17  11:30am**
Join Karen to learn the latest news regarding our community garden. Consider volunteering to help with planting, weeding, watering and harvesting. Let Karen know if you are interested in volunteering.

Kindred Spirits: Dress a Girl Project
**Wednesday, March 18  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, March 18  10:00am-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.

Days For Girls: Shield Tutorial
**Thursday, March 19  10:00am-2:00pm**
Join Shirley D. to learn how to make the shields that are included with the feminine hygiene products that are made for underserved women and girls in other countries.

Birthday Celebration
**Friday, March 20  12:15pm**
Join us to celebrate those born this month. All are welcome!

Howie the Hypnotist:
**Monday, March 23  1:00-2:00pm**
Back by popular demand, Howie will share one on one how by drawing trees, you will learn how your subconscious can tell him more about you; **limited seating to 15.**

Fun with Spanish
**Tuesday, March 24  10:00-11:00am**
Nancy Grossman is a part-time YMCA employee and former teacher from Chile, join her to learn about Spanish food/recipes.

Painting with Pizzazz: $5
**Tuesday, March 24  1:00-3:00pm**
Our dedicated volunteer Jim B. has another beautiful project. Join us to paint and take! See the sample in the resource center.

Days For Girls
**Wednesday, March 25  11:00am-1:00pm**
Volunteers needed to help with making feminine hygiene products (from cotton flannel) for young women in underserved countries. Supplies provided.

Monthly Book Club
**Wednesday, March 25  2:00-3:00pm**
Join host, Betsy K. to discuss this month’s selection: *Say You’re One of Them*, by Uwem Akpan. Refreshments will be provided.

YMCA Social Saturday
**Saturday, March 14**
**9:00am-1:00pm**
March Program Highlights

Brunch & Learn: Type 2 Diabetes

Monday, March 30  9:45-11:00am
Welcome back Wegmans Pharmacist John Hesla, join us today to learn about staying healthy when you are living with Type 2 Diabetes.

Jen Zipkin:
Healthier Dressings, Sauces and Dips
Monday, March 30  12:30pm
Welcome back the exuberant Jen Zipkin to learn how to add nutritional value without sacrificing flavor with tasty accoutrement swaps! Recipes provided.

Craft Meeting
Tuesday, March 31  11:00am
Join us today to meet our dedicated and passionate volunteers that make up the GEMS. Today you will learn about the variety of craft items that are designed and sold at the annual YMCA Crafts for a Cause sale. If you are interested in learning the “ropes” with regards to designing, organizing and participating in the craft sale, please join us today.

Lunch Bunch: The Peppered Pig
Tuesday, March 31  1:00pm
Located at 1759 Empire Boulevard, join us for lunch at this popular eatery. Please don’t hesitate to recommend a local restaurant for our monthly out to lunch bunch.

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