Sign up today for an Aquatic Class!

inside

New Program: Yoga 2
New Program: Hoopnotica 2
The Magic Paintbrush Project 2
Therapeutic Opportunities
  Using the iPad  3
Sign Language  3
Classes for Preschoolers  3
Classes  4
Schedule  6
Garden Café Events  7
Membership  8

THE PIETERS FAMILY LIFE CENTER
about us

The Pieters Family Life Center, a premiere program of Heritage Christian Services, offers more than just exercise classes and therapy programs. We work to create a sense of community that supports all kinds of wellness: physical, social, emotional, spiritual, intellectual and occupational. We’re committed to programming that:

- Encompasses all aspects of spirit-mind-body wellness.
- Recognizes each person as an individual with unique needs.
- Provides avenues for personal growth in multiple areas of individual health and wellness in a caring, supportive environment.

NEW PROGRAMS

Yoga

Yoga, a class for everyone! Regardless of age, body type, flexibility, this class will leave you feeling relaxed and refreshed. This class is designed to stretch and strengthen you in a gentle manner. Not only will you be toning the body and strengthening your muscles, you will also have an opportunity to relax in a stress free environment. All you need to do is relax and enjoy the yoga experience. There is nothing mystical or religious about this yoga class, we are here just to breathe, stretch, and enjoy the moment. Mats are provided but you are certainly welcome to bring your own.

Fee: $8 per class (HCS employees pay $5)

Day

Tuesdays 7:30-8:30 am

Thursdays 6:30-7:30 pm

Hoopnotica Cardio Hoop Class

Join Hoopnotica certified instructors and master trainers Keith and Jen Moore for the latest in fitness fun! Blending the invigoration of cardio with the mind body connection of yoga, Hoopdance is a creative way to express yourself while burning calories, improving balance, reducing stress, and enhancing strength.

Can’t dance, don’t have rhythm, can’t keep your kids hoop going around your waist? No worries, these are not the light weight hoops of your childhood. If you think you can’t possibly hoop, think again – we promise by the end of the first class, you will be able to keep your hoop up! All hoops are provided for use at class.

Fee: $10 per class (HCS employees $8)

Day

Mondays 6:30-7:30 pm

The Magic Paintbrush Project

Providing a fun place to be a part of the action! Innovatively providing inviting activities and materials, The Magic Paintbrush Project creatively engages resulting in an experience which focuses on abilities leaving a lasting impression for all. Whether you are a family, agency or interested community member, we can creatively meet your needs.

These creative workshops complement services for individuals, families, and professionals facing the challenges of a special needs diagnosis. Combining goals and creativity; our workshops are designed to meet the needs of individuals of all ages with physical or developmental disabilities, and their caregivers.

The Magic Paintbrush Project at the Pieters Family Life Center can also provide a unique and memorable experience with our “On the Move” program. The “On the Move” program brings workshops to schools, agencies, and the special needs community on the road and in the classroom. These workshops focus on classroom and agency needs, staff inclusion, and community building.

CONTACT INFORMATION

1025 Commons Way
Rochester, NY 14623
Phone: (585) 487-3500
Fax: (585) 487-3527
info@pietersfamilylifecenter.org
pietersfamilylifecenter.org
facebook.com/PietersFamilyLifeCenter
twitter.com/RocPieters

HOURS

Monday-Friday: 6:30 am-9 pm
Saturday: 8 am-5 pm
Holiday Closings:
Mon, Sept. 3 - Labor Day
Thurs, Nov. 22-Sat, Nov. 24 - Thanksgiving
Mon, Dec. 24 & Tues, Dec. 25 - Christmas
Mon., Dec. 31 - building closes at 5 pm
Tues, Jan. 1 - New Year’s Day

During inclement weather, check local news stations for closing updates: WHAM TV-13, WHEC TV-10, WROC TV-8, and YNN TV-9.

Lost and Found: If an item is found in or around the Life Center, the item should be dropped off at the reception desk. Unclaimed items will be donated or discarded after 30 days.

To support the health and well-being of our staff, customers and visitors, the Pieters Family Life Center is a non-smoking campus.

2 • PIETERS FAMILY LIFE CENTER
Therapeutic Opportunities Using the iPad
by Stephanie Hawkins

Let two speech pathologists introduce you to the world of the iPad and how to find the apps that will work best for you, your child, or family member in an introductory class.

iT-Technology is everywhere! iPads, iPhones, and iPods have revolutionized communication, learning, and entertainment. Anyone can pick up an iPad and begin interacting with it, even (or perhaps especially) a 2-year-old. What’s exciting as a therapist is to watch both children and adults who have never before been interested in using technology immediately engage with the iPad. There are more than 550,000 applications, or apps, available to put on the iPad. You’ll find apps for learning to read or write, tracking financial investments, playing instruments, working puzzles and everything in between. Something about this little tablet draws us in and allows us to engage many senses at once — touch, sight, sound — with such clarity and quick feedback, it feels real.

The challenge, however, is to approach this amazing device as a tool and use it strategically. Instead of running our finger to the App Store and downloading everything we can find, the best success is found when we take a step back and ask a few key questions. Who is the user? What does he/she need? What are his/her preferences and how does he/she work technically? Instead of running our finger to the App Store and downloading everything we can find, the best success is found when we take a step back and ask a few key questions. Who is the user? What does he/she need? What are his/her preferences and how does he/she work best?

Learning to Use Your iPad

Did you or your family just get an iPad and need some help using it? Then this is the class for you! Come learn how to setup your device, buy apps, and learn basic terminology that goes along with it. The class will be taught by two speech pathologists. They will offer suggestions for apps, including but not limited to, the topics of communication and language. This class is appropriate for parents of school-age children, caregivers of adults with communication needs, teachers and clinicians.

This class will be offered over two sessions to allow participants to try what was taught in the initial class, and then return with questions or share opinions about apps for the second class. Please bring your iPad. Wi-Fi is available.

Instructor: Maria Rosa Capozzolo M.A. CCC-SLP
Stephanie Hawkins M.A. CCC-SLP

Cost: $25

Sign Language Helps with Many Communication Needs

While some might think sign language is only for those who are deaf, sign also benefits people with hearing impairment, young children who aren’t speaking yet but need a way to communicate, and individuals with language delays, communication disorders, or special needs resulting from Autism or Down Syndrome.

Getting started with sign language can sometimes seem intimidating, but learning it in person with someone who can model and take the time to give feedback turns it into fun. Whether you want to learn sign language for yourself, a family member, friend, or your job, Everyday Sign Language will get you started and inspire you to keep learning!

EVERYDAY SIGN LANGUAGE CLASS
Wednesdays, Oct. 10, 17, 24 and Nov. 7, 14
7-8 pm • Cost: $60

CLASSES FOR PRESCHOOLERS

Make Your Mark

Make Your Mark is a handwriting class designed for four-year-olds. It is held in 6-week modules, from September through June. Families can sign up for Make Your Mark during any new module, because we review old concepts in each session.

Children will explore the shape and directionality of capital letters through music, movement and activities. We will use wooden letter pieces, slates and stamp-screens to form letters. The class follows a developmental sequence in letter formation, beginning with lines and curves.

Parents are encouraged to stop in during the last 15 minutes of class to see what we have worked on.

Instructor: Noelle Pacer, occupational therapist

Cost: $65, plus a one-time book fee of $10

Handprints

Three-year-olds and their parents will participate in activities selected for hand development, including shaping the palm, hand transition patterns and mature grasp/release skills. We will use toys, games, scissors, crayons and other media in a play-based setting.

Instructor: Noelle Pacer, occupational therapist

Cost: $65

WELLNESS TIP

Don’t Let Your Health Go into Hibernation

Colder weather and the holidays are just around the corner. Worried that the extra food from holiday parties will cause the undoing of all your hard work? Here are some simple tips to eat right and enjoy the celebrations:

• Get plenty of sleep, 7 -8 hours per night.
• Stick to your eating plan. Have a good breakfast to start your day. If you are at a party, fill up on the fresh fruit and veggies first and then try the other treats. Sample half sizes of those yummy desserts.
• Drink plenty of water. Keep up your exercise routine. Exercise gives you more energy and helps to burn off the extra calories.
Class Programs & Descriptions

Therapeutic Exercise and Physical Activity Classes

For your convenience we offer a 10-visit punch pass for fitness classes (eligible classes are marked with ♥) at a cost of $60 dollars, saving you $10 for buying 10 visits.

BONE BUILDING EXERCISES FOR OSTEOPOROSIS & ARTHRITIS
Learn therapeutic exercises to build bone mass, strengthen your muscles and increase endurance safety! $7 per class ♥

WEIGHT TRAINING AND ENDURANCE FOR FIBROMYALGIA AND CHRONIC PAIN
Get moving and strengthen your muscles -- and your heart -- without increasing fatigue or pain. Learn how exercise and social support can address chronic pain. $7 per class ♥

STRETCH AND GO!
Focus on gentle yoga and therapeutic exercises designed to make you feel your best. Perfect for caregivers who could benefit from a soothing environment. $7 per class ♥

MUSCLES IN MOTION EXERCISE PROGRAM
Develop a fitness routine to build muscle, increase flexibility and improve endurance. This class is recommended for stroke survivors, individuals with early stage dementia, seniors and those new to exercise. All exercises can be done while sitting or standing. $7 per class ♥

STRETCHING AND STRENGTHENING FOR MULTIPLE SCLEROSIS
Increase muscle flexibility and strength to improve coordination, balance and endurance. $7 per class ♥

WALK FIT
Enjoy socializing while you walk to music in the Pieters Family Life Center gymnasium. $7 per class ♥

ZUMBA WITH BODY CONNECTION INSTITUTE
Experience a Latin-inspired fitness class that offers a dance party-like atmosphere that anyone can enjoy. $7 per class ♥

PILATES
Begin with basic principles, including exercises that focus on conditioning, proper alignment, strength and flexibility. Exercises may be incorporated on a stability ball with a focus on balance. $10 per class

BACK TO BASICS NEW!
Meet with a group of your peers for one hour twice a week for six weeks; 30 minutes of cardiovascular exercise, followed by two sets of upper and lower body exercise on our weight equipment. Prior to class, time will be set aside for sharing and goal building. Instructor: Cory Kruger Fee: $30 per 6-week session
Day: Tues/Thurs
Time: 2-3 pm

CARDIO BOOT CAMP NEW!
Do you like to sweat and push your muscles to the max? This is just the class for you! Strengthen your heart, improve your muscle strength and overall endurance to music that will motivate you in ways you never thought possible. Instructor: Cory Kruger Fee: $8 per class (HCS employees pay $5)
Day: Tues/Thurs
Time: 2-3 pm

YOGA NEW!
Yoga, a class for everyone! Regardless of age, body type or flexibility, this class will leave you feeling relaxed and refreshed. Not only will you be toning the body and stretching your muscles, you will also be given a much needed chance to relax in a stress-free environment where all you are asked to do is relax and enjoy. There is nothing mystical or religious about yoga class, we are here just to breath, stretch and enjoy the moment. Instructor: Harland Becker Fee: $8 per class (HCS employees pay $5)
Day: Tuesdays
Time: 7:30-8:30 am

HOOPNOTICA CARDIO HOOP CLASS NEW!
Blending the invigoration of cardio with the mind body connection of yoga, Hoopdance is a creative new way to express yourself while burning calories, improving balance, reducing stress, and enhancing strength. Here is what the class covers: Waist hooping, moving around in the hoop, hip hooping, Waist to hip transitions, halos, passing and demonstration dance. Hoops are provided for use at class Fee: $10 per class (HCS employees $8)
Day: Mondays
Time: 6:30-7:30 pm

Living with Fibromyalgia and Chronic Pain

A series led by Barb Cacia: Care & Management of Fibromyalgia & Chronic Pain
Take advantage of a series of classes designed to cope with chronic pain. Choose the ones that fit your needs or participate in the entire session. $18 per class

CLASS 1 - WHAT IS FIBROMYALGIA AND HOW IS IT TREATED?
Learn about the latest research on fibromyalgia and discover management strategies to relieve pain and fatigue.
Wednesday, Oct. 10, 6:30- 8:30 pm

CLASS 2 - SLEEP & PAIN
Learn techniques to keep pain at bay during the night, allowing you to sleep deeply and wake feeling refreshed.
Wednesday, Oct. 17, 6:30-8:30 pm

CLASS 3 - THERAPEUTIC EXERCISE TO DECREASE PAIN AND INCREASE MUSCLE POWER
Discover the proper moves to increase flexibility and strength and to stabilize your joints so you can be more active and enjoy life.
Wednesday, Oct. 24, 6:30- 8:30 pm

CLASS 4 - NUTRITIONAL GUIDELINES TO RESTORE ENERGY
Learn simple cooking tips for meals that power the body, mind and spirit.
Wednesday, Nov. 7, 6:30-8:30 pm

CLASS 5 - FIBROMYALGIA AND FAMILIES
Designed to help family members better understand what it’s like to have fibromyalgia and learn about current treatments available to manage this diagnosis. (Fee includes all family members.)
Wednesday, Nov. 7, 6:30-8:30 pm
**Class Programs & Descriptions**

**CONNECTING VOICES: HEALTHY BENEFITS OF A THERAPY-BASED CHOIR EXPERIENCE**
The Pieters Family Life Center has started a choir called Connecting Voices. It is for anyone who is experiencing speech deficits related to breath support, vocal articulation and intensity, fluency, and facial expression. Singing and vocal exercises will be the primary means of working on speech-related goals. Connecting Voices works within a supportive environment specifically designed to provide opportunities for strengthening social connections and improving overall wellness. To register, call (585) 487-3500. There will be no class on Nov. 28 & Dec. 28. Stay tuned for guest speakers! Fee: $7/class or $50/8 weeks

**BACK HAB NEW!**
If you have back pain or are just getting discharged from physical therapy for back pain, then this is the class for you. Learn lumbar stabilization exercises to strengthen core muscles in the therapy pool. Class limited to four participants. Instructor: Elizabeth Grzeskowiak, PT Fee: $60 for 6 week session

**WATER WALKING EXERCISE CLASS**
A fitness option for those who find it hard to achieve cardiovascular goals on land due to joint, mobility, or chronic pain conditions. To intensify your cardiovascular workout, try the new higher speeds that have been added to the schedule. No more than four participants per class. The cost is $50 for six-week session.

All new participants must sign up for a free 15-minute trial to determine appropriate class placement. Call (585) 487-3500 to register.

**AQUA FITNESS**
Enjoy gentle exercises that will help improve joint range of motion while strengthening and relaxing muscles. $60 for six-week session, for class days and times please call (585) 487-3500.

**GOT KNEE/HIP PAIN?**
Feel the warmth of the hydrotherapy pool while you stretch and strengthen your muscles. $60 for six-week session. Days: Wednesdays

**A.Q.U.A (ANSWER QUESTIONS YOU ASK) CHAT**
Walk in the 89 degree, state-of-the-art hydrotherapy pool at a speed tailored to meet your fitness level, while discussing your personal health goals with a wellness coordinator. Call (585) 487-3500 to schedule an appointment. $35 per class

**OH, MY ACHY BODY!**
If you have unresolved pain from arthritis, an accident or chronic pain condition, this is the class for you. Come and experience the healing power of warm water while you increase muscle strength, balance and endurance. This class is especially helpful to those who are preparing for knee or hip replacement surgery or for those who have been discharged from physical therapy and need to continue a therapeutic exercise program. The class will utilize the pool at the School of the Holy Childhood, 100 Groton Parkway, Rochester, NY 14623 (right around the corner from the Pieters Family Life Center).

**Family Engagement Programs**
The Pieters Family Life Center’s expert staff has designed programming that allows everyone to participate fully — youth with intellectual disabilities play right alongside their siblings, friends and other loved ones. The following are ongoing youth and family programs:

- Magic Paintbrush Program
- Aqua Play
- Creative Connections

To learn more, or for a current family engagement calendar visit www.pietersfamilylifecenter.org or email info@pietersfamilylifecenter.org.

**Outpatient Therapeutic and Wellness Services**
The Pieters Family Life Center, in partnership with Unity Physical Therapy & Rehabilitation, offers a full range of orthopedic, sports, general physical rehabilitation services, as well as aquatic therapy.

We specialize in:

- Sports-related injuries
- Sprains and Strains
- Tendonitis
- Joint Pain/Joint Replacement Surgery
- Back and Neck Pain

Participants must have a doctor’s prescription in order to participate. We accept most insurance carriers.

---

**Aquatic Wellness Programs**
The Pieters Family Life Center is home to the region’s first HydroWorx 2000 therapy and fitness pool. This fully accessible pool has a water temperature of 89 degrees, an underwater treadmill and resistance jets – which allows for low-impact therapeutic exercise and aggressive conditioning for serious athletes. To view a video, visit pietersfamilylifecenter.org.

**STEP IT UP A NOTCH NEW!**
Spice up your workout. If you would like a more challenging program these next two classes may be what you’re looking for. Not for beginners or individuals who may need assistance but for the person who exercises at least three times per week.

Level 1: Interval walk program will take participants through interval segments that will alternate from challenging speeds (4.0-6.0) back to cool down and back to challenge again. You will get a great cardio workout as well as improve your endurance and muscle strength.

Level 2 – Interval run program changes up your training program. Water running in the pool is a great way to cross train specific to your running program. Step off the pavement and into our 89’ pool for a great alternate workout (we’ll be reaching speeds of 6.0-8.0).

Class limited to four participants.

Instructor: Dawn Chock
Fee: $75

<table>
<thead>
<tr>
<th>Dates</th>
<th>Level</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session I: Mon, 9/10-10/15</td>
<td>1</td>
<td>6-7 pm</td>
</tr>
<tr>
<td>Session II: Mon, 10/29-12/3</td>
<td>2</td>
<td>7-8 pm</td>
</tr>
</tbody>
</table>

**Aqua Play**
Children with developmental delays or who are on the autism spectrum are grouped according to age and ability so they can enjoy the pool and experience sensory feedback. Although this is not a swimming group, the water depth in the pool can be changed according to need. Children need to be comfortable in the water without one-to-one assistance and the parent/caregiver is required to remain in the pool room. Call for Gail Barth for further information at 487-3555.

Fee: $85 for six-week session

---

**PIETERS FAMILY LIFE CENTER • 5**
### Weekly Class Schedule

<table>
<thead>
<tr>
<th>DAY</th>
<th>Time</th>
<th>Activity</th>
<th>Instructors</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MONDAY</strong></td>
<td>7:30 am</td>
<td>Power Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>8:30 am</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>9:00 am</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>9:30 am</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td></td>
<td>11:00 am</td>
<td>Bone Bldg Exercises for Osteoporosis &amp; Arthritis</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td></td>
<td>11:45 am</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>12:15 pm</td>
<td>Walk Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td></td>
<td>1:30 pm</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td></td>
<td>5:30 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td></td>
<td>6:00 pm</td>
<td>Step it up a Notch</td>
<td>D. Chock</td>
</tr>
<tr>
<td></td>
<td>6:30 pm</td>
<td>Hoopnotica Cardio Hoop Class</td>
<td>Keith &amp; Jen Moore</td>
</tr>
<tr>
<td></td>
<td>7:00 pm</td>
<td>Step it up a Notch</td>
<td>D. Chock</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>7:00 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>7:30 am</td>
<td>Yoga</td>
<td>Harland Becker</td>
</tr>
<tr>
<td></td>
<td>11:00 am</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td></td>
<td>11:30 am</td>
<td>Aqua Fitness</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td></td>
<td>noon-1 pm</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>12:30 pm</td>
<td>Weight Training/Endurance Fibromyalgia &amp; Pain</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td></td>
<td>2:00 pm</td>
<td>Back to Basics</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td></td>
<td>4:30 pm</td>
<td>Cardio Boot Camp</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td></td>
<td>5:30 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td></td>
<td>6:00 pm</td>
<td>Pilates</td>
<td>Barb Noskie</td>
</tr>
<tr>
<td></td>
<td>6:30 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td>7:00 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>11:45 am</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>noon-1 pm</td>
<td>Stretching &amp; Strengthening for MS</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td></td>
<td>1:30 pm</td>
<td>Muscles in Motion</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td></td>
<td>4:30 pm</td>
<td>Back Hab</td>
<td>Elizabeth Grzeskowiak</td>
</tr>
<tr>
<td></td>
<td>4:30 pm</td>
<td>Got Knee/Hip Pain (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td></td>
<td>5:30 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td></td>
<td>6:00 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td><strong>THURSDAY</strong></td>
<td>7:00 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>noon-1 pm</td>
<td>Water Walking</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>2:00 pm</td>
<td>Back to Basics</td>
<td>Cory Kruger</td>
</tr>
<tr>
<td></td>
<td>3:30 pm</td>
<td>My Achy Body! School of the Holy Childhood pool</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>4:00 pm</td>
<td>Aqua Play</td>
<td>Gail Barth</td>
</tr>
<tr>
<td></td>
<td>5:00 pm</td>
<td>Zumba</td>
<td>A. Merced, A. Merced</td>
</tr>
<tr>
<td></td>
<td>6:00 pm</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td>7:00 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
<tr>
<td></td>
<td>10:00 am</td>
<td>Stretch &amp; Go Exercise</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td></td>
<td>noon-2 pm</td>
<td>Aqua Fitness (every 1/2 hour)</td>
<td>Barb Cacia</td>
</tr>
<tr>
<td><strong>SATURDAY</strong></td>
<td>8:30 am</td>
<td>Water Walking (every 1/2 hour)</td>
<td>Multiple</td>
</tr>
</tbody>
</table>

---

### Meet Our New Wellness Assistant

The Pieters Family Life Center is excited to introduce its wellness assistant, Cory Kruger. Cory comes to us with a background in physical education and sports management from the College at Brockport. Cory brings a new energy to the fitness room. He will be available in the fitness room during the following hours:

- **Monday**: 9-10 am, 4-5 pm
- **Tuesday**: 9-11 am
- **Wednesday**: 2:30-4 pm, 6-8 pm
- **Thursday**: 10 am-noon
- **Friday**: 9-10 am, 2-4 pm

You may also call Cory at (585) 487-3567 to set up a personal orientation to the fitness room.

### FAMILY ADVOCATES

**CRAFT SALE**

**Saturday October 13, 2012**

For more information contact Glenda Roberts at (585) 671-3238.

### Additional iPad Services

Enjoy one-to-one consultations and programming to customize an iPad to an individual’s needs.

- The initial consultation with a speech pathologist will last an hour. During this time, apps will be showcased, trialed and recommendations will be made.
- The second part of this offer is an option to have your iPad completely programmed and set up worry free!

**Fee**: $99

**Service Provider**: Maria Rosa Capozzolo M.A., CCC-SLP
The Pieters family Life Center is happy to announce two additions to our aquatic fitness program! Back Hab is ideal for individuals with low back pain and Step it Up a Notch can take your pool workout to the next level. Studies show that aquatic exercise decreases the wear and tear on your joints, making aquatic exercise ideal for people with arthritis and other chronic conditions. Here are just a few benefits to participating in an aquatic exercise program:

- **Our warm water pool promotes blood circulation important for healing.**
- **Warm water also promotes muscle relaxation and increases flexibility.**
- **Reduces loading on joints due to buoyancy of water. Even exercising in waist deep water decreases weight bearing by 50%!**
- **Any movement in water is resistive! Who needs free weights?**

For additional information, please contact us at (585) 487-3500 or info@pietersfamilylifecenter.org.

---

### Garden Café Events

Social wellness is very important in the overall wellness of individuals and families. The Garden Café inside the Pieters Family Life Center is pivotal in serving as a place where families and individuals can come and develop positive relationships and friendships. The café encourages individuals to connect by sharing a cup of coffee, a specialty drink or tea, and at the same time, have great conversation, or enjoy one of the various events that take place during the day.

**Garden Café Events**

**GARDEN CAFÉ EVENTS SCHEDULE**

- **September 12:** Party on the Patio - “Between the Lines” - Final of the Season  
  Cost: FREE • Time: 7-8:30 pm
- **October 10:** ROAR (band)  
  Cost: FREE • Time: 7-8:30 pm
- **October 15:** Physical Therapy Screenings  
  Cost: FREE • Time: 10 am-2 pm
- **November 28:** Grey Fox Lane - Rocking to the Classics  
  Cost: FREE • Time: 7-8:30 pm
- **November 30:** Holiday Family Fun Night  
  Cost: $5/family • 6:30-8:30 pm

Come and enjoy a fun night filled with holiday activities. Watch classic movies like *A Charlie Brown Christmas, Rudolph* and more on the big screen. Have a snack and walk away with some Advent ideas.

Contact Diane McBride or Catalina Johnson for more information at (585) 487-3500 or cjohnson@pietersfamilylifecenter.org.

---

### NEW AQUATIC PROGRAMS

Join in the Fun with Our New Aquatic Fitness Programs

The Pieters Family Life Center is happy to announce two additions to our Aquatic Fitness program! Back Hab is ideal for individuals with low back pain and Step it Up a Notch can take your pool workout to the next level. Studies show that aquatic exercise decreases the wear and tear on your joints, making aquatic exercise ideal for people with arthritis and other chronic conditions. Here are just a few benefits to participating in an aquatic exercise program:

- **Our warm water pool promotes blood circulation important for healing.**
- **Warm water also promotes muscle relaxation and increases flexibility.**
- **Reduces loading on joints due to buoyancy of water. Even exercising in waist deep water decreases weight bearing by 50%!**
- **Any movement in water is resistive! Who needs free weights?**

For additional information, please contact us at (585) 487-3500 or info@pietersfamilylifecenter.org.
Upcoming Events

ELECTION DAY RED CROSS BLOOD DRIVE & BAKE SALE
Tuesday, November 6 • 8 am-1 pm
Bake sale to support International Ministries.

NATIVITY DISPLAY
On display during the week of December 10-14
Come and reflect on the true reason for the season.

Membership & Benefits

Hello, my name is Barb Cacia and I am the wellness coordinator at the Pieters Family Life Center. I am excited to share with you a new membership opportunity here at the Life Center we call “HealthyYou”. HealthyYou is intended to provide healthy resources (information and activities) to members of the Pieters Family Life Center and employees of Heritage Christian Services, of which the Life Center is a premier program. Here’s our mission statement:

To provide a living and working environment that promotes the health and holistic well-being of members of the Pieters Family Life Center and individuals employed by Heritage Christian Services. To support and respect each individual’s wellness goals in mind, body, and spirit; and to encourage activities that promote the attainment of those goals.

HEALTHYYOU BENEFITS INCLUDE:
1. Life Center staff will work with you on setting specific, achievable goals to improve your personal health and well-being.
2. Life Center staff will customize workouts for you to meet your goals and teach your exercises that you can easily continue at home.
3. Participate in group exercise classes that are taught with attention your current fitness level and abilities while providing you a community of peer support.
4. Join us for social opportunities to learn about stress management, nutrition, and overall wellbeing.

For more information on HealthyYou please visit www.pietersfamilylifecenter.org or call us at (585) 487-3500.