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.

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:
Fri., May 24 - In honor of Memorial Day
Sat., May 25 - In honor of Memorial Day
Mon., May 27 - Memorial Day
Thurs., July 4 - Independence Day

5K’s: Put Your Best Food Forward!
A 5K (3.2 miles) is quite doable for walkers and first time runners. It isn’t as difficult as you may think. If walking or running a 5K is one of your 2013 goals, the Pieters Family Life Center has a number of programs to help you and we’ve highlighted a few classes to consider below.

Consider participating in the Heritage Christian Legacy Mile & 5K on August 24, 2013 at Monroe Community College. You can start training now and be ready to finish your first 5K in August. Please consider joining the Pieters Family Life Center team. Contact team captain, Sue Banker at (585) 487-3525. Learn more about the event at www.legacymileand5k.kintera.org.

Step it up a Notch
Spice up your workout in our therapy and fitness pool. If you would like a challenge, these two classes may be what you’re looking for. These classes are for a person who exercises at least three times a week and are not best suited for beginners or individuals who may need assistance.

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

Level 2- Water running in the pool is a great way to cross train specific to your running program. Step off the pavement and into our warm water pool for a great alternate workout. (Reaching speeds of 6.0 – 8.0 MPH)

Fee: $75
Day Time
Mondays 5, 6, 7, 8 pm

Moving to the Groove NEW!
Get moving to the groove to maintain and develop endurance, strength and coordination. Gets your body moving to fun, motivating music in the company of fun motivating people! Classes are held in the Pieters Family Life Center. This class is led by Shannon Seddon, MA, BC-DMT, LCAT dance movement therapist.

Fee: $7/class
Day Time
Thursdays 11:30 am-12:15 pm

Check out pages 4 and 5 for even more fitness opportunities.
**Connecting Community and Wellness**

Many times patrons come to the Pieters Family Life Center for one service and soon find themselves taking advantage of another program. This is the case for Cordelia “Corrie” Hutter. Corrie, a resident of Brighton and high school senior, has been coming to the PFLC regularly for about five years now. She was first drawn to the Life Center by Teen A.T.T.I.T.U.D.E., a peer to peer social group that supports the social wellness of teenagers with developmental disabilities.

After attending Teen A.T.T.I.T.U.D.E., Corrie learned about dance movement therapy at the PFLC and decided to give that a try. After getting to know Corrie and her love of art and art making, dance therapist Shannon Seddon connected Corrie with Catalina Johnson, social wellness coordinator in the Garden Café, and Corrie showcased her artwork in the gallery. Now she interviews other artists who display their work in the café.

What have the benefits been for Corrie? These services have encouraged Corrie to embrace her individuality while gently nudging her to grow socially and emotionally. Corrie says “It feels like I’m walking into a second home…I practically live here.” When reflecting on her wellness journey Corrie shared, “I have made a few friends at Teen A.T.T.I.T.U.D.E. and dance therapy helps me express my emotions. I have more confidence in myself from it. I always look forward to going.” By showing her artwork and speaking with the artists, Corrie is working toward her Girl Scout’s Gold Award, the highest achievement in Girl Scouting. Along with getting her own artwork out there and gaining a reputation as a local artist, she is also raising awareness about other area artists of all abilities. After interviewing an artist or show coordinator, Corrie blogs about what she has learned on the PFLC Website. “I like doing it! It’s very interesting to meet with the artist and people who arranged the show.”

Corrie would like to pursue art in college after graduating high school this year. Services at the PFLC have given her the building blocks to feel empowered and confident, to connect and network with others, develop friendships and realize the value of her individual talents.

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**CLASSES FOR STUDENTS**

These classes have been designed for students of various ages. All are taught by therapists with experience working in schools. Each class is supplemented with the use of technology – computers and iPads.

### Kindergarten Readiness: iPad Style!

A speech-language pathologist and an occupational therapist will use iPad apps to prepare your child for kindergarten. The class will address skills including: attention to task, following directions, fine motor/writing development, and letter/sound recognition. Parents will be given a list of apps that will be used in the class after registration. Cost of apps will not exceed $10. Children should bring an iPad and stylus to the class.

**Times:** 10:30-11 am, Wednesdays, May 15-29  
**Fee:** $50/three classes

### Printing FUNdamentals

5 year-olds will review upper case letters and then move on to lower case letters which will prepare them for kindergarten. We will use music, multi-sensory materials, digital tools and the iPad. Parents are encouraged to attend the last 15 minutes of class.

**Times:** 1:30-2:15 pm, Wednesdays, July 10-Aug. 14  
**Fee:** $65/six classes, plus book fee of $10. Optional upload of handwriting app, $5

### Typing by Touch NEW

Students ages 9 and up will challenge themselves to increase their speed and efficiency in typing using free computer software. Skills will be taught and monitored by an occupational therapist. Students will be given a list of typing programs to download upon payment of class fee. Students must bring their own laptops to this class.

**Times:** 2:30-3:15 pm, Wednesdays, July 10-Aug. 14  
**Fee:** $50/six classes

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**CLASSES FOR PRESCHOOLERS**

The Life Center also offers Handprints a fine motor skills class for three-year-olds and Make Your Mark a handwriting class designed for four-year-olds. Both classes are taught by Noelle Pacer, occupational therapist. For more information visit: [www.pietersfamilylifecenter.org](http://www.pietersfamilylifecenter.org)

### HANDPRINTS

**Session I:** June 5, 12, 19 or,  
**Session II:** July 10, 17, 24  
**Fee:** $35 per session  
**Day and Time:** Wednesdays 10:30-11:25 am

### MAKE YOUR MARK

**Session I:** May 22- June 26 or,  
**Session II:** July 10-Aug 14  
**Fee:** $70, plus book fee of $10 (per session)  
**Day and Time:** Wednesdays 9-9:45 am
Class Programs & Descriptions

FOR DATES AND TIMES OF THE CLASSES BELOW, SEE PAGE 6.

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 safely! $7/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/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/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/class ♥

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

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

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

BACK TO BASICS
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/six-week session

CARDIO BOOT CAMP
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/class (HCS employees pay $5)

YOGA
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/class (HCS employees pay $5)

HOOPNOTICA CARDIO HOOP CLASS
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.
Instructor: Jen Moore
Fee: $10/class (HCS employees $8)

Moving to the Groove NEW
Get moving to the groove to maintain and develop endurance, strength and coordination. Gets your body moving to fun, motivating music in the company of fun motivating people! Classes are held in the Pieters Family Life Center gymnasium.
Instructor: Shannon Seddon, MA, BC-DMT, LCAT dance movement therapist
Fee: $7/class ♥

PICKLEBALL NEW
Come enjoy Pickleball at the Life Center with a few of your friends and others from around the community. In collaboration with the town of Henrietta senior center we have been able to bring this popular game to our facility.
Fee: $3 per visit or $20 for 10-visit punch passes.

AQUABALANCE NEW
This 30-minute class will focus on stretching, strengthening and endurance to improve standing balance. The water provides a safe environment by providing additional body support and ease of movement.
Instructor: Erin Allen, MSPT
Cost: $60/six-week session

MEMORIES IN THE MAKING NEW
The Pieters Family Life Center and the Alzheimer’s Association Rochester and Finger Lakes chapter have partnered to facilitate Memories in the Making-- a fine arts program for individuals with dementia and their care partners. Memories in the Making is facilitated by a Pieters Family Life Center art therapist. Please call (585) 487-3500 for a current schedule.

TAKING THE LEAD NEW
Taking the Lead provides a safe space where people with Parkinson’s can come together to learn a variety of dance techniques, maintain physical integrity, learn techniques that can help in day-to-day life, feel good and have fun moving.
Fee: $10/class or $50/six classes
Spouse/Caretaker no charge
Class Programs & Descriptions

FOR DATES AND TIMES OF THE CLASSES BELOW, SEE PAGE 6.

LIVING WITH FIBROMYALGIA AND 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/class

CLASS 1- WHAT IS FIBROMYALGIA AND HOW IS IT TREATED?
Wednesday, May 8, 6:30- 8:30 pm

CLASS 2- SLEEP & PAIN
Wednesday, May 15, 6:30-8:30 pm

CLASS 3- THERAPEUTIC EXERCISE TO DECREASE PAIN AND INCREASE MUSCLE POWER
Wednesday, May 22, 6:30- 8:30 pm

CLASS 4- NUTRITIONAL GUIDELINES TO RESTORE ENERGY
Wednesday, May 29, 6:30-8:30 pm

CLASS 5- FIBROMYALGIA AND FAMILIES
(Fee includes all family members.)
Wednesday, June 5, 6:30-8:30 pm

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 an underwater treadmill and resistance jets — which allows for low-impact therapeutic exercise and aggressive conditioning for serious athletes. To view a video, visit www.pietersfamilylifecenter.org

BACK HAB
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/six-week session

STEP IT UP A NOTCH
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.

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).
Fee: $90/six-week session

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.

SWALLOWING CONSULTATION NEW
The Pieters Family Life Center is now offering individualized consultations/evaluations with a speech-language pathologist. The therapist will recommend strategies specific to your situation – modifying the consistency or temperature of food, exercises to strengthen muscles of the head and neck, and/or modifying your environment and utensils.

This non-invasive table-side evaluation can be viewed as the first step to addressing your swallowing concern. Service may be covered by insurance.

Contact: Maria Rosa Capozzolo M.A. CCC-SLP
(585) 487-3558
Fee: $90

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

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

A great sport for someone who wants to be active and have fun **Pickleball** is a racquet sport which combines elements of badminton, tennis and table tennis. In collaboration with the Henrietta senior center we have been able to bring this popular game to our facility.

Day/Time: Mondays, Wednesdays and Fridays, 1-3 pm.

Fee: $3 per visit or $20 for 10-visit punch pass.

Contact: Cory Kruger at (585) 487-3567 or ckruger@pietersfamilylifecenter.org

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**Wellness Tip**

Regular exercise is vital to your health and wellbeing. It reduces your risk for many diseases, helps manage stress, can improve your outlook as well as your looks. Choose whatever works best for you.

A balanced exercise plan includes brisk physical activity, strength training and stretching. Always check with your doctor before you start an exercise program. Remember to be kind to your skin. Use a sunscreen when outside whether or not the sun is shining.

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**Additional iPad Services**

Enjoy a one-to-one consultation to customize an iPad to your needs (i.e. checking email, categorizing apps into folders, programming communication apps, and/or discovering apps to improve independence and social skills.)

The initial consultation will last an hour. Apps will be showcased, trialed and recommendations will be made based on your intended use for the iPad. Additional training sessions and programming options are also available.

Fee: $50/hour

Contact: Maria Rosa Capozzolo M.A. CCC-SLP (585) 487-3558
**Garden Café Events**

Join us on the Garden Pathway for this summer’s Party on the Patio concert series at the Pieters Family Life Center. All concerts are free and begin at 7 p.m. In the event of inclement weather, concerts will be held in the gym.

**GARDEN CAFÉ EVENTS SCHEDULE**

**May 29-31:** Plant Sale
Time: 10 am-2 pm

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

**PARTY ON THE PATIO SCHEDULE**

**May 29:** Rock out with the The Dig Project. Their music is sure to touch your soul.

**June 26:** Grey Fox Lane will get you movin’ and groovin’.

**July 24:** Randy G shares his inspirational and motivational hip-hop.

**August 28:** Party on the Patio regulars Between the Lines are guaranteed to get you dancing to the hits.

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**PROGRAM HIGHLIGHT**

**HOME CANNING** It’s easier than you think

One of the most common misconceptions about canning is that it is hard. The truth is canning couldn’t be easier. If you can boil water and chop produce, you can preserve food like the best of them.

The lost art of home preserving has become popular again because of the appeal of knowing where your food comes from and making things with your own hands. Plus, canning saves money and can be a fun and creative hobby. Sue Banker, program coordinator at the Pieters Family Life Center and home canner for more than 30 years, will help you get started. She is holding four sessions on canning and preserving.

**CANNING CLASSES**

**Session I:** Thursday, June 27 - “Jammin” with Suzie: Make scrumptious strawberry preserves. All supplies are included, except strawberries. Bring four quarts (Do not prepare them. This will be part of the class.) This will yield six pints.

**Session II:** Thursday, July 25 - Bread & Butter Pickles: All supplies included, except cucumber or zucchini. Bring seven pounds of cucumber or zucchini. (Do not prepare this will be part of class) This will yield seven pints.

**Session III:** Thursday, Aug 8 - Can’t have enough canned tomatoes: Learn several ways to preserve tomatoes, just by adding a spice here or another vegetable there. All supplies are included, except tomatoes. Bring 12 to 15 pounds. This will yield eight pints (or four quarts).

**Session IV:** Thursday, Aug 22 - Traditional Salsa: We will make this traditional salsa good for dipping or for use with recipes that call for a basic salsa. All supplies are included except the following: 15 medium (or five pounds) tomatoes; six green onions; one bulb of garlic and if you would like a zesty salsa, bring two jalapenos.

Date/Time: Thursday evenings, 6-7:30 pm or 7:30-9 pm
Fee: $25 each session or $90 for all. Class size will be limited to four participants per session. To register, call (585) 487-3500.

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**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**

The Magic Paintbrush Project provides a fun place to be part of the painting action – whether you are a member of a family with special needs, an agency representative or an interested community member!

The program offers workshops that combine creativity, like painting on a tarp or canvas, with reaching physical and social goals. And it’s an environment where everyone fits in, including caregivers and siblings.

**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.

Visit www.pietersfamilylifecenter.org for more program details.

PIETERS FAMILY LIFE CENTER • 7
Creative Arts Offer Comfort and Confidence

The Life Center has several licensed creative arts therapists who specialize in art, music and dance/movement, each of them with experience working with people of all ages and abilities. They use paintbrushes, pianos and creative movement to address feelings of loss, periods of transition, changes in mental health, delays in developmental stages and more.

In each session, therapists look at the whole person – not just at a troubling behavior or an obvious area of struggle – and they offer the kind of compassionate care that helps a person feel comfortable and confident.

The Pieters Family Life Centers hosts the following group creative arts therapy experiences:

**Connecting Voices:** A therapy based choir experience for anyone who is experiencing speech deficits related to breath support, vocal articulation and intensity, fluency, and facial expression.

**Taking the Lead:** Provides a safe space where people with Parkinson’s can come together to learn a variety of dance techniques, maintain physical integrity, learn techniques that can help in day to day life, feel good and have fun moving.

**Memories in the Making:** A fine arts program for individuals with dementia and their care partners.

For more information on these unique program visit: www.pietersfamilylifecenter.org

Membership & Benefits

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<th>BASIC MEMBERSHIP</th>
<th>HEALTHYYOU</th>
<th>PUNCH PASSES</th>
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| Includes unlimited use of the Pieters Family Life Center fitness center.  
• Individual: $15/month  
• Household: $30/month  
One time registration fee: $50 | Join our HealthyYou community that provides support for wellness goal setting, supervised and supported exercise programs, therapeutic group exercise classes and more. $50 per month. Please contact us for more information. | We also offer 10-visit punch passes.  
• Fitness Pass: $20  
• Exercise Class Pass: $60 |